

Life Saving Badge

Introduction: To teach Brigaders to finish a branch of rescue process when accident happens in water in order to achieve the spirit of mutual help and love.

Course Outline

Stage 1 Badge

➤ Aim:

Raising the safety awareness in water and ability of our Brigaders and testing them to save the life of the victim by simple methods. (Brigaders finishing this badge do not have the qualification of rescuing victims in deep water)

➤ Content for the course

1. Understanding the water safety knowledge and regulations
2. Knowing the importance of seeking help from the adult
3. Principles for life saving : Steps for rescuing, judging a drowning patient, rescue tools
4. Principles and skills for self-rescue in water
5. Understanding and finishing the below items under safe conditions:
By hand: Using a specific item to rescue the patient near the coast
By throwing item: Standing at the coast and throwing an item to the victim who is 6 metre far from the coast
6. Carry out mouth-to-mouth resuscitation and the recovery position

Stage 2 Badge

➤ Aim:

This is the basic assessment for lifesaver. Brigaders should meet certain level in life saving knowledge, skills, judgement and fitness.

➤ Clothing for water examination: swimming suit, specific items have to be wore for point three and five in this course outline.

➤ Content for the course

1. Water safety knowledge: Water safety guidelines, safety advisory, what to do in an emergency
2. Principles for life saving: Steps for rescuing, judging a drowning patient, understanding about accidents, bearing responsibility, evaluating the site, planning for rescue, lifesaving tools, lifesaving process
3. Swimming skills: landing, different swimming strokes, lifesaving strokes, treading, sculling, diving and snorkelling.

- 4. Self-help skills in water: Principles, skills for self-help, self-help under special condition, self-help in rapids, iced water, understanding about life jacket
- 5. Rescue skills: Lifesaving on the ground, in water (non-contact and contact tow), rescue for a large amount of drowning patients, defensive methods, dive into water to get back an item, mouth-to-mouth resuscitation, action for vomit, the recovery position, assisting the patient to land on the coast (stirrup method and assisted carry), nursing, water safety knowledge, follow-up care.

Stage 3 Badge

- Aim: This is the advanced level examination for rescuers. Brigaders have to swim for a longer distance so as to show his lifesaving ability.
- Clothing for water examination: swimming suit, specific items have to be worn for points three and six in this course outline.
- Content for the course : same as Stage 2 Badge

Assessment Criteria

Stage 1 Badge

- Life saving knowledge: Answering six questions which are about water safety, self-help in water, principles and methods for life saving
- Finishing swimming for 200 meters without any rests, there are no restrictions for swimming stroke (Brigaders who have finished Stage 2 Swimming Badge and passed the assessment can be excluded from this item)
- Cardiopulmonary Resuscitation:
 1. Placing the drowning victim at a proper position
 2. Ways of carrying out mouth-to-mouth resuscitation
 3. Action for vomit
 4. Flipping and placing the drowning patient at the recovery position
- Rescue skills:
 1. By hand
Using the items below to patient the victim near the coast
 - stick-like items such as canes or wood sticks
 - two binded clothes
 2. By throwing item
Standing at the coast and throwing an item to the victim who is 6 metre far from the coast

- using any weightless ropes
- lifebelts or other floating materials

Stage 2 Badge

- Written test: Answer 30 multiple-choice questions which are related to the below items
- Content: Basic theories for life saving, life-saving skills, resuscitation skills, first-aid knowledge, handling the aftermath
- Using the resuscitation modelling machine to demonstrate cardio pulmonary resuscitation (CPR)
- Water examination
 1. Demonstrate two life-saving methods on the land and conduct in water
 2. Demonstrate contact and non-contact tow, to rescue a patient who is 50 meters far
 3. Entry in deep water, swim to a patient who locates beyond 20 meters far and assist him to float in water for two minutes or above
 4. Throw the lifesaving rope to a patient who is at least 10 meters far from the Brigader and tow him back. (It has to be finished in one minute.)

Stage 3 Badge

- Written test: Answer 50 multiple choices which are related to the items below.
Content: Basic theories for life saving, life-saving skills, resuscitation skills, first-aid knowledge, handling the aftermath
- Using the resuscitation modelling machine to demonstrate cardio pulmonary resuscitation (CPR)
- Water examination
 1. Lifesaving skills on the ground(Time limit: 1 minute): using specific lifesaving tools and entry in shallow water, rescue a patient who is awake and is 2 to 10 meters far from the coast. A Brigader also has to ensure the safety and assist the landing of the patient.
 2. Lifesaving skills in water: using specific lifesaving tools and entry in shallow water, rescue,tow a patient who is awake and is 15 meters far from the coast. A Brigader also has to assist the landing of the patient.
 - 3.Non-contact tow skills: A Rescuer needs to wear long sleeves shirt, pants or long skirt. He can take them off before entry. Entry in deep water and swimming for 50 metres to approach a patient. After that, demonstrate defensive methods and rescue a patient who is 50 meters far from the coast without the assistance of any floating materials under non-contact tow. A Brigader has to tow the patient till he reaches the edge of the pool and then fix the patient in supporting position (Time limit: 3 minutes and 15

seconds) Finally, assisting the patient in deep water to land and carrying out follow-up care after landing.

4. Contact tow skills:

Entry in deep water and swimming for 50 metres to approach a patient. After that, demonstrate escape techniques and rescue a patient who is 50 metres far from the coast by chin tow or cross chest tow. A Brigader has to tow the patient till he reaches the edge of the pool and then fix the patient in supporting position position. During towing the patient, a Brigader has to handle struggle once.

5. Emergent resuscitation technique:

Entry in deep water, swimming for 15 metres to the searching area, dive into the water which has a depth of 1.5 - 1.8 meters to get a specific item by ascending. After that, towing a patient who has lost his consciousness to the supporting point and having circular assisted cardio pulmonary resuscitation for 10 times. After assisting the landing of the patient, a Brigader have to do expired air resusction and action for vomit. Finally, placing the patient in recovery position.

Notes:

Qualification of the coach

Stage	Requirement for the qualification
Stage Badge 1	Lifesaving Training Scheme(Bronze Medallion) or above
Stage Badge 2	Life Saving Teacher Certificate and Pool Aquatic Leader Rescue Award or above
Stage Badge 3	Life Saving Teacher Certificate and Pool Aquatic Leader Rescue Award or above

Exchange

Stage	Certificate needed for exchange
Stage Badge 1	Water Safety Award or above which is approved by the Hong Kong Life Saving Society(Items no.1 - 5 can be excluded)
Stage 2	Lifesaving Training Scheme(Bronze Medallion) or above which is approved by

Badge		the Hong Kong Life Saving Society
Stage Badge	3	Lifesaving Training Scheme(#Bronze Medallion) or above which is approved by the Hong Kong Life Saving Society

- Requirement for the qualification and certificate needed for exchange will be following the standard issued by the Life Saving Society;
- The requirements for male and female Brigaders are the same;
- Brigaders can only exchange one stage for the Lifesaving Badge every year;
- #Each certificate issued by the Hong Kong Life Saving Society can only exchange one stage for the Lifesaving Badge.