

Lifesaver



Complete the following:

- (I) Hold the Swimmer (Interest) badge.
- (II) Hold the Bronze Medallion of the Hong Kong Life Saving Society; or

Complete the following:

1. Demonstrate two life saving techniques on land and in water.
2. Demonstrate rescuing a victim 50 m away using body tow and head tow methods.
3. 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.
4. 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.
5. Demonstrate resuscitation rescue on a human model.