

The Hong Kong Girl Guides Association  
Interest Badge Syllabus  
**Guide Section**

**Life Saving**

**I. Written Test**

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

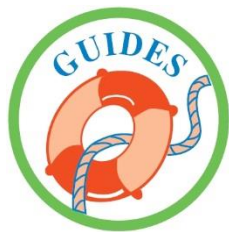
1. Basic theory of Life Saving
2. Skills of Life Saving
3. Skills of Recovery
4. First Aid Knowledge
5. Aftercare

**II. Resuscitation**

Perform Cardio Pulmonary Resuscitation by using a dummy.

**III. Water Test**

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



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**4. Contact Rescue**

- i. Get in deep water.
- ii. Swim 50 metres to a casualty.
- iii. Perform Release Method.
- iv. Use Chin Tow or Cross Chest Tow.
- v. Rescue a casualty who is 50 metres away from the bank then use support position to hold the casualty.
- vi. Perform Towing Restraint on the way to the bank.
- vii. Tow the casualty to the bank and help her to land.
- viii. Look after the casualty after landing.

**5. Emergency Resuscitation**

- i. Get in deep water.
- ii. Swim 15 metres to the search area.
- iii. Use surface dive.
- iv. Dive into 1.5 to 1.8 metres to find a target.
- v. Change to an unconscious casualty and tow to a supporting point, perform ten cycles of supported Expired Air Resuscitation (EAR).
- vi. Help the person to land.
- vii. Perform Expired Air Resuscitation (EAR) and treatment of Vomit.
- viii. Place the person in the Recovery Position.

**Note**

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

**Assessor's Qualifications**

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

**Remarks**

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