
The Awards

GENERAL

Compulsory Presence of Instructor/Teacher during Lifesaving Examination

Whenever a lifesaving examination is underway, the instructor/teacher must be present to assist in safety and to clarify any queries.

Eligibility to Book for Lifesaving Examination

1. All members are reminded that Only Registered Lifesaving Instructors/Teachers are allowed to book for the respective lifesaving exams, i.e. Registered Lifesaving Instructor can book for LS123 exams and a Registered Teacher can book for all lifesaving exams. Exception is for private candidates who meet the respective pre-requisite(s).
2. An individual may attempt lifesaving exams as private candidate if he possesses membership with SLSS or its affiliates. Private candidates must seek permission for the use of pool facility. A higher bundled booking cum exam fee (for additional examiner/lifeguard in lieu of instructor) will be charged.

Statement of Policy Safety Issues:-

The followings safety guidelines are to be adhered when conducting open-water lifesaving training:

(I) Use of Life-Vest

That as a precautionary and safety measure, LIFE-VEST should be worn as far as possible during:

1. All lifesaving and related activities that are conducted in open water or unsupervised aquatic environment;
2. All lifesaving examinations, except for tests where positive buoyancy aids are not allowed.

(II) Use of Safety Boat

When lifesaving examinations, demonstrations or competitions are held in open water, a safety boat (eg. power boat, kayak or canoe) should be present.

Specific Competency of Lifesaving Examiner:-

Lifesaving Instructors, Teachers and Examiners are to refrain from teaching or examining topic(s) or award(s) they are not familiar with.

Lifesaving 1, 2 & 3 Awards Examinations

- (1) Registered Lifesaving Instructors and Teachers are eligible to examine their own students in Lifesaving 1, 2 and 3 Awards if they have completed a special examination course or workshop approved by the SLSS.
- (2) Registered Lifesaving Examiners may examine their own students in Lifesaving 1, 2 and 3 Awards.

Minimum Age Limits

For all lifesaving examinations, the candidate may be accepted if he attains the minimum age in the year of the examination notwithstanding that he may be below the minimum age on the day of the examination.

Limit on Lifesaving Examination To Be Attempted Per Day:-

Not more than 2 water based exams should be conducted in a day and within a lapse of 4 hours with the exception of Lifesaving 1, 2 and 3 examinations.

Use of Swimming Goggles During Lifesaving Examination

The use of swimming goggles is acceptable for the following lifesaving examination:

- (a) Fitness Rescue tests in all awards; and
- (b) Swimming tests in all awards.

Safety Guidelines for Lifesaving Trainings and Examinations

The SLSS imposes some rules to ensure the safety of Candidates 'Casualty', Trainers and Examiners. Followings are to be observed at all times.

- **Medical Considerations**

Training involves physical exertion in both pool and open-water environments and some medical conditions can affect ability and performance in the water. Although our tropical water temperature allows the pursuit of aquatic activities throughout the year, however, prolonged exposure during a hot day or cold weather may invite adverse medical effect, i.e. heat exhaustion, heat stroke, sun burn, hypothermia and etc..

If a candidate has any medical condition that might impair them they would be advised to consult their doctor before undertaking the training course or examination. A trainee should inform his trainer if he has any long-term medical condition, e.g. asthma, arthritis etc or if he needs medication at any time during the training, e.g antibiotics, pain relief. These situations may affect one's performance and in some circumstances, may result in severe medical consequence. The information will be kept in confidence, but others who need to know (fellow Trainers and Examiners etc.) will be advised.

- **Attire**

Minimum of appropriate swim wear, shorts/T-Shirt, footwear, additional protective outfit (i.e. stinger/wetsuit) and/or with recognized workplace uniform, where appropriate and applicable. Footwear may be discarded during swim rescues if it is safe to do so. For pursuit of open-water training/examination, a high visibility lifeguard cap or swim cap must always be worn.

- **Cleansing Manikins**

When using manikins ensure they are properly cleansed before and after they are being used. Usually some sterilizing wipes are available for this purpose.

- **Jewellery and Clothing**

Jewelry including body jewelry must be removed during training and examination. A trainer/examiner will insist that jewelry is removed as it may be hazardous for the candidate or person acting as casualty.

- **Entering Water by Diving**

When entering the water a safe entry appropriate for the circumstances must be demonstrated. When diving, a shallow dive may be used. However, candidates should be able to dive, without risk to their hearing, to a maximum depth of 1.5m or 1.8m. It may be appropriate for candidates to seek medical advice with regard to diving to depths greater than 1.5m or 1.8m. Trainers and Examiners MUST advise candidates of the dangers inherent in diving to depths greater than 1.5m or 1.8m.

- **Diving to Depths**

You should be aware that there may be a risk of damage to your hearing by diving to depths greater than 1.5 metre. All dives are undertaken at your own risk. If you are unsure, please discuss with your Trainer or Examiner.

- **Spectacles, Goggles and Contact Lenses**

To avoid injury the wearing of spectacles in the water by a candidate or 'casualty' during swimming sessions or examinations is not permitted. Spectacles may be worn in theory tests and to view practical tests. Where a candidate wears spectacles, these may be removed prior to entering the water. Candidates are responsible for and should make suitable arrangement for their safe keeping. Contact lenses may be worn for training and assessment (where applicable) at the discretion of the candidate. The SLSS recommends that candidates seek advice from their doctor or optician.

In line with medical advice, goggles can be worn by candidates during both training and assessment (where applicable) for lifesaving awards:

- You need to be aware of the relative risks associated with goggles. Goggles should be put on and removed by holding the lenses in place over the eyes whilst carefully adjusting the elasticized strap at the back of the head.
- Care should be taken to ensure that goggles are adjusted correctly and do not become dislodged or dragged when catering the water.

- **Landing and Lifting**

When lifting or landing a 'casualty', an assisted lift shall always be demonstrated.

- **Water/Climatic Information**

Knowledge of the water (open-water) and weather conditions should be obtained in prior from the Maritime and Port Authority of Singapore (MPA) and Singapore Meteorological Service.

Safety Guidelines Prior to Conducting Open-Water Trainings and Examinations

- **Liaison with Beach Operator**

SAFETY is a vital element of beach training and examination. Where possible, a regular lifeguard patrol area must be identified with a sheltered area mainly for protection against the weather element. In the absence of lifeguard patrol service, the trainer is to ensure that the safety crew is adequately deployed to safeguard the candidates' safety at all times. The foreshore should be checked for suitable point of entry and exit. Trainers are advised to contact the beach operator (where appropriate) and to liaise with them to ensure that swimming activities are safe at the venue.

- **Safety**

The safety of candidates, Trainers and Examiners is of paramount importance. Personal buoyancy aids/lifejackets should always be worn when appropriate. The trainer must ensure that there is always adequate safety cover for all water based activities.

- **Safety Crew, First Aid and Communication**

The services of experienced beach lifeguards should be obtained as necessary. There must be a rescue capability to effect a simultaneous rescue of everyone in the water should this become necessary. Adequate safety provision must be made for all swimmers moving outwards from the shoreline. This may include a rescue craft, or rescue board and be appropriate to the conditions. Appropriate first aid and communications equipment must be provided to facilitate the training/examinations.

- **Environmental Elements and Provision of Care**

A check of water and weather conditions, both before and during the assessment must be made. Safety provision must include any warnings to other water users. Care should be given to other bathers, and taken when water frequented by boats, other watercraft or water skiers is used. Candidates must remain in visual contact with the shore or safety boat throughout and should not be allowed to become widely separated from each other.

- **Water Depth**

Ensure the Assessment Area at the beach has sufficient water depth for all parts of the assessment to be carried out.

- **Equipment**

Suitable craft and associated equipment must be provided in suitable numbers in relation to the number of candidates. Course members should have personal equipment including fins, snorkel mask, stinger/wetsuit, footwear and/or protective clothing, where appropriate/applicable.

- **Safety/SOP (Standard Operation Procedure / Rescue Plans) for Trainers and Examiners**

Trainers are reminded to take into consideration all safety precautions. This is especially important with low water visibility with our local water condition. Trainer and Examiners should be aware of any local conditions and regulations.

LIFESAVING 1



Aim

To provide preliminary skills and knowledge of water safety, and land-based non-contact rescues

Examiner

1 SLSS Lifesaving Examiner for up to 12 candidates, or may be self assessed by instructor if appointed by SLSS.

Pre-requisites

Item 8 of the award conditions shall be instructor assessed prior to date of examination of award

Dress

Swimwear

EXAMINATION

Theory Test

1. Answer one question on each of the following:

- 1.1 water safety
- 1.2 principles of water rescue
- 1.3 dangers in swimming pools
- 1.4 seeking help

Practical Test

2. Casualty Simulation

Demonstrate in the water the actions of a casualty who is:

- 2.1 a non-swimmer
- 2.2 a weak swimmer

3. Reach

Rescue a casualty in deep water between 1 metre and 2 metres away by using a suitable reaching aid. Encourage the casualty to use the aid and return to safety. Assist the casualty to climb out of the water.

4. Throw - Buoyant Aid

Rescue a casualty in deep water 5 metres away by using a suitable buoyant aid. Encourage the casualty to use the aid and return to safety. Assist the casualty to climb out of the water.

5. Wade - Buoyant or Rigid Aid

Enter shallow water with a suitable aid and perform a wading rescue of a casualty 10 metres to 12 metres away. Encourage the casualty to use the aid and return to safety. Assist the casualty from the water and then climb out.

6. Accompanied Rescue

With a suitable buoyant aid enter shallow water and approach a casualty in deep water 25 metres away. Encourage the casualty to use the aid and maintain a safe distance whilst accompanying the casualty 25 metres to safety. Assist the casualty from the water and then climb out.

7. Initiative

Demonstrate ability to rescue a casualty in deep water using reaching or throwing skills, in a situation previously unknown to the rescuer. After the rescue, explain the reasons for your actions.

8. Swim

Demonstrate ability to swim 100 metres in any recognised stroke.

LIFESAVING 2



Aim

To develop further preliminary skills and knowledge of water safety, resuscitation, land-based and non-contact rescues

Examiner

1 SLSS Lifesaving Examiner for up to 12 candidates, or may be self assessed by instructor if appointed by SLSS.

Pre-requisites

- a. Item 7 of the award conditions shall be instructor-assessed prior to date of examination of award
- b. The candidate must possess the Lifesaving 1 award

Dress

Swimwear

EXAMINATION

Theory Test

1. Answer five questions based on the following:

- 1.1 casualty recognition
- 1.2 principles of water rescue
- 1.3 dangers of open water
- 1.4 mouth-to-mouth resuscitation

Resuscitation Test

2. Demonstrate simulated mouth-to-mouth resuscitation with a casualty, including:

- 2.1 obtaining a clear airway
- 2.2 action for vomiting
- 2.3 Recovery Position

Practical Test

3. Casualty Simulation

Demonstrate in the water the actions of a casualty who is:

- 3.1 a non-swimmer
- 3.2 a weak swimmer
- 3.3 a swimmer with an arm or leg injury
- 3.4 an unconscious non-breathing swimmer

4. Throw - Unweighted Rope

Rescue a casualty 8 metres away in deep water using an unweighted rope. Encourage the casualty to use the aid and on being returned to safety, assist the casualty to climb out of the water.

5. Tow with aid with Defensive Techniques

With a suitable towing aid enter shallow water and approach a casualty 20-25 metres away in deep water. Show the action to be taken in response to an uncooperative casualty by performing the Blocking-With-An-Aid and Reverse and taking up the Stand-Off position. Realising you are out of danger, re-approach and encourage the casualty to use the aid and tow the same distance to safety and place in support position. Assist the casualty from the water and then climb out. Demonstrate treatment of the casualty for shock.

6. Initiative

Rescue a casualty in an emergency situation which will previously be unknown to the rescuer. The casualty will be about 15 metres from the rescuer's point of entry. Only skills contained in Lifesaving 1 and 2 will be used. After the rescue, explain the reasons for your actions.

7. Swim

Demonstrate ability to swim 150 metres in any recognised stroke.

LIFESAVING 3



Aim

To develop skills and knowledge of water safety, resuscitation and water rescue preparatory to the Bronze Medallion

Examiner

1 SLSS Lifesaving Examiner for up to 12 candidates, or may be self assessed by instructor if appointed by SLSS.

Pre-requisites

- a. Item 8 of the award conditions shall be instructor-assessed prior to date of examination of award
- b. The candidate must possess the Lifesaving 2 award

Dress

Swimwear (except test item 7 for which a long-sleeved shirt, and long trousers or skirt will be worn)

EXAMINATION

Theory Test

1. Answer seven questions based on the following:

- 1.1 casualty recognition
- 1.2 principles of water rescue
- 1.3 treatment for minor bleeding
- 1.4 treatment of cramp

Practical Test

2. Rescue-Ready skills

- 2.1 Demonstrate sculling 5 metres with arms only, body in the "Ready" position. (Notes: For the "Ready" position, body should be leaning backwards at 45 degrees and one foot should be extended slightly in front. Eyes must look forwards, not upwards. Candidates must demonstrate ability to change direction on command).
- 2.2 Demonstrate treading water without use of arms for 1 minute. (Note: Both hands may be folded in front, or held behind the back)

3. Casualty recovery and landing

Enter shallow water and rescue an unconscious casualty 3 metres away. Upon turning, the casualty is seen to recommence breathing. Return with the casualty to a point of safety, calling for assistance from a bystander. Land the casualty with assisted lift and place in the Recovery Position. The entry should be appropriate to the conditions prevailing at the point of entry.

4. Resuscitation Rescue to shallow water

Enter shallow water and approach an unconscious, non-breathing casualty 10-15 metres away in deep water. Return with the casualty to a point of safety, calling for assistance from a bystander. Upon reaching safety give at least two simulated inflations of Expired Air Resuscitation (EAR) whilst walking. Upon reaching point of safety, place the casualty in support position before landing the casualty with the help of the bystander and place the casualty in the Recovery Position.

5. Resuscitation Rescue to support

Enter shallow water and swim 15-20 metres to deep water. Perform a surface dive and make an underwater approach of 3 metres distance to an object placed at a depth of between 1.5 and 1.8 metres, and perform a recovery. Substitute an unconscious casualty for the object and tow to the nearest point of support in deep water. Carry out simulated EAR in the water with support until told to stop by the Examiner.

6. Defensive and Release Techniques

Approach a casualty in deep water and perform two of the following selected by the Examiner:-

- 6.1 reverse
- 6.2 leg block
- 6.3 block using an aid
- 6.4 escape from a grasp from the front
- 6.5 escape from a grasp from the rear

7. Initiative

Commencing the test wearing long-sleeved shirt, and long trousers or skirt, rescue two casualties in a previously undisclosed simulated emergency. One casualty will be about 15 metres from the point of entry. The situation may include the use of untrained bystander(s). Only skills contained in Lifesaving 1,2 and 3 will be used. After the rescue, explain the reasons for your actions.

8. Swim

Demonstrate ability to swim 200 metres in any two recognised strokes.

BRONZE MEDALLION



Aim

To establish a basic level of proficiency in knowledge, understanding and practical ability for aquatic rescue situations

Minimum Age

14 years or the year in which the candidate turns 14 years

Suggested Preparation

Where possible, candidates should also gain experience of lifesaving in open water conditions, under supervision

Examiner

1 SLSS Examiner (Grade One or Two) for up to 4 candidates

Pre-requisites

- a. Items 3, 4 and 9 of the award conditions shall be instructor-assessed prior to the date of examination of award
- b. The candidate must possess the Lifesaving 3 award

Dress

Swimwear (except test item 5 and 8 for which long sleeved shirt and long trousers or skirt shall also be worn)

EXAMINATION

Theory Test

1. **Answer 6 questions on lifesaving** showing a clear understanding of the following areas:
 - 1.1 water safety
 - 1.2 survival in water
 - 1.3 rescue principles
 - 1.4 emergency aftercare

The questions will be drawn from the Society's Manuals.

Resuscitation Test

2. **Complete the test for the SLSSs Resuscitation (CPR) Certificate.**
(Candidates with the Resuscitation (CPR) Certificate issued within the past 12 months will be granted exemption).

Practical Test

3. Land Based Rescue

A conscious casualty is in deep water, between 2 to 10 metres from safety. A selection of rescue aids is available, as chosen by the Examiner.

- 3.1 demonstrate a land-based rescue
- 3.2 ensure the safety of the casualty

4. Water-Based Rescue

A conscious casualty is in deep water, 15 to 20 metres from safety. A selection of rescue aids is available, as chosen by the Examiner.

- 4.1 enter shallow water
- 4.2 demonstrate a water-based rescue
- 4.3 assist the casualty to land

5. Rescue Fitness

A conscious casualty is in deep water, 50 metres from safety. The rescuer will start the test dressed in swimwear and long sleeved shirt, and trousers or skirt, any of which may be discarded as desired (either on land or in water). No other rescue aid is available.

- 5.1 enter deep water and swim 50 metres
- 5.2 demonstrate a non-contact clothing tow over 50 metres
- 5.3 secure the casualty in the support position

A time of 3 minutes 15 seconds will be allowed, from the start of the test to the end of the swim and tow and when casualty is placed in support position.

6. Contact Tow

A conscious casualty is in deep water, 50 metres from safety. No rescue aid is available.

- 6.1 swim 50 metres to the casualty
- 6.2 escape and take defensive action when necessary
- 6.3 demonstrate a contact tow over 50 metres and place casualty in support position
- 6.4 assist the casualty to land from deep water
- 6.5 provide aftercare

The casualty will attempt to grasp the rescuer before the tow starts and will struggle once during the rescue.

7. Resuscitation Rescue

An unconscious non-breathing casualty is submerged 15 metres from safety. No buoyant rescue aid is available.

- 7.1 enter the water and swim 15 metres
- 7.2 recover an object (or manikin) from a depth of 1.5 to 1.8 metres
- 7.3 substitute an unconscious casualty for the object (or manikin)
- 7.4 tow the casualty 15 metres to a point of support
- 7.5 assess the condition of the casualty
- 7.6 simulate supported EAR for 12 inflations
- 7.7 land the casualty with assistance
- 7.8 continue simulated CPR on land as directed by the Examiner
- 7.9 place in the Recovery Position

A time of 1 minute 15 seconds will be allowed from the start of the test to the first inflation at the end of the tow.

8. Initiative

Two casualties are in the water up to 20 metres from safety. The rescuer will start the test dressed in swimwear, long sleeved shirt, and trousers or skirt. A selection of other rescue aids may be made available. Bystanders may be used. Demonstrate the attempted rescue of both casualties making use of available aids and bystanders.

The Examiner may interrupt and ask you to explain your actions and further intentions.

9. Swim

In swimwear, swim 400 metres continuously, comprising of a minimum of 100 metres per stroke, in at least three recognised strokes. Correct and efficient techniques must be used.

POOL LIFEGUARD



Aim

To develop acceptable standards of knowledge, judgement, skills and physical abilities for the supervision of people in swimming pools

Minimum Age

16 years or the year in which the candidate turns 16 years

Examiner

1 SLSS Grade One Examiner for up to 4 candidates

Pre-requisites

- a. The candidate must possess a Bronze Medallion award. (except for those re-taking the Pool Lifeguard Award)

Dress

Swimwear and T-shirt

EXAMINATION

Theory Test

1. **Answer 6 questions** showing clear knowledge and understanding of the following
 - 1.1 emergency equipment at the pool
 - 1.2 poolside communication procedures
 - 1.3 pool hazards and accident prevention principles
 - 1.4 emergency action plan

Resuscitation and Emergency Care

2. **Answer 4 questions on the use of oxygen resuscitators** available at the pool. This will include a demonstration where appropriate:
 - 2.1 functions and features of oxygen resuscitators
 - 2.2 maintenance and operation
 - 2.3 advantages and disadvantages
 - 2.4 likely problems in use of the equipment
3. **Submit evidence of certification obtained within the past one year** in cardiopulmonary resuscitation techniques. This could be either the SLSS's Resuscitation (CPR) or Senior Resuscitation or other award which has been accepted by the Society.

Practical Test

4. Contact Tow

This rescue is designed to simulate urgency and is primarily designed to test the rescue fitness of the Lifeguard.

- 4.1 enter the water and swim 25 metres to the conscious casualty
- 4.2 tow the casualty 25 metres to a point of support and place in support position
- 4.3 assist the casualty to land from deep water with assistance of a trained bystander
- 4.4 treat for shock

A time of 1 minute 20 seconds is allowed from the start of the test to the end of the tow when the casualty is placed in support position. No rescue aid is available.

5. Resuscitation Rescue

An unconscious non-breathing casualty is lying on the pool floor, at the deepest part of the pool (minimum 1.8 metres).

- 5.1 enter the water from the poolside and recover the casualty
- 5.2 demonstrate deep water resuscitation whilst towing the casualty to the nearest point of support which is 10 metres away
- 5.3 simulate supported EAR with 12 further inflations
- 5.4 land the casualty with the assistance from a bystander, exchange for a manikin and demonstrate CPR technique on the manikin for 5 cycles
- 5.5 place the casualty in the Recovery Position

(Note: an object of 2 to 4 kilos, or a submersible manikin, will be used on the pool floor to represent the casualty).

6. Double Rescue

Enter the water and swim 10 metres to two casualties locked together. Demonstrate initiative in rescue of the two casualties to the nearest point of support.

7. Releases

In deep water, demonstrate as directed by the Examiner, releases from three types of clutch:

- 7.1 from the rear
- 7.2 from the front, around the body and arms
- 7.3 from the front, around the head and shoulders

8. Spinal Injury

- 8.1 in shallow water, immobilise a breathing casualty with a suspected spinal/neck injury
- 8.2 recruit and direct two untrained bystanders to assist in stabilising the casualty by supporting the casualty at the hips and ankles, until arrival of the appropriate emergency services

9. Initiative

The candidate will detect the need for, and the rescue of two casualties whose conditions are previously unknown, in circumstances typical of prevailing pool situations. Established emergency procedures for the pool will be used. On completion of the test, reasons for the actions taken and the relevance of the emergency procedures will be explained by the candidate.

10. Swim Fitness

In swimwear, swim 400 metres continuously, comprising of 100 metres each of breaststroke, survival back-stroke, side-stroke and front crawl. Correct and efficient stroke techniques must be used and the time limit of the swim is 11 minutes.

(Note: This test item is designed to develop *fitness and stroke efficiency for use in lifesaving emergencies.*)

PATROL LIFEGUARD



Aim

To develop acceptable standards of knowledge, judgement, skills and physical abilities required of a lifeguard supervising people in open water locations

Minimum Age

15 years or the year in which the candidate turns 15 years

Examiner

1 SLSS Grade One Examiner for up to 4 candidates

Pre-requisites

- a. The candidate must possess a Bronze Medallion (except those re-taking the Patrol Lifeguard Award) and knowledge of the patrol area where the test is being taken.

Dress

Swimwear and T-shirt

EXAMINATION

Theory Test

1. **Answer 4 questions** showing a clear knowledge and understanding of the following:
 - 1.1 emergency equipment used by the club or patrol area
 - 1.2 emergency communication and rescue procedures
 - 1.3 hazards and accident prevention principles for the patrol location
2. **Answer questions and where appropriate demonstrate emergency care for:**
 - 2.1 shock
 - 2.2 external bleeding
 - 2.3 fractures
 - 2.4 hypothermia
 - 2.5 heat stroke

Resuscitation

3. **Answer 4 questions on the use of oxygen resuscitators** available at the patrol location. This will include a demonstration where appropriate:
 - 3.1 functions and features of oxygen resuscitators
 - 3.2 maintenance and operation
 - 3.3 advantages and disadvantages
 - 3.4 likely problems in use of the equipment
4. **Submit evidence of certification obtained within the past one year** in cardiopulmonary resuscitation techniques. This could be either the SLSS's Resuscitation (CPR) or Senior Resuscitation or other award which has been accepted by the Society.

Practical Test

5. **Rescue Tube Rescue**

A weak swimmer is in difficulty 50 metres from safety. Demonstrate the rescue of the swimmer using a rescue tube and swimming fins.
6. **Craft Rescue**

An unconscious non-breathing swimmer is in difficulty 50 metres from safety. Using a rescue/paddle board, double-seater kayak, or power boat, together with a trained assistant where appropriate:

 - 6.1 approach the casualty
 - 6.2 demonstrate expired air resuscitation (EAR) in the water from the craft, for 5 cycles
 - 6.3 lift the casualty onto the craft
 - 6.4 return the casualty to safety
 - 6.5 carry the casualty and land on beach
 - 6.6 continue simulated CPR until Examiner indicates that breathing has recommenced

6.7 place the casualty in recovery position

7. Search

To simulate a search for a submerged casualty, perform a surface dive to a depth of 2 metres, producing evidence of having reached the bottom leg. sand, gravel, etc.

8. Run-Swim-Run

As a test of fitness and swimming ability, the candidate will perform the following in not more than 8 minutes:

8.1 run 200 metres

8.2 swim out 1 00 metres

8.3 swim back 1 00 metres

8.4 run a further 200 metres

9. Initiative

Demonstrate initiative in rescuing two casualties where conditions and actions are previously unknown in circumstances typical of prevailing patrol conditions. The Examiner will brief the casualties. Usual patrol emergency procedures may be used. On completion of the test, reasons for the actions taken and the relevance of the emergency procedures will be explained by the candidates.

AWARD OF MERIT



Aim

To establish a higher level of knowledge understanding and practical ability in aquatic rescue situations.

Minimum Age

15 years or the year in which the candidate turns 15 years

Suggested Preparation

Candidates are encouraged to gain practical experience of lifesaving in open water conditions, under supervision. The SLSS Bronze Cross is recommended.

Examiner

1 SLSS Grade One Examiner for up to 4 candidates

Pre-requisites

- a. Item 7 of the award conditions shall be instructor-assessed prior to date of examination of award
- b. The candidate must possess the Bronze Medallion

Dress

Swimwear (except test item 3 and 6 for which long sleeved shirt, and long trousers or skirt shall also be worn)

EXAMINATION

Theory Test

1. **Answer 6 questions** on lifesaving showing a clear understanding of the following:
 - 1.1 water safety
 - 1.2 survival in water
 - 1.3 rescue principles
 - 1.4 emergency aftercare

Resuscitation Test

2. **Complete the test for the SLSS's Senior Resuscitation Award.** (Candidates with the Senior Resuscitation Certificate issued within the past 12 months will be granted exemption).

Practical

3. **Rescue Fitness**

A conscious casualty is in deep water, 75 metres from safety. The rescuer will start the test dressed in swimwear and long sleeved shirt, and trousers or skirt, any of which may be discarded as desired (either on land or in water). No other rescue aid is available.

- 3.1 enter deep water and swim 75 metres
- 3.2 demonstrate a clothing tow over 75 metres
- 3.3 secure the casualty in the support position

A time of 5 minutes will be allowed, from the start of the test to the end of the swim and tow and when casualty is placed in recovery position

4. **Contact Tow**

A conscious casualty is in deep water and 25 metres away and 75 meters from safety. No rescue aid is available.

- 4.1 swim 25 metres to the casualty
- 4.2 demonstrate a contact rescue over 75 metres
- 4.3 escape and take defensive action when necessary
- 4.4 tow the casualty to point of safety and place in support position
- 4.4 assist the casualty to land
- 4.5 provide aftercare

The casualty will attempt to grasp the rescuer before the tow starts and will struggle twice during the rescue.

5. Resuscitation Rescue

An unconscious non-breathing casualty is in deep water, 30 metres from safety. A buoyant rescue aid is available.

- 5.1 enter the water and swim 30 metres to the casualty and assess the casualty's condition
- 5.2 with the use of buoyant aid, perform deep water resuscitation with support whilst towing the casualty 30 metres to a point of support
- 5.3 simulate supported EAR for another 12 inflations
- 5.4 land the casualty with assistance from a trained bystander
- 5.5 continue simulated CPR on land as directed by the Examiner
- 5.6 place the casualty in the Recovery Position

A time of 1 minute will be allowed from the start of the test to the first inflation of resuscitation.

6. Initiative

Two casualties are in the water, up to 25 metres from safety. The rescuer will start the test dressed in swimwear, long sleeved shirt and trousers or skirt. A selection of other rescue aids may be available. One bystander is available. Demonstrate the attempted rescue of both casualties making use of available aids and bystanders.

The Examiner may interrupt and ask the candidate to explain their actions and further intentions.

7. Swim

In swimwear, swim 600 metres continuously, comprising 50 metres each of Front Crawl, Breaststroke, Survival Backstroke and Sidestroke, per cycle, for 3 cycles. Correct and efficient techniques must be used.

DISTINCTION



Aim

To establish an advanced standard of all round knowledge, skills and ability in aquatic rescue situations

Minimum Age

16 years or the year in which the candidate turns 16 years

Suggested preparation

Candidates should gain practical experience, of lifesaving in open water conditions, under supervision. The SLSS Silver Cross is recommended.

Examiner

1 SLSS Grade One Examiner for 2 candidates

Pre-requisites

- a. Item 7 of the award conditions shall be instructor-assessed prior to the date of examination of award
- b. The candidate must possess the Award of Merit

Dress

Swimwear (except test item 3 and 6 for which a long-sleeved shirt and long trousers or skirt will be worn)

EXAMINATION

Theory Test

1. **Answer 6 questions** on lifesaving, showing a clear understanding of the following:
 - 1.1 water safety
 - 1.2 survival in the water
 - 1.3 rescue principles
 - 1.4 emergency aftercare

The questions will be drawn from the Society's Manuals.

Resuscitation Test

2. **Complete the test for the SLSS's Senior Resuscitation Award.** (Candidates with the Senior Resuscitation Certificate issued within the past 12 months will be granted exemption).

Practical Test

3. **Rescue Fitness**

A conscious casualty is in deep water, 100 metres from safety. The rescuer will start the test, dressed in swimwear and long sleeved shirt, and trousers, or skirt, any of which may be discarded as desired (either on land or in water). No other rescue aids are available.

- 3.1 enter deep water and swim 100 metres
- 3.2 demonstrate a clothing tow over 100 metres
- 3.3 secure the casualty in the support position

A time of 6 minutes will be allowed, from the start of the test to the end of the swim and tow and when the casualty is placed in support position.

4. **Contact Tow**

A conscious casualty is in deep water and 50 metres away and 100 metres from safety. No rescue aid is available.

- 4.1 swim 50 metres to the casualty
- 4.2 escape and take defensive action when necessary
- 4.3 demonstrate a contact tow over 100 metres to point of safety and place the casualty in support position
- 4.4 assist the casualty to land, with help from a bystander
- 4.5 provide aftercare

The casualty will attempt to grasp the rescuer before the tow starts and will struggle on 2 occasions during the rescue.

5. Resuscitation Rescue

An unconscious non-breathing casualty is in deep water, 45 metres from safety. A buoyant rescue aid is available.

- 5.1 enter the water and swim 45 metres to the casualty and assess the casualty's condition
- 5.2 with the use of buoyant aid, perform deep water resuscitation with support whilst towing the casualty 45 metres to a point of support
- 5.3 simulate supported EAR for another 12 inflations
- 5.4 land the casualty with assistance from a trained bystander
- 5.5 check for breathing and signs of circulations. Assume no breathing and no signs of circulations
- 5.6 substitute the casualty for a manikin
- 5.7 demonstrate CPR on the manikin for 5 cycles
- 5.8 place the casualty in the Recovery Position and provide aftercare

A time of 1 minute 15 seconds will be allowed from the start of the test to the first inflation of resuscitation.

6. Initiative

Three casualties, one of whom may be out of the water, are up to 25 metres from safety. The rescuer will start the test in swimwear, long sleeved shirt, and trousers or skirt. A selection of other rescue aids may be made available. Tow bystanders are available. Demonstrate the attempted rescue of the casualties making use of available aids and bystanders.

The Examiner may interrupt and ask the candidate to explain the actions and further intentions.

7. Swim

In swimwear, swim 800 metres continuously comprising 50 metres each of Front Crawl, Breaststroke, Survival Backstroke and Sidestroke, per cycle, for 4 cycles. Correct and efficient techniques must be used.

BRONZE CROSS



Aim

To develop lifesaving and emergency care abilities for qualified lifesavers in open water conditions

Minimum Age

15 years or the year in which the candidate turns 15 years

Examiner

1 SLSS Grade (One or Two) Examiner for up to 4 candidates

Pre-requisites

The candidate must possess the Bronze Medallion award

Dress

Swimwear

EXAMINATION

Emergency Care Theory

1. **Answer 6 questions** showing clear knowledge and understanding of emergency care for:
 - 1.1 hypothermia
 - 1.2 heat stroke
 - 1.3 fractures
 - 1.4 shoulder dislocation
 - 1.5 cramps

Practical Test

2. Lifeline Rescue

A non-swimmer has gone beyond his depth 10 metres from shore. Run from a surveillance point on the beach to the waterline, and throw a lifeline within reach of the casualty. Haul him in and assist to land.

3. Fin Rescue

A weak swimmer is in difficulties 30 metres away from safety. Demonstrate the rescue of the swimmer using a pair of swimming fins.

4. Kayak Rescue

A casualty is in difficulties 30 metres away from safety. Using a single-seater kayak, approach the casualty and perform a bow-tow kayak rescue.

5. Rescue-Tube Rescue

An unconscious swimmer is in the water 30 metres from safety.

- 5.1 swim to the casualty and strap him onto a rescue tube. Tow the casualty back to shore
- 5.2 demonstrate EAR upon reaching shallow water
- 5.3 land the casualty and continue with CPR until the Examiner indicates that breathing has recommenced.
- 5.4 place the casualty in Recovery Position

SILVER CROSS



Aim

To develop advanced lifesaving and emergency care abilities for qualified lifesavers in open water conditions

Minimum Age

15 years or the year in which the candidate turns 15 years

Examiner

1 SLSS Grade One Examiner for up to 2 candidates

Pre-requisites

The candidate must possess the Bronze Cross Award

Dress

Swimwear and T-shirt

EXAMINATION

Emergency Care Theory

1. **Answer 6 questions** and where appropriate demonstrate emergency care for:
 - 1.1 head injury
 - 1.2 spinal injury
 - 1.3 heart attack
 - 1.4 stroke
 - 1.5 asthma

Practical Test

2. **Fins and Snorkel/Goggle Rescue**

using fins and snorkel/Goggle carry out a search for a casualty in deep water not exceeding 2 metres depth

- 2.1 perform a total of 3 surface dives, producing evidence of having reached the bottom (eg. Sand, gravel, etc.) on surfacing each time
- 2.2 exchange for a simulated unconscious non-breathing casualty and tow 20 metres to shore
- 2.3 demonstrate EAR upon reaching shallow water
- 2.4 land the casualty and continue with CPR until Examiner indicates that breathing has recommenced
- 2.5 place the casualty in Recovery Position

3. **Board Rescue**

A weak swimmer is in the water 30 metres from safety. Using a rescue or wind-surf board:

- 3.1 paddle out to the casualty
- 3.2 with the casualty's co-operation, instruct and secure the casualty onto the board
- 3.3 transport the casualty back to shore on the board

4. **Rescue Tube Endurance Swim**

This test simulates the swim needed to reach a swimmer, far away in deep water, in the absence of any rescue craft. Enter the water with a rescue tube and swim 200 metres each of front crawl, breast-stroke and side-stroke (total 600 metres). The total time limit for the swim is not to exceed 17 minutes.

5. **Kayak Rescue**

In a double-seater kayak, with a trained assistant, perform the rescue of a canoeist casualty handing on to a capsized single-seater kayak 50 metres from shore and wearing a life jacket. The rescue will involve a complete kayak rescue, assistance of casualty back into his kayak and guidance back to shore.

INSTRUCTOR



Aim

To develop a level of lifesaving knowledge and teaching ability which is suitable for instruction of classes in general lifesaving techniques for Lifesaving 1, 2, 3 awards, Aquapak Awards and selected items in Bronze Medallion and higher awards. To be trained to self assess the Aquapak and Lifesaving 1, 2 & 3 Awards.

Minimum Age

15 years or the year in which the candidate turns 15 years

Examiner

1 SLSS Grade One Examiner

Pre-requisites

a. Course Attendance

The candidate must satisfactorily complete an approved course. The Course will be of minimum 9 hours duration.

b. Safety

The candidate must complete the following:

- SLSS Resuscitation (CPR) Award and
- Bronze Medallion or higher award

c. Teaching Experience

The candidate must provide evidence of having taught water safety, swimming or lifesaving regularly, under the guidance of an appointed qualified Lifesaving Teacher or Instructor Examiner, over a period of 6 months, and thereafter having presented a class of 6 successful candidates for each level of the Lifesaving 1, 2 and 3 awards.

EXAMINATION

Water Smart Lecture

1. Present a lecture on drowning prevention or basic rescue selected from the Water Smart Program manual, lasting for 15 minutes.

Practical Teaching

2. Teach a class of 6 candidates, a water test item from the Lifesaving 3 award syllabus. The lesson will last 15 minutes.

Theory Question

3. Answer orally at least 3 questions each from the following:-
 - 3.1 Teaching of drowning prevention
 - 3.2 Principles of water rescue
 - 3.3 Class safety and hygiene

LIFESAVING TEACHER



Aim

To develop a higher level of competence in the teaching and organization of lifesaving programs at school or club level and be able to self assess the Aquapak and Lifesaving 1, 2 & 3 awards.

Minimum Age

17 years or the year in which the candidate turns 17 years

Examiner

1 SLSS Grade One Examiner

Pre-requisites

a. Course Attendance

The candidate must satisfactorily complete an approved course. The Course will be of minimum 12 hours duration.

b. Safety

The candidate must complete the following:

- SLSS Senior Resuscitation Award and
- SLSS Award of Merit or Distinction Award

Teaching Experience

c. The candidate must possess a SLSS Instructor's Certificate and provide evidence of having taught water safety, swimming or lifesaving regularly, under the guidance of an appointed qualified Lifesaving Examiner, over a total period of 6 months and thereafter having presented a class of at least 6 successful candidates for the Bronze Medallion.

EXAMINATION

Resuscitation Teaching

1. Teach a class of 6 candidates, a water test item from the Bronze Medallion syllabus. The lesson will last 20 minutes.

Practical Teaching

2. Teach a class of 6 candidates, a water test item from the Bronze Medallion syllabus. The lesson will last 20 minutes.

Theory Questions

3. Answer orally at least 3 questions each from the following:-
- 3.1 Teaching of resuscitation
 - 3.2 Use of initiative tests and simulated incidents
 - 3.3 Use of teaching or training aids in teaching lifesaving
 - 3.4 SLSS's organization of lifesaving examinations

AQUAPAK EXAMINER

To examine candidates for the Aquapak Awards

Minimum Age

17 years or the year in which the candidate turns 17 years

Pre-Requisites

1. Aquapak Teacher's Certificate or
2. Youth group leader or swimming instructor or school teacher who has attended a Preliminary Examiner's Course
3. Recommended by an Examiner or youth group/club/organization

EXAMINER GRADE 3

To examine candidates for the Aquapak and Lifesaving 1, 2, 3 Awards.

Minimum Age

18 years or the year in which the candidate turns 18 years

Pre-Requisites

1. Bronze Medallion and Teacher's Certificate (or other acceptable teaching qualification)
2. Active member of an affiliate
3. Conducted lifesaving classes for not less than a total of 30 successful awards (excluding Aquapak Awards)
4. Recommended by two Grade 2 Examiners or one Grade 1 Examiner

Appointment Programme

1. Attend an interview by a select examiner's panel.
2. Successfully complete a Practical Test supervised by a Grade 1 Examiner



EXAMINER GRADE 2

To examine candidates for all awards examinable by Grade 3 Examiners and the following awards:

***Bronze Medallion
Resuscitation (CPR)
Bronze Cross***



Minimum Age

18 years or the year in which the candidate turns 18 years

Pre-Requisites

1. Award of Merit and Teacher's Certificate
2. 12 months service as Grade 3 Examiner
3. Examined a minimum of 6 separate lifesaving examinations involving not less than 30 candidates (excluding all Aquapak Awards)
4. Recommended by two Grade 1 Examiners

Appointment Programme

1. Complete a Grade 2 Examiner's Course
2. Attend an interview by a select examiner's panel.
3. Successfully complete a Practical Test supervised by an appointed senior examiner of the examination unit.
4. Candidates who do not meet any of the above pre-requisites may be appointed for a probationary period of 1 year, at the discretion of the Select Examiner's Panel. The appointment will subject to a review by the Panel at the end of the probationary period.



EXAMINER GRADE 1

To examine candidates for all awards examinable by Grade 2 Examiners and the following awards:

*Pool Lifeguard
Patrol Lifeguard
Senior Resuscitation
Silver Cross*

*Award of Merit
Distinction
Instructor
Lifesaving Teacher*



Minimum Age

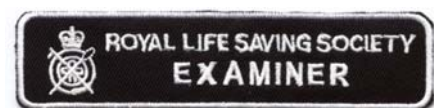
21 years or the year in which the candidate turns 21 years

Pre-Requisites

1. Distinction Award and Teacher's Certificate
2. 21 months service as Grade 2 Examiner
3. Examined a minimum of 6 separate lifesaving examinations including not less than 30 Bronze Medallion candidates
4. Recommended by one Grade 1 Examiner and one member of the Select Examiner's Panel

Appointment Programme

1. Complete a Grade 1 Examiner's Course
2. Attend an interview by a select examiner's panel.
3. Successfully complete a Practical Test supervised by two appointed senior examiners of the examination unit.
4. Candidates who do not meet any of the above pre-requisites may be appointed for a probationary period of 1 year, at the discretion of the Select Examiner's Panel. The appointment will be subject to a review by the Panel at the end of the probationary period.



BASIC FIRST AID

Aim

To establish an introductory level of knowledge and practical skills in basic first aid techniques

Minimum Age

14 years or the year in which the candidate turns 14 years

Examiner

1 First Aid Instructor for up to 24 candidates

EXAMINATION

Theory Test

1. *Written Examination*

The written examination shall consist of a 10-question Multiple Choice Question Paper. A minimum score of 70% (7 out of 10 questions) is required to pass the written examination covering:

- principles of first aid,
- seeking assistance,
- treatment for minor bleeding, and
- treatment of cramp.

Practical Test

2. *Managing an Unconscious, Breathing Casualty*

Demonstrate the full sequence of handling an unconscious, breathing casualty found in a prone position. The test will include the following components:

- checking for dangers and seeking for assistance,
- assessing the casualty's condition; and
- placing the casualty in the recovery position.

3. *Dressing & Bandaging*

Demonstrate on a simulated live casualty the proper managing of a casualty suffering from a cut/abrasion on one of the limbs, showing the examiner the followings:

- techniques of direct pressure to stop bleeding;
- use of sterile gauze dressing to dress the wound, and
- use of roller bandages to cover the dressing & wound.

LIFESAVING FIRST AID

Aim

To establish a basic level of proficiency in knowledge, understanding and practical ability in first aid techniques

Minimum Age

14 years or the year in which the candidate turns 14 years

Examiner

1 First Aid Instructor-Trainer/First Aid & Resuscitation Examiner for up to 24 candidates

Pre-requisites

The candidate must satisfactorily complete a SLSS approved course.
This course will be a minimum of 18 hours in duration.

EXAMINATION

Theory Test

1. Written Examination

The written examination shall consist of a 20-question Multiple Choice Question Paper whereby the focus will be on the essential theoretical knowledge required as a qualified first aid provider. A minimum score of 70% (14 out of 20 questions) is required to pass the written examination.

Practical Test

2. Heartsaver Resuscitation

(Candidate with the SLSS Heartsaver Resuscitation Award issued within the past 36 months may be granted exemption for this test station)

Demonstrate the full sequence of Adult-1-Rescuer Cardio-Pulmonary Resuscitation on the approved skillmeter adult-manikin achieving the followings:

- 30-Compression to 2-Ventilations ratio
- 70% efficiency in ventilation component,
- 70% efficiency in compression component,
- 6 or less wrong compression landmarks, and
- 5 cycles of CPR within the time duration of 120-180 secs.

During the test, the Examiner may direct a change from mouth-to-mouth to mouth-to-nose technique or vice versa.

3. Dressing, Bandaging & Immobilization

Demonstrate on a simulated live casualty, 3 types of dressings and bandages, selected by the examiner, from the followings: Sterile Dressing, Gauze Dressing, Adhesive Dressing, Cold Compresses, Roller Bandages, Arm Sling, Elevation Sling, Scalp Bandage, Hand & Foot Bandage, Elbow & Knee Bandage, Improvised Slings, and Splinting/Immobilization

4. Incident Management

Demonstrate initiative in dealing with a road traffic or workplace accident. At the appropriate stages during the test, the examiner shall set the scene and indicate changes in the condition of the casualty to which the candidate is to respond. The test will include the following components:-

- checking for dangers, seeking assistance, and taking appropriate precaution/action;
- assessing the casualty's injury;
- demonstrating the appropriate first aid action; and/or
- placing the casualty in the recovery position, or otherwise explaining the basis of action.

The examiner may at anytime, interrupt and ask the candidate to explain his actions/intention to fully assess the candidate's overall performance. The candidate is required to answer questions, without interruption to the treatment, as would in reality be required when, for instance, medical help arrived on scene and needed to know the details of the casualty. While this will increase the stress on the candidate under assessment, it will not be taken to unrealistic proportion.

HEARTSAVER RESUSCITATION

Aim

To provide basic competency, in accordance to the National Resuscitation Council's Guidelines, the Adult-1-Rescuer Cardio-Pulmonary Resuscitation (CPR) techniques and the management of Foreign Body Airway Obstruction (FBAO)

Minimum Age

14 years or the year in which the candidate turns 14 years

Examiner

1 Resuscitation Instructor-Trainer/First Aid & Resuscitation Examiner for up to 8 candidates

EXAMINATION

Theory Test

1. Written Examination

The written examination shall consist of a 20-question Multiple Choice Question Paper whereby the focus will be on the essential theoretical knowledge required of a Heartsaver Resuscitation provider. A minimum score of 70% (14 out of 20 questions) is required to pass the written examination.

Practical Test

2. *Adult-1-Rescuer Cardio-Pulmonary Resuscitation*

Demonstrate the full sequence of Adult-1-Rescuer Cardio-Pulmonary Resuscitation on the approved skillmeter adult-manikin achieving the followings:

- 30-Compression to 2-Ventilations ratio
- 70% efficiency in ventilation component,
- 70% efficiency in compression component,
- 6 or less wrong compression landmarks, and
- 5 cycles of CPR within the time duration of 120-180 secs.

During the test, the Examiner may direct a change from mouth-to-mouth to mouth-to-nose technique or vice versa.

3. *Airway Obstruction Emergency*

Demonstrate the treatment for airway obstruction on the following:

- a conscious adult-casualty
- an unconscious, non-breathing adult-casualty

Careful supervision and where available, use of manikin is recommended.

STANDARD RESUSCITATION

Aim

To provide practical experience in the lifesaving techniques of Cardio-Pulmonary Resuscitation (CPR) and related emergency care.

Minimum Age

14 years or the year in which the candidate turns 14 years

Examiner

1 SLSS Examiner (Grade One or Two)/Resuscitation Instructor-Trainer/First Aid & Resuscitation Examiner for up to 4 candidates



EXAMINATION

Theory Test

1. Answer a minimum total of five questions

(not more than two per section) on the following sections:-

- 1.1 respiration and circulation
- 1.2 the techniques of CPR, including modifications for children and infants
- 1.3 emergency care of people suffering from shock, choking or bleeding and
- 1.4 the use of bystanders and how to contact emergency medical services.

Cardio-Pulmonary Resuscitation (CPR)

2. Demonstrate on an adult/child manikin the full sequence of CPR using the techniques for a simple rescuer.

A total of 5 -10 full cycles of adult/child CPR shall be carried out as appropriate on the manikin. During the test, the Examiner may direct a change from mouth-to-mouth to mouth-to-nose technique or vice versa.

Airway Obstruction Emergency

3. Simulate the treatment for airway obstruction on the following:

- 4.1 a conscious casualty
- 4.2 an unconscious non-breathing casualty

Careful supervision and where available, use of manikin is recommended.

Initiative

4. Demonstrate initiative in dealing with a simulated live casualty. At the appropriate stages in the demonstration the casualty shall be deemed to be unconscious, non-breathing and having no signs of circulations. The examiner may however initiate the return of any of these sign of life where appropriate.

The Examiner will set the scene and indicate changes in the condition of the casualty to which the candidate is to respond.

The test will include the following components:

- 4.1 checking for dangers and taking appropriate action
- 4.2 the assessment for unconsciousness
- 4.3 calling for emergency medical service (EMS)
- 4.4 positioning of the casualty on the back
- 4.5 clearing and opening the airway
- 4.6 checking for the signs of life indicating the presence or absence of breathing
- 4.7 performing two initial inflations
- 4.8 locating the compressions point for CPR
- 4.9 demonstrating the appropriate action for a casualty who vomits or regurgitates
- 5.10 placing the casualty in the Recovery Position

The examiner may also ask candidates to demonstrate any of the above components not covered in the initiatives test.

SENIOR RESUSCITATION



Aim

To provide further practical experience in the lifesaving techniques of Cardio-Pulmonary Resuscitation (CPR) and related emergency care

Minimum Age

15 years or the year in which the candidate turns 15 years

Examiner

1 SLSS Grade One Examiner for up to 4 candidates

Pre-requisites

The candidate must possess the Resuscitation (CPR) Award

EXAMINATION

Theory Test

1. Answer a minimum total of six questions

(not more than 2 per section) on the following sections:

- 1.1 basic anatomy and physiology
- 1.2 resuscitation principles and techniques
- 1.3. emergency care for casualties suffering from shock, obstructed airway, external bleeding, hypothermia, asphyxia and heart attacks
- 1.4 management of spinal injuries

Barrier Resuscitation

2. Demonstrate barrier resuscitation technique on an approved manikin for 5 – 10 times:

- 2.1 Mouth to Mask Resuscitation

Cardio-Pulmonary Resuscitation (CPR)

3. Demonstrate on an adult/child manikin the full sequence of :

- 3.1 One Rescuer CPR (including taking over from an earlier single rescuer)
- 3.2 Two Rescuer CPR, performing the external chest compression (ECC) component, followed by change over to
- 3.3 Two Rescuer CPR, performing the barrier resuscitation component

A total of 5 – 10 full cycles of adult/child CPR shall be carried out as appropriate on the manikin for each of the above sequences.

Airway Obstruction Emergency

4. Simulate the treatment for airway obstruction on the following:

- 4.1 a conscious casualty
- 4.2 a conscious casualty who becomes unconscious
- 4.3 an unconscious, non-breathing casualty

Careful supervision and where available, use of manikin is recommended.

Initiative

5. Demonstrate initiative in dealing with a simulated live casualty. At the appropriate stages in the demonstration the casualty shall be deemed to be unconscious, non-breathing and having no signs of circulations. The examiner may however initiate the return of any of these sign of life where appropriate. The examiner will set the scene and indicate changes in the condition of the casualty to which the candidate is to respond. The test will include the following components:-

- 5.1 checking for dangers and taking appropriate actions
- 5.2 the assessment for unconsciousness
- 5.3 calling for emergency medical service (EMS)
- 5.4 positioning of the casualty on the back
- 5.5 clearing and opening the airway
- 5.6 checking for the signs of life indicating the presence or absence of breathing

- 5.7 performing two initial inflations
- 5.8 locating the compression point for CPR
- 5.9 demonstrating the appropriate action for complications during Rescue Breathing – airway difficulties and vomiting.
- 5.10 placing the casualty in the Recovery Position

OXYGEN FIRST AID

Aim

To establish an introductory level of knowledge and practical ability in the provision of supplemental oxygen as part of first aid treatment.

Minimum Age

14 years or the year in which the candidate turns 14 years

Examiner

1 Oxygen Instructor/First Aid & Resuscitation Examiner for up to 8 candidates

Pre-Requisite

The candidate must have a valid Heartsaver Resuscitation Award on the day of examination.
The candidate must satisfactorily complete a SLSS approved course.

EXAMINATION

Theory Test

1. Written Examination

The written examination shall consist of a 10-question Multiple Choice Question Paper. A minimum score of 70% (7 out of 10 questions) is required to pass the written examination covering:

- benefits of supplemental oxygen in first aid,
- seeking assistance, and
- oxygen equipment & its safe operations.

Practical Test

2. *Oxygen Equipment*

Demonstrate the proper and efficient assembly of the oxygen equipment in use.

Describe 3 safety/precautionary measures in the handling & storage of oxygen equipment.

3. *Managing a Conscious, Breathing Casualty*

Demonstrate the provision of supplemental oxygen to a conscious, breathing casualty showing the application of the demand and constant flow modes. During the test, the candidate will be required to explain to the examiner:

- the actions/non-action taken;
- safety precautions considered, and
- the advantages & disadvantages of the 2 modes.

OXYGEN RESUSCITATION

Aim

To establish a basic level of proficiency in knowledge, understanding and practical ability in the use of oxygen equipment and its accessories during resuscitation rescue situations.

Minimum Age

14 years or the year in which the candidate turns 14 years

Examiner

1 Oxygen Instructor-Trainer/First Aid & Resuscitation Examiner for up to 8 candidates

Pre-Requisite

The candidate must have a valid Heartsaver Resuscitation Award on the day of examination.
The candidate must satisfactorily complete a SLSS approved course.

EXAMINATION

Theory Test

1. *Written Examination*

The written examination shall consist of a 20-question Multiple Choice Question paper whereby the focus will be on the essential theoretical knowledge required as a qualified oxygen resuscitation provider. A minimum score of 70% (14 out of 20 questions) is required to pass the written examination.

Practical Test

2. *Assembly & Operation of Oxygen Equipment*

Demonstrate the proper assembly of the oxygen equipment in use. The test shall start with the oxygen cylinder disconnected from the main regulator/equipment and end with oxygen equipment in full operation. A time of 1 minute 30 seconds will be allowed, from the start to the end of the test.

3. *Managing a Conscious, Breathing Casualty*

Demonstrate the provision of supplemental oxygen to a conscious, breathing casualty showing the application of demand and constant flow modes. During the test, the candidate will be required to explain to the examiner:

- the actions/non-action taken;
- safety precautions considered, and
- the advantages & disadvantages of the 2 modes.

4. *Managing an Unconscious, Breathing Casualty*

Demonstrate the provision of supplemental oxygen to an unconscious, breathing casualty showing the application of constant flow mode. During the test, the candidate will be required to explain to the examiner:

- the actions/non-action taken; and
- the safety precautions considered.

5. *Managing an Unconscious, Non-Breathing Casualty*

Demonstrate the provision of supplemental oxygen to an unconscious, non-breathing casualty showing the application of the cardio-pulmonary resuscitation with oxygen-enriched mouth-to-mask rescue breathing. During the test, the candidate will be required to explain to the examiner:

- the actions/non-action taken; and
- the safety precautions considered.

6. *Incident Management*

Demonstrate initiative in dealing with two casualties. At the appropriate stages during the test, the examiner shall set the scene and indicate changes in the condition of the casualties to which the candidate is to respond. The test will include the following components:

- checking for dangers & seeking assistance
- taking appropriate precaution/action;
- assessing the casualties' conditions;
- demonstrating the appropriate use of oxygen equipment; and/or
- placing the casualty in the recovery position, or otherwise explaining the basis of action.

The examiner may at anytime, interrupt and ask the candidate to explain his actions/intention to fully assess the candidate's overall performance. The candidate is required to answer questions, without interruption to the treatment, as would in reality be required when, for instance, medical help arrived on scene and needed to know the details of the casualty. While this will increase the stress on the candidate under assessment, it will not be taken to unrealistic proportion.

DEFIBRILLATION RESUSCITATION

Aim

To establish a basic level of proficiency in knowledge, understanding and practical ability in the use of automated external defibrillator during resuscitation rescue situations.

Minimum Age

14 years or the year in which the candidate turns 14 years

Examiner

1 Defibrillation Instructor/First Aid & Resuscitation Examiner for up to 8 candidates

Pre-Requisite

The candidate must have a valid Heartsaver Resuscitation Award on the day of examination.
The candidate must satisfactorily complete a SLSS approved course.

EXAMINATION

Theory Test

1. *Written Examination*

The written examination shall consist of a 20-question Multiple Choice Question paper whereby the focus will be on the essential theoretical knowledge required as a qualified oxygen resuscitation provider. A minimum score of 70% (14 out of 20 questions) is required to pass the written examination.

Practical Test

2. *Assembly & Operation of Automated External Defibrillator*

Demonstrate the proper assembly & operations of the defibrillation equipment in use. The test shall start with the defibrillation equipment from its stowed condition and end with the defibrillation equipment in full operation. A time of 45 seconds will be allowed, from the start to the end of the test.

3. *Managing an Unconscious, Breathing Casualty*

Demonstrate the use of automated external defibrillator on an unconscious, breathing casualty showing the application of monitoring and standby modes. During the test, the candidate will be required to explain to the examiner:

- the actions/non-action taken,
- the safety precautions considered, and
- the benefits & limitations of the 2 modes.

4. *Managing an Unconscious, Non-Breathing Casualty*

Demonstrate the use of automated external defibrillator on an unconscious, non-breathing casualty showing no sign of life/circulation. The test will include the following components:

- checking for dangers and seeking assistance;
- taking appropriate precaution/action;
- assessing the casualties' conditions;
- initiating prompt 1-rescuer cardio-pulmonary resuscitation
- demonstrating the appropriate use of the defibrillation equipment; and/or
- placing the casualty in the recovery position, or otherwise explaining the basis of action.

The examiner may at anytime, interrupt and ask the candidate to explain his actions/intention to fully assess the candidate's overall performance. The candidate is required to answer questions, without interruption to the treatment, as would in reality be required when, for instance, medical help arrived on scene and needed to know the details of the casualty. While this will increase the stress on the candidate under assessment, it will not be taken to unrealistic proportion.

FIRST AID INSTRUCTOR

Aim

To establish a basic level of competence in the practical skills and teaching ability of first aid techniques

Minimum Age

18 years or the year in which the candidate turns 18 years

Examiner

1 First Aid & Resuscitation Examiner for up to 2 candidates

Pre-requisites

The candidate must possess a valid SLSS LIFESAVING FIRST AID Certificate (or its equivalent) covering the period of the instructor training course; including the day of assessment.

The candidate must satisfactorily complete a SLSS approved course. This course will be a minimum of 24 hours in duration (include examination).

Teaching Experience

The candidate must provide evidence of having conducted first aid topics, under the guidance of an appointed qualified First Aid Instructor-Trainer, in 2 separate courses organized by the SLSS.

EXAMINATION

Theory Test

1. *Written Examination*

The written examination shall consist of a 50-question Multiple Choice Question paper whereby the focus will be on the essential theoretical knowledge required as a qualified INSTRUCTOR. A minimum score of 80% (40 out of 50 questions) will qualify a PASS in the written examination.

Practical Test

2. *Incident Management*

Complete the test by demonstrating initiative in dealing with a road traffic or workplace accident.

During the appropriate stages during the test, the examiner shall set the scene and indicate changes in the condition of the casualty to which the candidate is to respond. The test will include the following components:-

- Check for dangers and take appropriate precaution/action;
- Assessment of casualty's injury;
- Demonstrate the appropriate first aid action; and/or
- Place the casualty in recovery position or otherwise explain the basis of action.

The examiner may interrupt and ask the candidate to explain his actions and further intention to fully assess the candidate on his overall performance.

3. *Practical Teaching*

Demonstrate the ability to conduct a lecture topic effectively from the BASIC FIRST AID and/or LIFESAVING FIRST AID syllabus assigned. The lesson shall last 20 minutes.

FIRST AID INSTRUCTOR-TRAINER

Aim

To establish a higher level of competency in the teaching and coaching of instructor training and development programs.

Minimum Age

21 years or the year in which the candidate turns 21 years

Pre-requisites

- The candidate must possess a SLSS First Aid Instructor Certificate
- with minimum 24 months service with SLSS

Appointment Programme

1. Nomination supported by 2 SLSS First Aid & Resuscitation Examiners
2. Attend an interview by a select examiner's panel.
3. Successfully complete three practical attachments supervised by an appointed First Aid Instructor-Trainer

RESUSCITATION INSTRUCTOR

Aim

To establish a basic level of competence in the practical skills and teaching ability of resuscitation techniques

Minimum Age

18 years or the year in which the candidate turns 18 years

Examiner

1 First Aid & Resuscitation Examiner for up to 2 candidates

Pre-requisites

The candidate must possess a valid SLSS Senior Resuscitation Award (or its equivalent) covering the period of the instructor training course; including the day of assessment.

The candidate must satisfactorily complete a SLSS approved course.

The candidate must provide evidence of having conducted resuscitation topics, under the guidance of an appointed qualified Resuscitation Instructor-Trainer, in 2 separate courses organized by the SLSS.

EXAMINATION

Theory Test

1. *Written Examination*

The written examination shall consist of a 50-question Multiple Choice Question paper whereby the focus will be on the essential theoretical knowledge required as a qualified INSTRUCTOR. A minimum score of 80% (40 out of 50 questions) will qualify a PASS in the written examination.

Practical Test

2. *Incident Management*

Complete the test by demonstrating initiative in dealing with a road traffic or workplace accident.

During the appropriate stages during the test, the examiner shall set the scene and indicate changes in the condition of the casualty to which the candidate is to respond. The test will include the following components:-

- Check for dangers and take appropriate precaution/action;
- Assessment of casualty's injury;
- Demonstrate the appropriate first aid action; and/or
- Place the casualty in recovery position or otherwise explain the basis of action.

The examiner may interrupt and ask the candidate to explain his actions and further intention to fully assess the candidate on his overall performance.

3. *Practical Teaching*

Demonstrate the ability to conduct a lecture topic effectively from the Heartsaver Resuscitation, Standard Resuscitation and/or Senior Resuscitation syllabus assigned. The lesson shall last 20 minutes.

RESUSCITATION INSTRUCTOR-TRAINER

Aim

To establish a higher level of competency in the teaching and coaching of resuscitation instructor training and the development of SLSS Resuscitation Programs.

Minimum Age

21 years or the year in which the candidate turns 21 years

Pre-requisites

- The candidate must possess a SLSS Resuscitation Instructor Award
- with minimum 24 months service with SLSS

Appointment Programme

1. Nomination supported by 2 SLSS First Aid & Resuscitation Examiners
2. Attend an interview by a select examiner's panel.
3. Successfully complete three practical attachments supervised by an appointed Resuscitation Instructor-Trainer

OXYGEN INSTRUCTOR

Aim

To establish a basic level of competence in the practical skills and teaching ability of emergency oxygen administration

Minimum Age

18 years or the year in which the candidate turns 18 years

Examiner

1 First Aid & Resuscitation Examiner for up to 2 candidates

Pre-requisites

The candidate must possess a valid SLSS Oxygen Resuscitation Award (or its equivalent) covering the period of the instructor training course; including the day of assessment.

The candidate must satisfactorily complete a SLSS approved course. This course will be a minimum of 24 hours in duration (include examination).

Teaching Experience

The candidate must provide evidence of having conducted oxygen administration topics, under the guidance of an appointed qualified Oxygen Instructor-Trainer, in 2 separate courses organized by the SLSS.

EXAMINATION

Theory Test

1. *Written Examination*

The written examination shall consist of a 50-question Multiple Choice Question paper whereby the focus will be on the essential theoretical knowledge required as a qualified INSTRUCTOR. A minimum score of 80% (40 out of 50 questions) will qualify a PASS in the written examination.

Practical Test

2. *Incident Management*

Complete the test by demonstrating initiative in dealing with a road traffic or workplace accident.

During the appropriate stages during the test, the examiner shall set the scene and indicate changes in the condition of the casualty to which the candidate is to respond. The test will include the following components:-

- Check for dangers and take appropriate precaution/action;
- Assessment of casualty's injury;
- Demonstrate the appropriate first aid action; and/or
- Place the casualty in recovery position or otherwise explain the basis of action.

The examiner may interrupt and ask the candidate to explain his actions and further intention to fully assess the candidate on his overall performance.

3. *Practical Teaching*

Demonstrate the ability to conduct a lecture topic effectively from the Oxygen First Aid and/or Oxygen Resuscitation syllabus assigned. The lesson shall last 20 minutes.

OXYGEN INSTRUCTOR-TRAINER

Aim

To establish a higher level of competency in the teaching and coaching of resuscitation instructor training and the development of SLSS Emergency Oxygen Administration Program.

Minimum Age

21 years or the year in which the candidate turns 21 years

Pre-requisites

- The candidate must possess a SLSS Oxygen Instructor Award
- with minimum 24 months service with SLSS

Appointment Programme

1. Nomination supported by 2 SLSS First Aid & Resuscitation Examiners
2. Attend an interview by a select examiner's panel.
3. Successfully complete three practical attachments supervised by an appointed Oxygen Instructor-Trainer

DEFIBRILLATION INSTRUCTOR

Aim

To establish a basic level of competence in the practical skills and teaching ability of defibrillation techniques

Minimum Age

18 years or the year in which the candidate turns 18 years

Examiner

1 First Aid & Resuscitation Examiner for up to 2 candidates

Pre-requisites

The candidate must possess a valid SLSS Defibrillation Resuscitation Award (or its equivalent) covering the period of the instructor training course; including the day of assessment.

The candidate must satisfactorily complete a SLSS approved course. This course will be a minimum of 24 hours in duration.

Teaching Experience

The candidate must provide evidence of having conducted first aid topics, under the guidance of an appointed qualified Defibrillation Instructor-Trainer, in 2 separate courses organized by the SLSS.

EXAMINATION

Theory Test

1. *Written Examination*

The written examination shall consist of a 50-question Multiple Choice Question paper whereby the focus will be on the essential theoretical knowledge required as a qualified INSTRUCTOR. A minimum score of 80% (40 out of 50 questions) will qualify a PASS in the written examination.

Practical Test

2. *Incident Management*

Complete the test by demonstrating initiative in dealing with a road traffic or workplace accident.

During the appropriate stages during the test, the examiner shall set the scene and indicate changes in the condition of the casualty to which the candidate is to respond. The test will include the following components:-

- Check for dangers and take appropriate precaution/action;
- Assessment of casualty's injury;
- Demonstrate the appropriate first aid action; and/or
- Place the casualty in recovery position or otherwise explain the basis of action.

The examiner may interrupt and ask the candidate to explain his actions and further intention to fully assess the candidate on his overall performance.

3. *Practical Teaching*

Demonstrate the ability to conduct a lecture topic effectively from the SLSS Defibrillation Resuscitation syllabus assigned. The lesson shall last 20 minutes.

DEFIBRILLATION INSTRUCTOR-TRAINER

Aim

To establish a higher level of competency in the teaching and coaching of defibrillation instructor training and the development of SLSS Defibrillation Programs.

Minimum Age

21 years or the year in which the candidate turns 21 years

Pre-requisites

- The candidate must possess a SLSS Defibrillation Instructor Award
- with minimum 24 months service with SLSS

Appointment Programme

1. Nomination supported by 2 SLSS First Aid & Resuscitation Examiners
2. Attend an interview by a select examiner's panel.
3. Successfully complete three practical attachments supervised by an appointed Defibrillation Instructor-Trainer

FIRST AID & RESUSCITATION EXAMINER

To examine candidates for the following awards:

Basic First Aid	Heartsaver Resuscitation	Defibrillation Resuscitation	Oxygen First Aid
Lifesaving First Aid	Standard Resuscitation	Defibrillation Instructor	Oxygen Resuscitation
First Aid Instructor	Senior Resuscitation	Defibrillation Instructor-Trainer	Oxygen Instructor
First Aid Instructor-Trainer	Resuscitation Instructor		Oxygen Instructor-Trainer
	Resuscitation Instructor-Trainer		

Minimum Age

21 years as per calendar year in which the candidate turns 21 years.

Pre-requisites

- The candidate must possess ALL the following:
- SLSS First Aid Instructor-Trainer Award (or equivalent);
- SLSS Resuscitation Instructor-Trainer Award (or equivalent);
- SLSS Defibrillation Instructor Trainer Award (or equivalent); and
- SLSS Oxygen Instructor-Trainer (or equivalent).

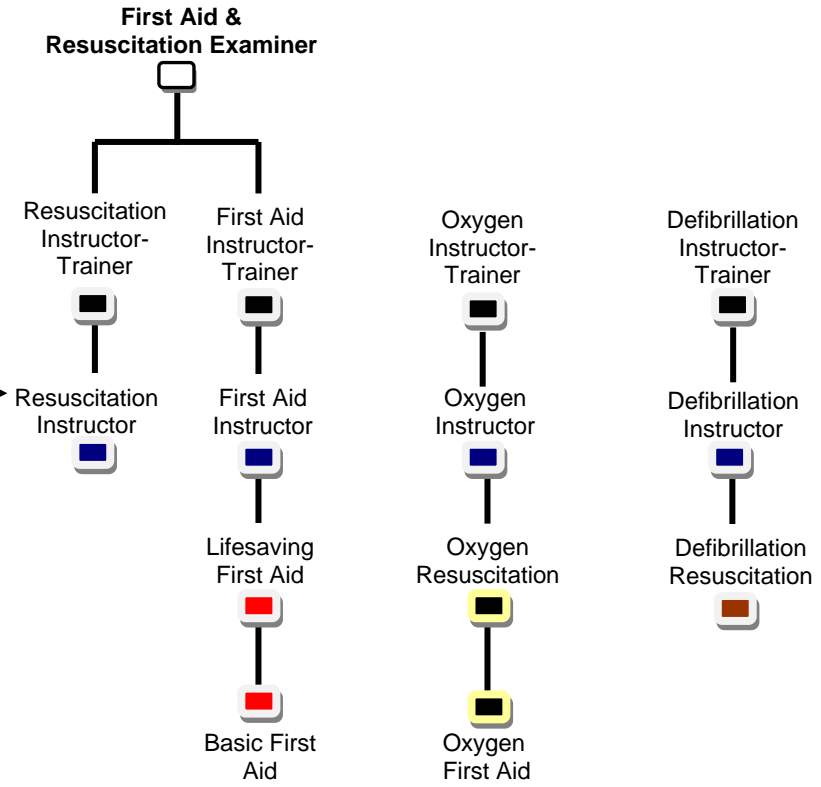
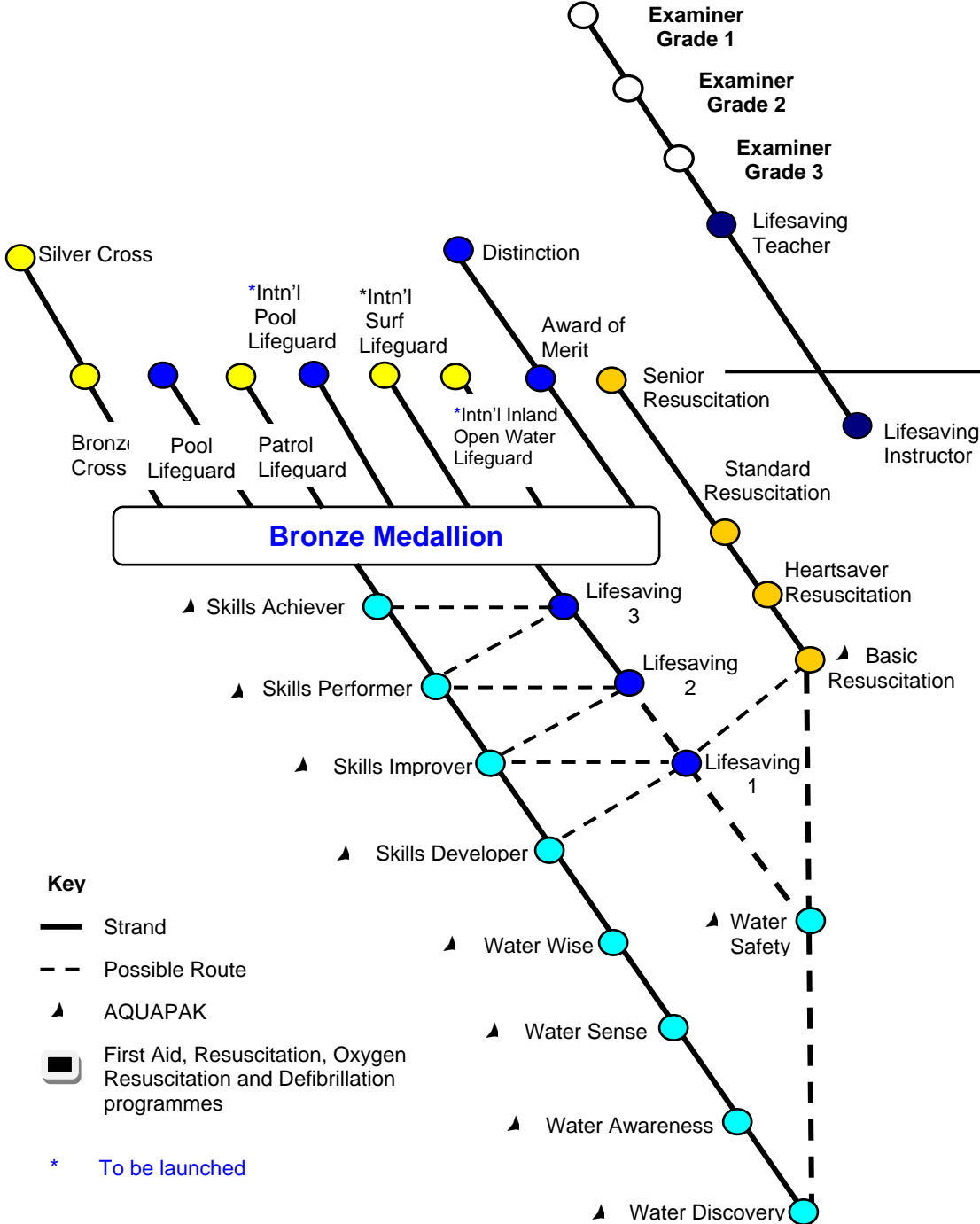
- with minimum 24 months service with SLSS

Appointment Programme

1. Attend an interview by a select examiner's panel.
2. Successfully complete a practical test supervised by an appointed two appointed First Aid & Resuscitation Examiners.

AWARD SCHEME

DIPLOMA



Note: For more details on the above awards and also information on other specialized certificates (e.g. aquatic facility audit, beach management and lifeguard leadership), please refer to www.slss.org.sg or email slss@pacific.net.sg