

# Lifesaver



Complete the following:

1. Hold the Swimmer (Interest) badge.
2. (a) Hold the Bronze Medallion of the Hong Kong Life Saving Society; or  
(b) Complete the following:
  - (i) Demonstrate two life saving techniques on land and in water.
  - (ii) Demonstrate rescuing a victim 50 m away using body tow and head tow methods.
  - (iii) Jump into water from a height of 0.3 to 1 m and rescue a victim 20 m away and make float the victim for at least two minutes.
  - (iv) Throw an 18 m rescue rope to reach a target between two columns 12 m away. The distance between the two columns shall be 1.2 m. The requirement should be met twice in three attempts.
  - (v) Demonstrate resuscitation rescue on a human model.



Completion of this Badge would be counted as an equivalent of the relevant item under the Service Section of the Bronze Award of the Hong Kong Award for Young People.

In a difficult situation one never-failing guide is to ask yourself: "What would Christ have done?" Then do it-as nearly as you can.

當遇到困難時，永遠不會失敗的方法是問自己：神會怎樣做？然後，就是盡自己所能。