



The Hong Kong Girl Guides Association
Interest Badge Syllabus
Guide Section

Life Saving

I. Written Test

The test will be conducted in the form of multiple choice including the following content:

1. Basic theory of Life Saving
2. Skills of Life Saving
3. Skills of Recovery
4. First Aid Knowledge
5. Aftercare

II. Resuscitation

Perform Cardio Pulmonary Resuscitation by using a dummy.

III. Water Test

1. Rescue on land
 - i. Use of an appointed rescue instrument.
 - ii. Rescue a conscious casualty who is 2 to 10 metres away from the bank.
 - iii. Ensure the safety of the casualty and help her to land.
2. Water rescue
 - i. Use of an appointed rescue instrument.
 - ii. Approach from shallow water.
 - iii. Rescue a conscious casualty who is 15 metres away from the bank.
 - iv. Tow the casualty to the bank and help her to get out of the water.
3. Non-contact Rescue
 - i. Candidate should wear a long-sleeve shirt, trousers or dress.
 - ii. Can take off the above clothings before entering water.
 - iii. Get in deep water.
 - iv. Swim 50 metres to a casualty.
 - v. Perform defensive methods.
 - vi. Use non-contact rescue without any floating help.
 - vii. Rescue a casualty who is 50 metres away from the bank. Tow the casualty to the pool side and use support position to hold the casualty (time allowed 3 minutes and 15 seconds).
 - viii. Help the casualty to land from deep water.
 - ix. Look after the casualty after landing.



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4. Contact Rescue
 - i. Get in deep water.
 - ii. Swim 50 metres to a casualty.
 - iii. Perform Release Method.
 - iv. Use Chin Tow or Cross Chest Tow.
 - v. Rescue a casualty who is 50 metres away from the bank then use support position to hold the casualty.
 - vi. Perform Towing Restraint on the way to the bank.
 - vii. Tow the casualty to the bank and help her to land.
 - viii. Look after the casualty after landing.
5. Emergency Resuscitation
 - i. Get in deep water.
 - ii. Swim 15 metres to the search area.
 - iii. Use surface dive.
 - iv. Dive into 1.5 to 1.8 metres to find a target.
 - v. Change to an unconscious casualty and tow to a supporting point, perform ten cycles of supported Expired Air Resuscitation (EAR).
 - vi. Help the person to land.
 - vii. Perform Expired Air Resuscitation (EAR) and treatment of Vomit.
 - viii. Place the person in the Recovery Position.

Note

Holders of the Bronze Medallion of the Hong Kong Life Saving Society are qualified for this badge.

Assessor's Qualifications

The Assessor should hold the Advance Teachers Certificate of the Hong Kong Life Saving Society.

Remarks

An appointed Guider who holds the Advance Teachers Certificate of the Hong Kong Life Saving Society may take this badge assessment for her own Unit.

Hong Kong Award for Young People

This badge is equivalent to the same topic in the Service Section in the Silver Level of the HONG KONG AWARD FOR YOUNG PEOPLE.