

**Organised by The Hong Kong Life Saving Society (HKLSS)**  
**Subvented by the Leisure and Cultural Services Department (LCSD)**  
**Co-organised by the Education Bureau**  
**School Sports Programme – Life Saving**  
**Prospectus**

Key Information	Type of Activity	Sport Demonstration		Outreach Coaching Programme ( <u>Non-School Team Training</u> )
		Demonstration on Land	Demonstration at Pool	Life Saving Training Course (Bronze Medallion)
Target Participants	Primary school students (aged 8 or above) and secondary school students			Secondary school students (aged 13 or above)
Outline	<ul style="list-style-type: none"> <li>– Introduction to the history of lifesaving</li> <li>– Introduction to the development to life saving activities and competitions in Hong Kong</li> <li>– Introduction to life saving equipment</li> <li>– Introduction of life saving to life saving knowledge ,with the following topics for schools to choose from: <ul style="list-style-type: none"> <li>• Knowledge on water safety and life saving</li> <li>• Life saving competitions, techniques and equipment</li> <li>• First aid knowledge</li> <li>• Rescue training</li> </ul> </li> <li>– During the play-in session, student can choose to participate in the following activities: <ul style="list-style-type: none"> <li>• Escape techniques</li> <li>• Throw Rescue: line throw</li> <li>• Recovery position</li> <li>• Cardiopulmonary resuscitation (CPR)</li> </ul> </li> </ul> <p>(Please refer to the Sport Demonstration - Life Saving Enrolment Form for details)</p> <ul style="list-style-type: none"> <li>– Quiz games</li> </ul>	<ul style="list-style-type: none"> <li>– Introduction to the history of life saving</li> <li>– Introduction to the development to life saving activities and competitions in Hong Kong</li> <li>– Introduction to life saving knowledge with the following topics for schools to choose from: <ul style="list-style-type: none"> <li>• Basic lifesaving</li> <li>• Introduction to life saving competitions with demonstration</li> </ul> </li> <li>– During the play-in session, student can choose to experience the following lifesaving activities: (Participating students must be able to swim 50 metres with clothes on.) <ul style="list-style-type: none"> <li>• Lifesaving techniques</li> <li>• Throw rescue: line throw</li> <li>• Water self-rescue techniques</li> <li>• Lifesaving Ironkid Competition (PoolEvent)</li> <li>• Life saving Competition (PoolEvent)</li> </ul> </li> </ul> <p>(Please refer to Sport Demonstration - Life Saving Enrolment Form for details)</p>	<p>Swimming Test (1<sup>st</sup> lesson)</p> <ul style="list-style-type: none"> <li>– Swim 192 meters in five minutes in any style (except backstroke)</li> <li>– Treadwater for 3 minutes</li> </ul> <p>Practice class (12 lessons)</p> <ul style="list-style-type: none"> <li>– Lifesaving knowledge</li> <li>– Life Saving techniques</li> <li>– Rescue procedures and resuscitation skills</li> <li>– Emergency care and first aid</li> <li>– Operation of Automated External Defibrillator (AED)</li> </ul> <p>Theory class (5 lessons)</p> <ul style="list-style-type: none"> <li>– Introduction to the history of life saving in Hong Kong</li> <li>– Selfrescue and recue</li> <li>– Knowledge on water safety and</li> </ul>	

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		Demonstration on Land	Demonstration at Pool	Life Saving Training Course (Bronze Medallion)
Venue	Covered playground or hall	School/LCSD swimming pools (School should arrange to provide at least one swimming lane), HKLSS or its affiliated clubs may assist in the hiring of swimming lane(s) if necessary)	(School should arrange to provide at least one swimming lane), HKLSS to its affiliated club may assist in the hiring of swimming lane(s) if necessary)	
Fee	\$730 per session (\$360 for each extended session on the same day)	\$648 per session (\$270 for each extended session on the same day) (Schools are required to hire swimming / lane(s)/pools(s)) at their own cost)	\$4,500 per course (Schools are required to hire swimming lane(s)/pool(s) at their own cost)	
Equipment to be provided by the school	Computer, DVD player, screen, computer projector, portable loudspeaker, mats/soft mats and skipping ropes	Portable loudspeaker	Computer, DVD player, screen, computer projector, portable loudspeaker	
Other equipment	Life saving and first aid equipment (To be provided by HKLSS or its affiliated clubs)		Rescue Annie, AED, buoyant lifelines, lifebuoys, swimming bricks and first aid equipment (To be provided by HKLSS or its affiliated clubs) Long-sleeved clothes (prepared by students)	
Duration	2 hours per session	1 hour per session	18 lessons per course, 2 hours per lesson (36 hours in total)	
Estimated No. of Participants per Session/Course	100 (40 student play-in session)	200 (swimming gala) / 40 (swimming lesson) (20 students per play-in session)	20	
Proposed Time of Activity	Monday to Friday: 9 am to 5:30 pm	To be scheduled by schools (During swimming lessons or swimming galas)	To be scheduled by schools	
Skill Assessment	Not applicable		Badges Award Scheme	
Enrolment Form	Sport Demonstration—Life Saving (Part A and Part B) Enrolment Form (P.188-189)		Outreach Coaching Programme Canoe, Dragon Boat, Windsurfing and Life Saving Enrolment Form (P.205-206)	

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How to Enrol	Please submit the completed electronic application form within the enrolment period (please refer to “Application” (P.7) of this Guide for the dates) by email at: <a href="mailto:applicationssp@lcsd.gov.hk">applicationssp@lcsd.gov.hk</a> . For payment arrangement, please refer to “Payment and Activity Arrangements” (P.8) of this Guide.			
Points to Note	<ol style="list-style-type: none"> <li>1. A person-in-charge aged 18 or above or a teacher should be designated to oversee the activities.</li> <li>2. Those who participate in the play-in session to experience lifesaving should be able to swim 50 metres with clothes for 50 metres when participating in life saving play-in session in pool.</li> <li>3. Participants should wear proper sportswear and sports shoes for land sport demonstration whereas those who participate in the play-in session to experience lifesaving should wear swimming suits/trunks.</li> <li>4. Upon completion of training course under the Outreach Coaching Programme, an assessment will be conducted by the coach according to Gold, Silver and Bronze badges standards of lifesaving. Participants who meet the required standard may obtain the certificates from LCSLD free of charge. Please refer to <a href="https://www.lcsd.gov.hk/en/ssp/badges.html">https://www.lcsd.gov.hk/en/ssp/badges.html</a> for details.</li> <li>5. Participants shall purchase HKLSS Logbook fee (\$55), pay the Examination fee for Bronze Medallion (\$240) and Administration fee or membership fee charged by affiliated clubs (\$200).</li> <li>6. Participants’ age is calculated against the commencement date of the activity. Any participant whose age is found to be under the specified age will be disqualified without a refund of the enrolment fee.</li> <li>7. If the NSA has arranged a coach for a school and the school eventually requests the cancellation of the activity, NSA will deduct from the fee for each activity an administrative fee (\$194 per Sport Demonstration; \$388 per training course under the Easy Sport Programme or Outreach Coaching Programme) and refund the balance to the school.</li> <li>8. If the request to cancel a Sport Demonstration is made by the school on the day of the activity, no re-scheduling or make-up session will be arranged. All fees paid will not be refunded.</li> <li>9. If the NSA/LCSD fails to arrange the activity, the fees paid will be refunded.</li> </ol>			
Enquiry Phone No./Website	2601 7602 / <a href="http://www.lcsd.gov.hk/en/ssp/index.html">http://www.lcsd.gov.hk/en/ssp/index.html</a>			