

The Hong Kong Girl Guides Association
Interest Certificate Syllabus
Ranger Section

Life Saving

Holders of the Bronze Medallion or above qualification issued by the Hong Kong Life Saving Society are qualified for this interest certificate.

The certificate must be submitted to the HKGGA Programme Department for approval and issuance of the interest certificate.

Assessment content includes:

I. Written test

Questions include:

1. History of life saving in Hong Kong
2. Water safety
3. Swimming techniques for life saving
4. Self-help and survival
5. Drowning
6. Rescue procedures
7. Life saving techniques
8. Basic life support techniques
9. Emergency care and first aid

II. Land practical test

1. Basic life support skills test
2. Using the “rescue manikin” and “Automated External Defibrillator” approved by the Hong Kong Life Saving Society

III. In water test

Candidates must arrange by themselves a companion who is of the same gender, similar body shape, and knows how to swim to play the role of the drowning person. The in water test includes the following 5 items:

1. Rescuing from the land (in 1 minute)
 - i. Use the rescue aid assigned by the Assessor.
 - ii. Rescue a conscious casualty who is 2 to 10 meters away from the bank.
 - iii. Ensure that the casualty returns to the bank safely and land the casualty.
2. In water rescue
 - i. Use the rescue aid assigned by the Assessor.
 - ii. Approach from shallow water and rescue a conscious casualty who is 15 meters away from the bank.
 - iii. Tow the casualty to the bank and land the casualty.
3. Non-contact rescue (in 3 minutes and 15 seconds)
 - i. Put on a long-sleeved shirt and a pair of trousers (or a dress).
 - ii. Enter the deep water (the candidate can choose to take off the aforementioned clothing before entering the water).

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- iii. Swim to a casualty who is 50 meters away from the bank.
 - iv. Perform the “defensive method” assigned by the Assessor.
 - v. Use clothing for “non-contact rescue”, tow the casualty for 50 meters and return to the bank.
 - vi. Use “support position” to hold the casualty (the timer stops at this point).
 - vii. Land the casualty from deep water.
 - viii. Provide “aftercare” for the casualty after landing, as assigned by the Assessor.
4. Contact rescue
- i. Enter the deep water.
 - ii. Swim to a casualty who is 50 meters away.
 - iii. Perform the “release method” assigned by the Assessor.
 - iv. Use the “contact rescue” (chin tow or cross chest tow) assigned by the Assessor; tow the casualty for 50 meters to the bank.
 - v. Perform “towing restraint” on the way to the bank.
 - vi. At the bank, use “support position” to hold the casualty.
 - vii. Land the casualty.
 - viii. Provide “aftercare” for the casualty after landing, as assigned by the Assessor.
5. Emergency resuscitation
- i. Enter the deep water using the “entry method” assigned by the Assessor.
 - ii. Swim 15 meters to where casualty submerged and conduct a search.
 - iii. Dive into 1.5 to 1.8 meters using the “diving method” assigned by the Assessor; search for the target.
 - iv. Tow an unconscious casualty to a safe position; perform 10 cycles of “supported Expired Air Resuscitation (EAR)”.
 - v. Land the casualty.
 - vi. Perform “Expired Air Resuscitation (ERA)” and action for vomit.
 - vii. Place the casualty in the “recovery position”.

(The above content is for reference only. The scope of assessment is subject to the information provided by the assessment agency.)

Qualification of Assessor

Holders of a valid Advanced Teacher Certificate issued by the Hong Kong Life Saving Society or an equivalent qualification; An Appointed Guider who holds a valid Advanced Teacher Certificate issued by the Hong Kong Life Saving Society or an equivalent qualification may assess this certificate for her own Unit.