



PERSATUAN PENYELAMAT KELEMASAN MALAYSIA
THE LIFE SAVING SOCIETY OF MALAYSIA
AWARD SCHEMES

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Ahli Penuh / Full Member : International Life Saving Federation (I.L.S)

Ahli Bersekutu / Associate Member: Royal Life Saving Society Commonwealth (R.L.S.S)

1. ELEMENTARY AWARD	
Objective:	To test self-preservation, swimming competence and non-contact rescue at a preparatory stage to higher awards. The holder is NOT qualified to attempt a swimming rescue in deep water.
Age Limit:	None
Examiner	One (1) LSSM Grade 2 Examiner
Dress for Water Test:	Swim-wear
Pre-requisites:	None
Award	A certificate

EXAMINATION SYLLABUS:

1. Water Safety:

Answer six (6) questions on Water Safety from “Teaching Water Safety” of the Life Saving Handbook.

2. Resuscitation:

Successfully complete the test for Expired Air Resuscitation Award.

3. Water Tests:-

3.1 This test represents a situation where your friend who is a non-swimmer has slipped and fallen into the water. The casualty will be in deep water, 1 meter from the side. Demonstrate a reaching rescue and instruct him how to climb out. (Aids: -stick, branch, clothing, tower, etc)

3.2 The current has taken your friend a little further from the side and he is in deep water, 8m away from you. Demonstrate a throwing rescue using a buoyant aid and secure him in a safety position. You will be allowed **ONE** attempt to reach the casualty.

3.3 You do not know the depth and conditions of the water. Take a pole, test the depth, enter the water and wade near enough to the casualty to reach him using a pole. Return the casualty to your point of entry. For test purpose, the casualty will be 4m away from the bank (at the shallow end of the swimming pool.)

3.4 Demonstrate a throwing rescue using an unweighted rope over 10m. Three (3) attempts are allowed to place the rope within reach of a stationary subject. The subject should be carefully pulled to the side.

- 3.5 Enter shallow water with a buoyant aid and swim 20 m to a subject considered to be a weak swimmer. Demonstrate how the buoyant aid can be used to rescue the casualty by an accompanied rescue. He should be brought back 20m to your entry point and assisted to land.
- 3.6 This test represents a situation where a casualty has sunk to the bottom and you are helping in the search. Enter the water, swim 10m and demonstrate a feet-first surface dive to the bottom, which shall be 1.5m deep. Swim for two (2) strokes underwater with the body and limbs fully submerged before surfacing and return to your point of entry using the life saving backstroke.
- 3.7 As a test of your swimming ability, swim **continuously for 125m** of which:-
- 3.7.1 75m. Head-up on the front:
 - 3.7.2 50m. Life Saving Backstroke without the use of arms.

2. INTERMEDIATE AWARD	
Objective:	To test the ability of a more competent swimmer at a stage of preparatory to Bronze Medallion. The holder is NOT qualified to attempt a contact rescue in deep water.
Age Limit:	None
Examiner	One (1) LSSM Grade 2 Examiner
Dress for Water Test:	Swim-wear
Pre-requisites:	None
Award	A certificate

EXAMINATION SYLLABUS:

1. Water Safety:

Answer six (6) questions on Water Safety & Principles & Method of Rescue from Section “Teaching Water Safety” of the Life Saving Handbook.

2. Resuscitation:

Successfully complete the test for Expired Air Resuscitation Award.

3. Water Tests:-

- 3.1 This test represents a situation where your friend who is a non-swimmer has slipped and fallen into the water, 2 meter from the side. Demonstrate a reaching rescue using a rigid aid and instruct him how to climb out. (Aids: -stick, branch, clothing, tower, etc)
- 3.2 The current has taken your friend a little further from the side and he is in deep water, 10m away from you. Demonstrate a throwing rescue using an unweighted rope and instruct the casualty how to climb out. You will be allowed **three (3) attempts** to reach the casualty.
- 3.3 An aid that will float is available and you are a swimmer. A weak swimmer is in difficulties in deep water 20m away. Enter deep water with a Straddle Jump. Demonstrate how a buoyant aid can be used to rescue the casualty by an accompanied rescue. Accompany 20m back to your entry point and assist to land.
- 3.4 A non-swimmer is in difficulty in deep water 25m away. A rigid buoyant aid is available. Enter shallow water and demonstrate how the aid can be used to rescue the casualty by a non-contact rescue. Tow him 25m back to your entry point and secure in a support position.

- 3.5 Enter shallow water and conduct a search for a casualty known to be at the bottom approximately 15m away from your point of entry. During the search, demonstrate a head-first surface dive, recover the casualty and tow to water shallow enough to enable you to perform Mouth-to Nose resuscitation. Commence resuscitation with the aid of an assistant, land the casualty. On landing, the casualty will be considered to have recommenced breathing. Place the casualty in the recovery position. An object (2-4kg) will be placed at a depth of 1.5m to represent the casualty. A casualty will be substituted for an object on reaching the surface.
- 3.6 To demonstrate the action that might have to be taken in a surprise situation, the candidate will demonstrate two (2) defence actions as specified by the Examiner.
e.g Reverse, Single Leg Block, Counter to Leg Clutch and Duck Away.
- 3.7 Swim continuously for 150m of which: (**Time Limit: - 4 minutes**)
- 3.7.1 50m. Head-up on the front;
 - 3.7.2 50m Side Stroke
 - 3.7.3 50m. Life Saving Backstroke without the use of arms.

4. EXPIRED AIR RESUSCITATION (EAR) AWARD	
Objective:	To test the ability to perform the Expired Air Method of Resuscitation together with the knowledge of respiration, blood circulation and the heart.
Age Limit:	None
Examiner	One (1) LSSM Grade 3 Examiner
Dress for Water Test:	None
Pre-requisites:	None
Award	A certificate

EXAMINATION SYLLABUS:

1. **Demonstration:**

1.1 Demonstrate to the satisfaction of the Examiner the correct positioning of the subject and the Mouth-to-Mouth, Mouth-to-Nose and Mouth-to-Mouth & Nose techniques of E.A.R.

1.2 Demonstrate the action to be taken in the case of:

- 1.2.1 Air entering the stomach;
- 1.2.2 Action for vomit;
- 1.2.3 Recovery position, placing the subject in the coma position.

2. **Oral test:**

2.1 Answer six (6) questions on the elementary principles of respiration, blood circulation and the heart as set out in the Life Saving Handbook.

2.2 Explain the use of the three (3) techniques for carrying out the Expired Air Method.

2.3 Explain the reasons for the positioning of the casualty in the Expired Air Method.

5. Bronze Medallion	
Objective:	This is the basic test of a qualified lifesaver who must know acceptable standards of knowledge, judgement, technique and physical ability.
Age Limit:	14 years & above
Examiner	One (1) LSSM Grade 2 Examiner
Dress for Water Test:	Swim-wear for Test item 3 Men: Long-sleeved shirt, long trousers Ladies: Blouse, skirt or slacks
Pre-requisites:	None
Award:	A certificate & a Bronze Medal.

EXAMINATION SYLLABUS:

1. Water Safety & Assessment of an Emergency Situation:

- 1.1 Answer six (6) questions on Water Safety and Principles & Methods of Rescue.
- 1.2 Examiner will present a typical open water emergency.
- 1.3 Questions on the **whole course content** as prescribed.

2. Emergency Aid:

- 2.1 **Resuscitation:** Successfully complete the test for Cardio Pulmonary Resuscitation (CPR)
 - 2.1.1 Demonstration on C.P.R. - Adult
 - 2.1.2 Demonstration on C.P.R. - Child
 - 2.1.3 Demonstration on C.P.R. - Infant

3. **Water Tests:-**

3.1 **Swimming:-**

Swim 300m in less than nine (9) minutes without fins in the front only.

3.2 **Land Based rescue**

3.2.1 **Reaching Rescue:** - This test represents a situation where a non-swimmer has slipped and fallen into the water. The casualty will be in deep water, **1m** from the side. Using an **article of clothing**, demonstrate a reaching rescue and instruct him how to climb out.

3.2.2 **Throwing Rescue:** - A non-swimmer is in difficulty **10m** away in deep water. Demonstrate a throwing rescue using an **unweighted rope** and secure the casualty in a position of safety.
A time limit of **one (1) minute** shall apply, commencing with an uncoiled and untangled rope lying on the ground at the feet of the rescuer and ending when the end of the rope has reached the casualty.

3.3 **Cross Chest Tow:** -**Fully clothed**, enter shallow water and swim **20m** to the casualty. Demonstrate the **Reverse**, calm-reassure and approach the casualty from behind. Tow **20m** by **Cross Chest Tow**. Assist the casualty to land.

3.4 **Towing with an Aid:** - A conscious non-swimmer is in difficulty in deep water **50m** away. A **non-rigid, non-buoyant aid** is available. Taking the aid, enter deep water, swim **50m** and tow the casualty **50m** to end in **deep water**. Assist the casualty to land
Men : 3 minutes.
Ladies : 3 minutes 15 seconds.

3.5 **Combined Rescue:** - Enter shallow water and swim **25m**. Submerge and search underwater for **5m** to recover an object (**4kg**) from a depth of **at least 1.5m**. During the search, demonstrate the **feet-first** and **head-first surface dives**. Exchange the object for a casualty considered unconscious and not breathing; tow to the nearest point of support in **deep water**, and demonstrate **mouth-to-nose resuscitation** for **3 cycles**. Tow the casualty to shallow water and **continue EAR for 5m**. Land the casualty and place him in the Recovery position.

Perform correct patient management, which includes, calling for help, patient assessment and then adult CPR on a manikin for a minimum of **three (3) minutes** directly after completing the above criteria.

3.6 **Chin Tow:**

A non-swimmer is in difficulty in deep water, **50m** from a point of entry. No aids are available. Enter the water with a **Straddle Jump** and swim **50m** to the casualty. Apply a **defensive action** and rescue over **50m** by means of **Chin Tow** which will include a demonstration of the methods used to restrain a struggling casualty (**a double restraints**). On completion of the tow, support the casualty and on the signal from the Examiner, assist the casualty to land.

3.7 **Releases:**

To demonstrate the action that might have to be taken in an unexpected situation, for example, in a crowded swimming pool.

The candidate will demonstrate **releases** from **three (3) types of clutches** as directed by the examiner.

BRONZE MEDALLION - CHECK SHEET

	Events			
1	<u>Water Safety & Assessment of an Emergency Situation:</u> 1.1 6 questions on W. Safety & Principles/Methods of Rescue 1.2 1 typical Emergency Situation. Explain actions taken.			
2	<u>Cardio Pulmonary Resuscitation</u> 2.1.1 Demonstration of C.P.R. - Adult; 2.1.2 Demonstration of C.P.R. - Child; 2.1.3 Demonstration of C.P.R. - Infant;			
3	3.1 Swimming (On Front only) Swim 300m without fins timing: 9mins			
	3.3 Land Base Rescues 3.2.1 Reaching Rescue The casualty in deep water 1m away. Demonstrate reaching rescue and instruct how to climb out.			
	3.2.2 Throwing Rescue A non-swimmer at 10m away, demonstrate a throwing rescue by using an unweighted rope. Time limit: 1 min (end of the rope reach casualty)			
	3.3 Cross Chest Tow Water condition: Shallow water Fully clothed, swim 20m , demonstrate Reverse-Calm-Reassure and then tow 20m with Cross Chest Tow .			
	3.4 Towing with Aid Water condition: Swimming pool Taking an aid (non-rigid/bouyant), swim 50m tow 50m to deep end. Assist the casualty to land. Time limit: Men: 3 mins. Ladies: 3 min 15 secs			

3.5 Combine Rescue Water condition: Shallow water Swim 25m, submerge and search underwater for 5m. Perform feet first and head first surface dives. Demonstrate Mouth-To-Nose Resuscitation and tow with EAR, assist casualty to land. Demonstrate complete CPR.			
3.6 Chin Tow Water condition: Deep water Enter Straddle jump. Swim 50m, perform Defense action & rear approach, tow 50m, demonstrate Restraint and complete the tow. Assist the casualty to land.			
3.7 Defenses and Releases 1) Reverse 2) Single leg block 3) Counter leg block 4) Duck away 5) Single arm pull release 6) Double arm pull release 7) Push up break 8) Elbow break			

6. Bronze Cross	
Objective:	A test for the qualified life saver covering specialist rescue, knowledge and skills.
Age Limit:	14 years & above
Examiner	One (1) LSSM Grade 2 Examiner
Dress for Water Test:	Swim-wear for Test item 3 Men: Long-sleeved shirt, long trousers Ladies: Long-sleeved blouse, skirt or slacks
Pre-requisites:	Bronze Medallion
Award:	A certificate & a Bronze Cross Medal.

EXAMINATION SYLLABUS:

1. Assessment of an Emergency Situation:

The examiner will present a typical emergency involving one of the following:-

- 1.1 A car falling into deep water
- 1.2 Surf
- 1.3 Quicksand or mud
- 1.4 Water-weeds in mining ponds

The candidate should explain the actions he would take.

2. Water Test:

2.1 This test represents the circumstances of an accident in which a small boat has sunk.

The **two (2)** occupants have been tipped into the water **fully clothed**; one is the candidate, the other is considered to be a non-swimmer on a rigid support (plank, pole, etc)

In deep water, remove all clothing except the swim-wear in **30 seconds**.

Using the support as a towing aid, tow the subject for **50m**.

Assist the subject from the water.

2.2 This test affords an opportunity for those already possessing specialised skills to use them in a rescue situation.

Demonstrate the rescue of a subject over **20m** with one of the following:-

- 2.2.1 Using fins;
- 2.2.2 Manning a canoe;
- 2.2.3 Manning a small boat;
- 2.2.4 Using a non-buoyant, non-rigid towing aid (article of clothing, towel, etc)

- 2.3 Enter deep water from a safe height using a **compact jump**. Swim for **50m** as if carrying out a search, submerging **feet first four (4) times** in a depth of at least **1.5m**. On the last submerge, recover an object 2-4kg and exchange it for a subject considered to be unconscious and not breathing. Using a support in deep water, demonstrate Mouth-to-Nose Resuscitation to the satisfaction of the examiner. At this stage, explain to the examiner how you would use the assistance of another person.
- 2.4 Using any aids available for the above tests, demonstrate the rescue of **two (2)** subjects in deep water over **15m**. Assist the subjects from the water.

By arrangements with the examiner, test 2.2.2 and 2.2.3 could be taken in suitable open water.

BRONZE CROSS - CHECK SHEET

	Events			
1	Accident Sinking Boat: Both rescuer and victim have been tipped into the water fully clothed . In deep water, remove all clothing except swim wear within time limit. By using a rigid support, tow the victim for 50m . Time limit: 30 secs			
2	Demonstrate the rescue of a subject over 20m with one of the following:- Using fins / manning a canoe / manning a small boat / using a non-buoyant, non-rigid towing aid (article of clothing, towel, etc)			
3	Combine Rescue Rescuer enter Compact jump , swims 50m , demonstrate feet first surface dives to search for victim for four (4) times . Last submerge, exchange brick for subject Demonstrate Mouth-to-Nose Resuscitation, tow with EAR until reach the land and perform full CPR.			
4	Double Aided Tow Demonstrate rescue of two (2) msubjects in deep water over 15m . Assist the casualty from water.			
5	Defenses & Releases 1. Reverse 2. Single leg block 3. Counter leg block 4. Duck away 5. Single arm pull release 6. Double arm pull release 7. Push up break 8. Elbow break			

7. INSTRUCTOR'S CERTIFICATE	
Objective:	A desirable qualification for those wishing to teach Life Saving up to and including Bronze Cross.
Age Limit:	16 years & above
Examiner	One (1) LSSM Grade 2 Examiner
Dress for Water Test:	Swim-wear
Pre-requisites:	The Bronze Medallion Award and member of LSSM
Lectures:	Before taking the test, the candidate should attend, where possible, a course of lectures arranged by the Society to cover the syllabus up to and include the Bronze Cross. (Instructor's Clinic)
Class:	The candidate MUST train and present a class of NOT less than four (4) candidates for the Bronze Medallion of which three (3) of them (75% of the class whichever is more) shall be successful.
Award:	A certificate

EXAMINATION SYLLABUS:

1. Present to the examiner at least 6 different lesson plans on any aspect of Life Saving, taken from the water work section of the **Bronze Medallion** syllabus. These should be presented **no less than seven (7) days prior** to the test date, whilst the examiner evaluates the lesson plans presented at the examination.
2. Teach a class of **at least four (4) candidates** a lesson from one of the plans presented by the candidate (Bronze Medallion) selected by the examiner. The candidate is allowed three (3) minutes to study the lesson plan selected and prepare any equipment necessary. The lesson shall be planned to last 20 minutes, although the examiner, may at his discretion, curtail the lesson before this time has elapsed.
3. Present a prepared lecture on any aspect of **Cardio Pulmonary Resuscitation (CPR)** of the candidate's choice, which shall last approximately ten (10) minutes. On completion, the candidate shall answer questions from the examiner on lecture content and presentation.
4. Analyze and individual's performance in the water on three (3) personal or life saving skills selected by the examiner. Explain the common faults and how they are corrected.
5. Answer orally two (2) questions on each of the following:-
 - 5.1 Life Saving organization, particularly with respect to examinations
 - 5.2 The development of judgement and appropriate skills through the use of initiative tests and staged incidents.
 - 5.3 Principles of teaching, including class management, water safety and hygiene.
 - 5.4 The use of teaching / training aids in life saving.

8. AWARD OF MERIT	
Objective:	This is the advance test of a qualified lifesaver who must show ability to carry out effective rescues over longer distances.
Age Limit:	15 years & above
Examiner	One (1) LSSM Grade 1 Examiner
Dress for Water Test:	Swim-wear for item 2.4 Men : Long-sleeved shirt, trousers. Ladies: Long-sleeved blouse / skirt or slacks.
Pre-requisites:	The Bronze Medallion Award
Award:	A certificate & a Award of Merit medal.

EXAMINATION SYLLABUS:

1. Resuscitation:

- 1.1 Expired Air Resuscitation (EAR) with vomit action
- 1.2 Cardio Pulmonary Resuscitation (CPR)
- 1.3 Four (4) questions on Physiology and aftercare.

2. Water Test:

2.1 This test represents a situation where a non-swimmer is in difficulties, **75m** from the bank. No aids are available. Enter deep water, swim 75m and on reaching the casualty, take a defensive action as directed by the examiner. Tow by means of a **Cross Chest Tow** over **75m** return journey and assist the casualty from deep water.

2.2 A casualty is in difficulties 75m from the bank. No aids are available. Enter deep water, swim **75m** and on reaching the casualty, **release** yourself from a **sudden clutch**. Rescue over **75m** by **Chin Tow** during which the casualty will **struggle** violently **once**.

On reaching the point of entry, secure the casualty in the support position. The time limit from the examiner's starting signal to the rescuer touching the bank at the end of the tow is:

Men : 5 minutes

Ladies: 5 minutes 15 seconds.

2.3 An unconscious casualty has disappeared from sight 50m away. Enter deep water, swim **50m** and recover 2 objects each 2-4 kg and place at a depth **1.5m** and **3m** apart, 50m away from the point of entry, before surfacing. Exchange the objects for a casualty considered to be unconscious and not breathing. A buoyant aid will be available near the casualty. Utilize the buoyant aid to perform resuscitation as necessary during the return over **50m** to your point of entry.

Following ten (10) cycles of resuscitation on land, the casualty will be considered to have recommenced breathing. Place the casualty in the recovery position and treat for shock.

The time limit, from the examiner's starting signal to the first inflation of resuscitation in deep water is :

Men : 1 minute 15 seconds

Ladies: 1 minute 25 seconds

2.4 The examiner will set the scene for the rescue over a distance of **20m** of **two (2)** casualties, whose conditions and actions will be unrevealed and will necessitate the use of a combination of skills listed in the syllabus. Commencing the test in **clothes**, carry out the rescue and on completion, explain the reasons for your actions. Available aids may be used.

2.5 Demonstrate

2.5.1 4 Releases

2.5.2 4 Defense Actions

AWARD OF MERIT - CHECK SHEET

	Events			
1	Cross Chest Tow: Water condition: deep water No aid available Swim 75m , on reaching perform Defensive action. Tow by means of Cross Chest Tow over 75m return journey. Assist the casualty to land.			
2	Chin Tow Water condition: deep water No aid available Swim 75m , on reaching preform Releases action. Tow 75m , demonstrate Restraint (struggle violently) once and complete the tow. Assist the casualty to land. Time limit: Men : 5:00 min, Ladies: 5.15 min			
3	Combine Rescue Water condition: deep water Swim 50m, recover 2 objects 3m apart (underwater swim). Tow 50m with EAR, assist casualty to land and perform CPR. Time limit: Men : 1 min 15 sec, Ladies : 1 min 25 sec			
4	Rescue Scene A distance of 20m , 2 fully clothed casualties in water, condition and actions will be unrevealed, carry out rescue in full-clothes and explain your reasons for your actions.			
5	Defenses & Releases 1. Reverse 2. Single leg block 3. Counter leg block 4. Duck away 5. Single arm pull release 6. Double arm pull release 7. Push up break 8. Elbow break			

9. DISTINCTION AWARD	
Objective:	This is the most advanced practical test of a qualified lifesaver who must show all-round ability of a high standard.
Age Limit:	16 years & above
Examiner	Two (2) LSSM Grade 1 Examiner
Dress for Water Test:	Swim-wear for item 2.5 Men : Long-sleeved shirt, trousers. Ladies: Long-sleeved blouse / skirt or slacks.
Pre-requisites:	Award of Merit passed within the previous three (3) years .
Award:	A certificate & an engraved medal

EXAMINATION SYLLABUS:

1. Resuscitation:

- 1.1 Expired Air Resuscitation (E.A.R) with vomit action
- 1.2 Cardio Pulmonary Resuscitation (C.P.R)
- 1.3 Four (4) questions on Physiology and aftercare.

2. Water Test:

- 2.1 This test represents a situation where a non-swimmer is in difficulties in deep water 25m from the bank. Enter shallow water, swim **25m** and use an item of clothing to effect a non-contact rescue. Return the casualty 25m to your starting point and assist the casualty to land.
- 2.2 A weak swimmer is in difficulties in deep water 100m away. No aids available. Enter water, swim **100m**. On approaching the casualty, perform Defensive action followed by the Cross Chest tow over 100m.
The casualty will **struggle** violently **once** during the tow.
Terminate the **100m** tow in deep water, assist the casualty to land and treat for shock.

2.3 A casualty is in difficulties 100m from the bank. No aids are available. Enter water, swim **100m** and on reaching the casualty, release yourself from a sudden clutch. Rescue over **100m** by **Chin Tow** during which the casualty will struggle violently **Twice**. On reaching the point of entry, secure the casualty in the support position. The time limit from the examiner's starting signal to the rescuer touching the bank at the end of the tow is:

Men : 5 minutes 45 seconds

Ladies: 6 minutes 15 seconds.

2.4 An unconscious casualty has disappeared from sight 75m away. Enter deep water, swim **75m** and recover 2 objects each 2-4 kg and place at a depth **1.5m** and **5m** apart, 75m away from the point of entry, before surfacing.

Exchange the objects for a casualty considered to be unconscious and not breathing. A buoyant aid will be available near the casualty. Utilize the buoyant aid to perform resuscitation as necessary during the return over **75m** to your point of entry. Land the casualty.

Following ten (10) cycles of resuscitation on land, the casualty will be considered to have recommenced breathing. Place the casualty in the recovery position and treat for shock.

The time limit, from the examiner's starting signal to the first inflation of resuscitation in deep water is :

Men : 1 minute 45 seconds

Ladies: 2 minutes

2.5 The examiner will set the scene for the rescue over a maximum of **25m** of **two (2)** casualties in deep water, whose conditions and actions will be unrevealed. Casualties are to be **fully clothed**. Commencing the test in clothes, carry out the rescue and on completion, explain the reasons for your actions. Available aids may be used.

2.6 Demonstrate

2.6.1 4 Releases

2.6.2 4 Defense Actions

DISTINCTION AWARD - CHECK SHEET

	Events			
1	Non-contact Rescue: Water condition: shallow water Swim 25m , use an item of clothing, perform a non-contact rescue, tow 25m , assist casualty to land.			
2	Cross Chest Tow Water condition: deep water Swim 100m , on reaching preform Defensive action . Tow 100m , demonstrate Restraint (struggle violently once) and complete the tow. Assist the casualty to land.			
3	Chin Tow Water condition: deep water Swim 100m , on reaching preform Releases action . Tow 100m , demonstrate Restraint (struggle violently twice) and complete the tow. Assist the casualty to land. Time limit: Men : 5 min 45 sec, Ladies: 6 min 15 sec			
4	Combine Rescue Water condition: deep water Swim 75m , recover 2 objects 5m apart (underwater swim). Tow 75m with EAR, assist casualty to land and perform CPR. Time limit: Men : 1 min 45 sec, Ladies : 2 min			
5	Rescue Scene Max 25m , 2 fully clothed casualties in water, condition and actions will be unrevealed, carry out rescue in full-clothes and explain your reasons for your actions.			
	Defenses & Releases 1. Reverse 2. Single leg block 3. Counter leg block 4. Duck away 5. Single arm pull release 6. Double arm pull release 7. Push up break 8. Elbow break			

POOL LIFE GUARD CERTIFICATE

POOL LIFE GUARD CERTIFICATE	
Object:	To provide a life saving test for those responsible for the supervision of swimming pools. The candidate will be tested on fitness, judgement, self-discipline and the ability to observe and supervise a pool, respond to emergencies, administer First Aid, and communicate with the staff and bathers.
Assessment:	The assessment is in two (2) sections and will be conducted by one (1) LSSM Examiner who will be appointed by the LSSM Chief Examiner. All parts of the practical assessment to be taken on the same occasion. The two (2) sections of the assessment should be completed within fourteen (14) days of each other . No more than four (4) candidates may be examined by any one Examiner.
Age Limit:	18 years and above.
Examiner:	Two (2) LSSM Examiners appointed by LSSM Chief Examiner.
Dress for Water Test:	Dress - Regular uniform. Where none is available, T-shirt, shorts/skirt and suitable footwear. Casualty - Swimwear.
Pre-requisites:	The Bronze Medallion Award and should have completed a 24-hour training course prescribed by LSSM.
Award:	A Certificate

EXAMINATION SYLLABUS:

1. Theory:

1.1 **Environment Conditions :**

Identify and describe issues related to Facility/Workplace:

- List the specifications of the pool including depth, access, use of SPAs or Saunas etc.
- List the nearest available safety services.
- Find and use potential resources for use in rescue.

1.2 The Life Saver:

- Five (5) questions on duties and responsibilities, safety procedures, rescue response, public relations, rules & regulations and standard operating procedures (SOPs).

1.3 Rescue & Basic Emergencies :

- Five (5) questions on recognition of problem areas, search & rescue techniques, response to emergencies, use of emergency equipment, records and reports.
- Design, practice, review a basic Emergency Management Plan.
- Identify and solve potential problems when executing the plan.

1.4 Medical - CPR and First Aid :

- Five (5) questions on general & aquatic First Aid, support and emergency treatment including CPR and spinal management.
- Describe use of medical equipment in emergency situation.
- Identify regulations pertaining to and list of medical services available to support emergency medical situations.

2. Emergency Response Techniques

2.1 Resuscitation techniques :

- 2.1.1 Demonstrate Expired Air Resuscitation (EAR) for adults, children and infants.
- 2.1.2 Demonstrate Cardio Pulmonary Resuscitation (CPR) for adults, children and infants. Demonstrate one (1) and two (2) person operation.
- 2.1.3 Set up and demonstrate use of oxygen equipment.

2.2 First Aid technique :

- 2.2.1 Patient management.
- 2.2.1 Identify and demonstrate injury management (ie, shock, fractures, wounds, arterial/venal bleeding, spinal injury, etc)

3. Land Based Skills:

3.1 **Surveillance :**

Demonstrate pool surveillance techniques and other patrol duties.

3.2 **Transport techniques :**

Demonstrate the lifting of a conscious victim and transport him over a distance of 25m.

3.3 **Use of Rescue equipment:**

Perform a simulated rescue using a throwing aid to rescue a conscious casualty in the water over a minimum of 10m.

4. Water Based Skills (in a pool environment).

4.1 **Swimming on the front** (Speed & endurance) :

4.1.1 Swim **50m** in less than **50 seconds** with the head above the water.

4.1.2 Swim **400m** in less than **8.00 minutes** without using equipment.

4.2 **Under water Swim:**

Swim **25m** under water, retrieve **three (3)** objects placed **5m** apart in the deepest end of the pool before surfacing.

4.3 **Combined Rescue:**

4.3.1 Rescue from deep water, a victim who is tired or injured. The victim will be **20m** from the point of entry. Tow the victim by a recognized method to the nearest point of support – 10m away.

Time limit : 45 seconds from entry into water to reaching any point of support.

4.3.2 Life Saving entry, swim **25m** freestyle (with head above water), Surface dive to rescue an adult person (min depth 1.5m) and tow minimum of **25m** to the side of pool followed by lifting the victim out of the water.

Time limit: 2:00 minutes.

4.3.3: Recover a victim from the deepest part of the pool floor and land him with assistance. Perform one (1) operator **CPR** for **4 minutes continuously**. At the examiner's direction, place him in the recovery position. Initiate normal emergency procedure.

4.3.4 Rescue a victim with a **suspected spine-neck injury** and with assistance, stabilize the casualty by a safe and comfortable method until the arrival of appropriate emergency service.

4.3.5 Demonstrate initiative in rescuing a victim, whose conditions and actions are unrevealed (from a situation typical within the prevailing pool conditions).
The examiner will brief the victim. Usual pool emergency procedures may be used.

POOL LIFEGUARD CERTIFICATE - CHECK SHEET

	Events			
1	<u>Theory:</u> 1.1 <u>Environmental Conditions:</u> Identify and describe issues related to Facility/Workplace: - List the specifications of the pool including depth, access, use of SPAs or Saunas etc. - List the nearest available safety services. - Find and use potential resources for use in rescue.			
	1.2 <u>The lifesaver:</u> Five (5) questions on duties and responsibilities, safety procedures, rescue response, public relations, rules & regulations and standard operating procedure (SOPs) 1.3 <u>Rescue & Emergencies:</u> Five (5) questions on recognition of problem areas, search & rescue techniques, response to emergencies, use of emergency equipment, records and reports. - Design, practice, review a basic Emergency Management Plan. - Identify and solve potential problems when executing the plan. 1.4 <u>Medical - CPR and First Aid:</u> - Five (5) questions on general & aquatic First Aid, support and emergency treatment including CPR and spinal management. - Describe use of medical equipment in emergency situation. - Identify regulations pertaining to and list of medical services available to support emergency medical situations.			

2	<u>Emergency Response Technique:</u> 2.1 Resuscitation technique 2.1.1 Demonstrate Expired Air Resuscitation (EAR) for adults, children and infants. 2.1.2 Demonstrate Cardio Pulmonary Resuscitation(CPR) for adults, children and infants. Demonstrate one (1) and two (2) person operation. 2.1.3 Set up and demonstrate use of oxygen equipment.			
	2.2 First Aid technique : 2.2.1 Patient management. 2.2.2 Identify and demonstrate injury management (ie, shock, fractures, wounds, arterial/venal bleeding, spinal injury, etc)			
3	<u>Land Based Skills:</u> 3.1 Surveillance Demonstrate pool surveillance techniques and other patrol duties 3.2 Transport Techniques Demonstrate the lifting of a conscious victim and transport him over a min distance of 25m. 3.3 Use of Rescue equipment Perform a simulated rescue using a throwing aid to rescue a conscious casualty in the water over a minimum of 10m.			
4	<u>Water Based Skills (in a pool environment)</u> 4.1 Swimming (Speed & endurance) : 4.1.1 Swim 50m in less than 50 seconds with the head above the water. 4.1.2 Swim 400m in less than 8.00 minutes without using equipment.			

	4.2 Under water Swim: Swim 25m under water, retrieve three (3) objects placed 5m apart in the deepest end of the pool before surfacing.			
	4.3 Combined Rescue: 4.3.1 Rescue from deep water, a victim who is tired or injured. The victim will be 20m from the point of entry. Tow the victim by a recognized method to the nearest point of support – 10m away. Time limit : 45 seconds from entry into water to reaching any point of support. 4.3.2 Life Saving entry, swim 25m freestyle (with head above water), Surface dive to rescue an adult person (min depth 1.5m) and tow minimum of 25m to the side of pool followed by lifting the victim out of the water. Time limit: 2:00 minutes. 4.3.3 Recover a victim from the deepest part of the pool floor and land him with assistance. Perform one (1) operator CPR for 4 minutes continuously. At the examiner's direction, place him in the recovery position. Initiate normal emergency procedure. 4.3.4 Rescue a victim with a suspected spine-neck injury and with assistance, stabilize the casualty by a safe and comfortable method until the arrival of appropriate emergency service. 4.3.5 Demonstrate initiative in rescuing a victim, whose conditions and actions are unrevealed (from a situation typical within the prevailing pool conditions. The examiner will brief the victim. Usual pool emergency procedures may be used.			

OPEN WATER LIFEGUARD CERTIFICATE

Object:	To provide a life saving test for those responsible for the supervision of water front/shoreline recreation/activities. The candidate will be tested on fitness , judgement , self-discipline and the ability to observe and supervise a designated area; respond to emergencies, administer First Aid and communicate with relevant people and Emergency services.
Assessment:	The assessment is in two (2) sections and will be conducted by one (1) LSSM Examiner who will be appointed by the LSSM Chief Examiner. All parts of the practical assessment to be taken on the same occasion. The two (2) sections of the assessment should be completed within fourteen (14 days) of each other . No more than four (4) candidates may be examined by any one Examiner.
Age Limit	18 years and above.
Examiner:	Two (2) LSSM Examiners appointed by LSSM Chief Examiner.
Dress for water Test:	Candidate: Regular uniform to be used. Where none is available, T-shirt shorts / skirt and suitable footwear. Casualty : Swimwear.
Pre-requisites:	The Bronze Medallion Award and should have completed a 24-hour training course prescribed by LSSM.
Award:	A Certificate
Test Site:	Sea / Lake*/ Pool*

EXAMINATION SYLLABUS :

I. Theory:

1.1 Environment Conditions :

- Identify and describe issues related to Facility/Workplace:
- List the characteristics of the aquatic location including environmental, geographic and demographic information.
 - List the nearest available safety services.
 - Find and use potential resources for use in rescue.

1.2 Medical - CPR and First Aid :

- General questions on physiology (respiratory & circulatory systems), hypothermia, aquatic First Aid, support and emergency treatment including CPR and spinal management.
- Describe use of medical equipment in emergency situation.
- Identify regulations pertaining to and list of medical services available to support emergency medical situations.

1.3 The Life Saver :

- Roles and responsibilities as a team member.
- Knowledge and execution of safety procedures, rescue response, rules and regulations and standard operation procedures (SOPs).
- Develop and maintain physical fitness.

1.4 Rescue & Emergencies :

- Recognition of problematic areas, effective response to emergencies, search & rescue techniques in open water, boat handling, use of emergency equipment, transport and delivery of victims.
- Maintaining records and reports of rescue.
- Design, practice, review a basic Emergency Management Plan.
- Identify and solve potential problems when executing the plan.

1.5 Planning_:

- Describe surveillance methodology, operating a patrol team, incident control, effective communications within the team and relevant parties.

1.6 Boating:

- Knowledge & ability of handling IRB/canoe/boat.*

2. Emergency Response Techniques

2.1 Resuscitation techniques :

- 2.1.1 Demonstrate Expired Air Resuscitation (EAR) for adults, children and infants.
- 2.1.2 Demonstrate Cardio Pulmonary Resuscitation (CPR) for adults, children and infants. Demonstrate one (1) and two (2) person operation.
- 2.1.3 Set up and demonstrate use of oxygen equipment.

2.2 First Aid technique :

2.2.1 Patient management.

2.2.1 Identify and demonstrate injury management (ie, shock, fractures, wounds, arterial/venal bleeding, spinal injury, etc)

3. Land Based Skills:

3.1 Signs & Signals

Demonstrate the use of signals and signs (international).

3.2 Transport Techniques :

Demonstrate the lifting of a conscious victim and transport him over a min distance of 25m.

3.2.1 One (1) man drag; Two (2) man drag.

3.2.2 Three (3) man Pick & Carry;

3.2.3 Two (2) handed seat; Fireman's lift.

3.3 Use of Rescue equipment:

Perform a simulated rescue using a throwing aid to rescue a conscious casualty in the water over a minimum of 10m.

4. Water Based Skills (in open water environment)

4.1 Swimming (Speed & endurance) :

4.1.1 Swim **50m** in less than **50 seconds** with the head above the water.

4.1.2 Swim **400m** in less than **9.00 minutes** without using equipment.

4.1.3 Run-Swim-Run (Run 200m, Swim 200m and Run 200m)
within **8 minutes**.

4.2 Under water Swim:

Swim **25m** under water, retrieve **three (3)** objects placed **5m** apart in the deepest end of the pool before surfacing.

4.3 Combined Rescue :

4.3.1 Open Water Rescue without equipment :

Life Saving entry, swim **100m**, defense action and tow victim **100m** back to shore.

4.3.2 Rescue tube with Unconscious victim :

Swim **50m** out to unconscious victim with rescue tube. Demonstrate deep water resuscitation and tow the victim **50m** back to shore. On reaching shallow water, demonstrate patient drag/ carry and place the victim in the recovery position.

4.3.3 Rescue Board with Conscious victim:

Rescuer paddles **75m** out to the victim, helps the victim onto the board, and paddles back to the shore for over **75m**.

4.3.4 Rescue Board with Unconscious victim:

Rescuer paddles **75m** out to the 'unconscious' victim, demonstrates deep water resuscitation, retrieve the victim using '**roll the board**' method and return **75m** to shore with the victim. On reaching the shore, demonstrate the victim drag/ carry. Minimum distance - **75m** from waist depth.

4.3.5 IRB/Boat/Canoe Rescue*:

Demonstrate the use of a craft for rescue purposes. Perform launching, victim pick-up, inboard resuscitation, return and beaching procedure.

OPEN WATER LIFE GUARD CERTIFICATE - CHECK SHEET

	Events			
1	<u>Theory:</u> 1.1 <u>Environmental Conditions:</u> Identify and describe issues related to Facility/Workplace: - List the characteristics of the aquatic location including environmental, geographic and demographic information. - List the nearest available safety services. Find and use potential resources for use in rescue			
	1.2 <u>Medical:</u> - General questions on physiology (respiratory & circulatory systems), hypothermia, aquatic First Aid, support and emergency treatment including CPR and spinal management. - Describe use of medical equipment in emergency situation. - Identify regulations pertaining to and list of medical services available to support emergency medical situations.			
	1.3 <u>The lifesaver:</u> Roles and responsibilities as a team member. - Knowledge and execution of safety procedures, rescue response, rules and regulations and standard operation procedures (SOPs). - Develop and maintain physical fitness.			
	1.4 <u>Rescue & Emergencies:</u> - Recognition of problematic areas, effective response to emergencies, search & rescue techniques in open water, boat handling, use of emergency equipment, transport and delivery of victims. Maintaining records and reports of rescue. - Design, practice, review a basic Emergency Management Plan.			

	- Identify and solve potential problems when executing the plan.			
	1.5 Planning: - Describe surveillance methodology, operating a patrol team, incident control, effective communications within the team and relevant parties			
	1.6 Boating: Knowledge & ability of handling IRB / canoe*/boat*.			
2	<u>Emergency Response Technique:</u> 2.1 Resuscitation technique 2.1.1 Demonstrate Expired Air Resuscitation (EAR) for adults, children and infants. 2.1.2 Demonstrate Cardio Pulmonary Resuscitation(CPR) for adults, children and infants. Demonstrate one (1) and two (2) person operation. 2.1.3 Set up and demonstrate use of oxygen equipment.			
	2.2 First Aid technique : 2.2.1 Patient management. 2.2.2 Identify and demonstrate injury management (ie, shock, fractures, wounds, arterial/venal bleeding, spinal injury, etc)			
3	<u>Land Based Skills:</u> 3.1 Signs & Signals Demonstrate the use of signals and signs (international). 3.2 Transport Techniques Demonstrate the lifting of a conscious victim and transport him over a min distance of 25m. 3.2.1 One (1) man drag; Two (2) man drag. 3.2.2 Three (3) man Pick & Carry; 3.2.3 Two (2) handed seat; Fireman's lift.			

	3.3 Use of Rescue equipment: Perform a simulated rescue using a throwing aid to rescue a conscious casualty in the water over a minimum of 10m.			
4	<u>Water Based Skills (in open water environment)</u> 4.1 Swimming (Speed & endurance) : 4.1.1 Swim 50m in less than 50 seconds with the head above the water. 4.1.2 Swim 400m in less than 9.00 minutes without using equipment. 4.1.3 Run-Swim-Run (Run 200m, Swim 200m and Run 200m) within 8 minutes			
	4.2 Under water Swim: Swim 25m under water, retrieve three (3) objects placed 5m apart in the deepest end of the pool before surfacing.			
	4.3 Combined Rescue: 4.3.1 Open Water Rescue without equipment : Life Saving entry, swim 100m , defense action and tow victim 100m back to shore. 4.3.2 Rescue tube with Unconscious victim : Swim 50m out to unconscious victim with rescue tube. Demonstrate deep water resuscitation and tow the victim 50m back to shore. On reaching shallow water, demonstrate patient drag/ carry and place the victim in the recovery position. 4.3.3 Rescue Board with Conscious victim: Rescuer paddles 75m out to the victim, helps the victim onto the board, and paddles back to the shore for over 75m .			

	4.3.4 Rescue Board with Unconscious victim: Rescuer paddles 75m out to the ‘unconscious’ victim, demonstrates deep water resuscitation, retrieve the victim using ‘roll the board’ method and return 75m to shore with the victim. On reaching the shore, demonstrate the victim drag/ carry. Minimum distance - 75m from waist depth. 4.3.5 <u>IRB/Boat/Canoe Rescue*</u>: Demonstrate the use of a craft for rescue purposes. Perform launching, victim pick-up, inboard resuscitation, return and beaching procedure. are unrevealed (from a situation typical within the prevailing pool conditions. The examiner will brief the victim. Usual pool emergency procedures may be used.			
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