



Founded 1967

RESCUER

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Daryl Tan Kiok Wei

The third quarter of 2017 has been a deeply eventful one for SLSS. We witnessed a successful outing in the 40th Open Water Competition. With that, I personally witnessed the sport of lifesaving as a strong cord that binds a community together. The spirit of competition kept our affiliates together; officials and volunteers turn out in strong numbers.

In that vein, there is so much to look forward to in the final quarter of 2017. The Still Water Competition, the Lifesaving Teacher's Course, and the Lifesaving Update cum Examiner Workshop are upon us. I hope these activities bind, enliven and continually remind us our identity as lifesavers.

Editor

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~ ~ Invitation to Volunteer ~ ~

The Singapore Life Saving Society's work would not be possible without the generous help from the many volunteers who serve us in different ways and we would like to thank them for their contributions.

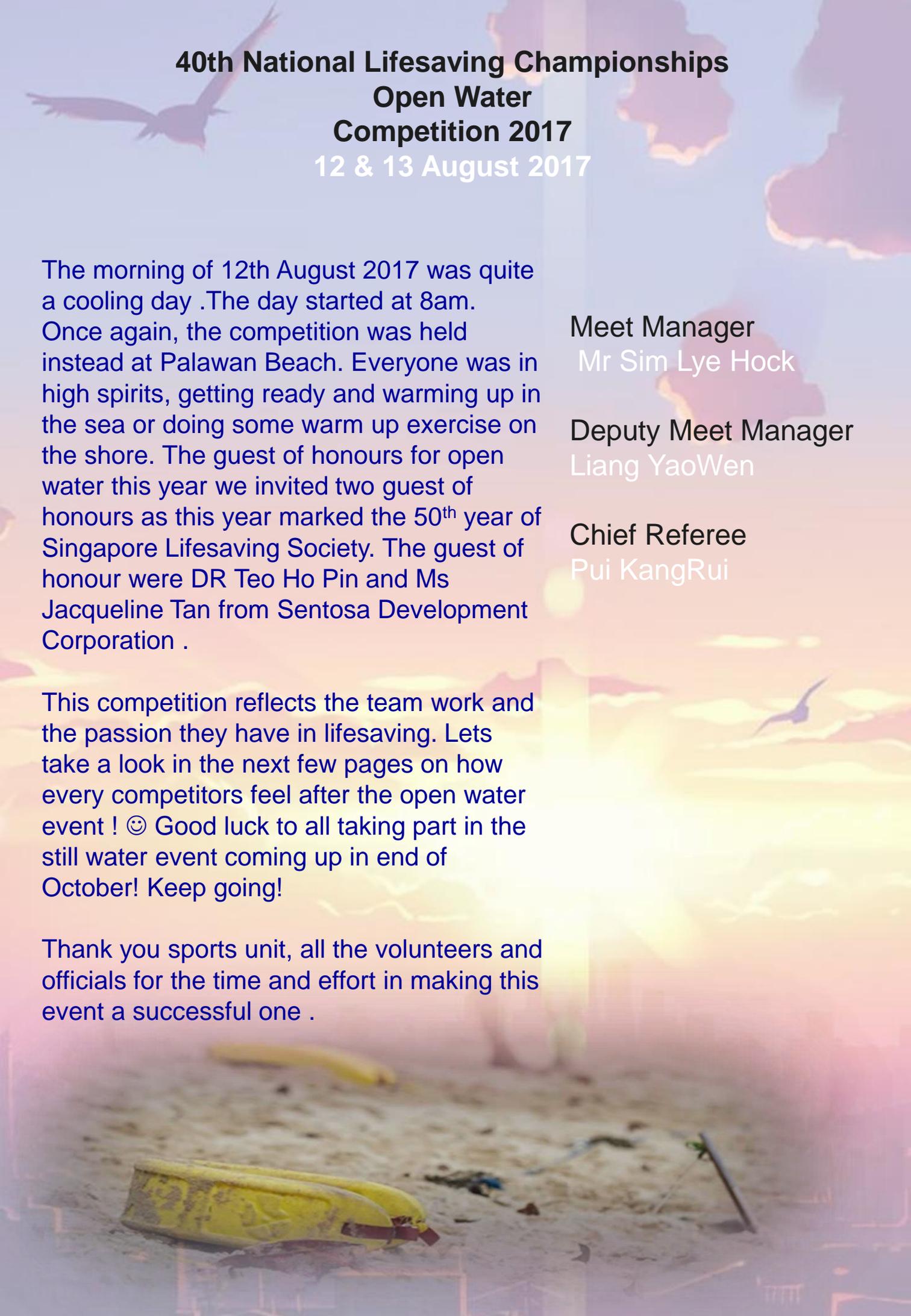
We would also like to take this opportunity to invite anyone who is interested to contribute to the mission of the Society to let our Manager, Ms Zuanne Teow, know so that we can try to involve you in our work.

Do note that SLSS website is under construction, we will send out a notification once is ready. Apologies for any inconvenient caused. Kindly do not hesitate to contact any of the Executive Committee members if you have any queries.

We look forward to working with you in our mission to promote lifesaving and water safety.

Richard Tan Ming Kirk
President
The Singapore Life Saving Society





40th National Lifesaving Championships Open Water Competition 2017 12 & 13 August 2017

The morning of 12th August 2017 was quite a cooling day .The day started at 8am. Once again, the competition was held instead at Palawan Beach. Everyone was in high spirits, getting ready and warming up in the sea or doing some warm up exercise on the shore. The guest of honours for open water this year we invited two guest of honours as this year marked the 50th year of Singapore Lifesaving Society. The guest of honour were DR Teo Ho Pin and Ms Jacqueline Tan from Sentosa Development Corporation .

This competition reflects the team work and the passion they have in lifesaving. Lets take a look in the next few pages on how every competitors feel after the open water event ! 😊 Good luck to all taking part in the still water event coming up in end of October! Keep going!

Thank you sports unit, all the volunteers and officials for the time and effort in making this event a successful one .

Meet Manager
Mr Sim Lye Hock

Deputy Meet Manager
Liang YaoWen

Chief Referee
Pui KangRui

Thoughts From Competitors:

For me, even though I have competed in this open waters competition before, every time before an event I would still feel butterflies in my stomach, but once I am out there in open-water, everything is a blur, I would just be focused on utilising everything you learn during training and putting it all into use for this one race, let just say every race for me is always a race of a lifetime, because thats where I give my all. Every time I come back from a race I would feel stoked and accomplished because I know I did my best.

Daryl Chow
Vice-Captain
NYP Lifesaving Team

From the SLGC Team:

its a successful event every year as it brings everyone together and see familiar faces be it competitor, juniors or coaches. Hope to see everyone the following year and to catch up with all:)

(From Lim Zi Yang)

I strongly believe that lifesaving is an extremely challenging sport, as it consists of multiple disciplines. The community is growing, and I hope that the competitions/events in the future will continue to improve the awareness of the sport to the general public. I want the public to understand that they, too, can try taking on the sport, regardless of their differences in sporting background.

"Everyone can be great, because everyone can serve."

- Martin Luther King, Jr.

(From Leonard Tok)

Open water is an event where every moment can be a plot twist. You might think you're in the last position, but any moment you could be in the top 5. Don't ever doubt yourself... you might have lesser training than the rest but rest assure, by doing your best, you might even surprise yourself when the results are announced. Also, don't care what others say about you. Most importantly is how you see yourself, other people may question your abilities and decisions and doubt you can make it. Don't let them affect you, prove them wrong. Because actions speak louder than words.

(From Alvin)

I have used this competition as an opportunity to convey a message that confidence is key. Even if you have not trained hard enough, or at all, you can still hope to stand on the podium. All it takes is just a strong mindset, as well as a little stroke of luck. I emphasise, confidence is key.

(From Gerald)

Open water is always an eye opening experience where i get to put my skills to test and increase bonding within the team😊

(From Jian Kai)

Thoughts From Competitors:

(We'd like to extend our acknowledgement and appreciation from pages 5-10 to Zhuang Jieying, Team Coach from the Republic Polytechnic, in collating all the various opinions from members of Sports Units and from the respective competitors.)

(1) In your opinion, was the Open Water Competition a success? Why?

There's always room for improvement. (Can I not answer this question since I'm in the sports unit? Haha!)

(2) What was most memorable about the Open Water Competition to you?

It's always the behind-the-scenes work that intrigue me every year – the meticulous planning that takes place months prior to the competition, the logistically-heavy setup by both competitors and volunteers on the days before the championship, and the technical officials and volunteers who are focused on ensuring a successful, fair, and accident-free open-water event. More often than not, their efforts go unnoticed and many in the community are unaware of the work that's been done. I don't think we should take for granted the amount of dedication and sacrifices that these people have made.

It's also particularly heartening that more organisations/schools are coming on board to volunteer their resources.

(3) This being our 40th National Lifesaving Championships, we have certainly come a long way. What do you hope to see in the future of our sport?

The beauty of Lifesaving sports is that apart from serving a humanitarian purpose, it welcomes and gathers people regardless of age, background and ability. I hope that in the next 3 to 5 years, we'll see a lot more athletes returning to form the Men's and Women's Masters Teams, and younger athletes joining the passionate and wonderful family of Lifesaving sports in Singapore.

By: Pearlyn Yap
(Sports Unit committee member)



To be continued >>>

Thoughts From Competitors:

(1) In your opinion, was the Open Water Competition a success? Why?

Yes. It brings all the lifesavers together again especially the new young lifesavers and the senior ones becoming officials guiding the new ones.

(2) What was most memorable about the Open Water Competition to you?

[It has to be] the use of Lifesaving ski kayaks which brings us closer and nearer to international standards.

(3) This being our 40th National Lifesaving Championships, we have certainly come a long way. What do you hope to see in the future of our sport?

[We] hope that every year will help to bring in more lifesavers with the mindset of being lifesavers first then competitors. Lifesaving education must come first before Lifesaving sports.

By: Mr Sim Lye Hock, Sports Unit committee chair.



To be continued >>>

Thoughts From Competitors:

(1) In your opinion, was the Open Water Competition a success? Why?

Yes it was.

The schedule of events were timely and all the events managed to be carried out.

There was also a lot of interaction from the emcees who were constantly updating the crowd and keeping them entertained.

(2) What was most memorable about the Open Water Competition to you?

Seeing old and new lifesavers getting together. There were also quite a number of past athletes and lifeguards who came just to catch up and support their buddies. It was also nice to see lifesavers who have started their own families come to the event with their child - the future of lifesaving!

(3) This being our 40th National Lifesaving Championships, we have certainly come a long way. What do you hope to see in the future of our sport?

I hope for more support for the event (i.e. sponsorships), for it to be on a bigger scale with media coverage, perhaps even with a proper audience stand. This should be highlighted in the news as it is a national competition.

By Muhammad Gasznee



To be continued >>>

Thoughts From Competitors:

(1) In your opinion, was the Open Water Competition a success? Why?

There is always room for improvement, but as long as the lifesaving sport community gathered, got together and had fun doing what we love, it was a success in my eyes.

(2) What was most memorable about the Open Water Competition to you?

From the official's point of view, it's good to see the junior officials become more proactive and the senior officials helping guide them along. Overall, the officials have been learning and improving the past years to better support the competition, while there is always room for improvement, it is always heartening to see the officials team working well together.

(3) This being our 40th National Lifesaving Championships, we have certainly come a long way. What do you hope to see in the future of our sport?

More competitions (be it of the usual events or not), better contribution from lifesaving sport towards lifesaving, and greater bonds and community spirit between lifesavers regardless of club.

From Pui Kangrui , Officiating Unit committee



To be continued >>>

Thoughts From Competitors:

(1) In your opinion, was the Open Water Competition a success? Why?

Definitely. Apart from the competitive spirit shown by the competitors, the more amazing part was to see volunteers coming together to make this event possible. As competitors, we often take it for granted that there will be a next competition for us to participate in. So remember to thank the volunteers and officials next time!

(2) What was most memorable about the Open Water Competition to you?

To finally see more skis out there this year! It was a painful but necessary step for us to elevate the competition standards of this sport in Singapore. I applaud the effort by all clubs.

On a personal note, the bigger highlight was when the NUS guys team worked together to comb through the sea bed to successfully "rescue" Melvin's phone. It was literally "finding the needle in the ocean"!

(3) This being our 40th National Lifesaving Championships, we have certainly come a long way. What do you hope to see in the future of our sport?

I hope to see larger participating numbers, especially for the Masters events! When I first joined the sport in 2006, I was very inspired by the participation of my "dino seniors". It was them who made me believe that this sport is an evergreen sport. Now it's up to us to continue to live up to this notion.

Lastly, I am happy to see as many volunteers as competitors! On this note, I'm glad to see more competitors taking the initiative to help out this year!

From Kah Meng, Participants from NUS

Thoughts From Competitors:

1) In your opinion, was the Open Water Competition a success? Why?

Yes, we were able to start and end the whole competition with no major disruptions and on a whole everyone seemed to be having fun and was happy!

(2) What was most memorable about the Open Water Competition to you?

The RP team that I have now is truly my own. All our hard work and support as a team was painstakingly instilled by me and I am very proud to see my team embracing and believing in it. All our success and failures during that weekend was especially worth it and meant a lot because we were always there for each other.

(3) This being our 40th National Lifesaving Championships, we have certainly come a long way. What do you hope to see in the future of our sport?

Lifesavers are one of the greatest and toughest athletes not just in terms of the sport but in our skills to save lives too and I feel we don't get enough appreciation for that in Singapore. I definitely would want to see the continuity of our community soaring to greater heights. We are just beginning to garner more publicity to ourselves and with that, hopefully we will be more recognised and have more support and opportunities.

From Jin Zhuang,
Team Coach of RP



12 & 13 August 2017
40th National Lifesaving
Championships
Open Water
Competition 2017
Gallery



Photo Credits:
Ms Pearlyn Yap
Mr Tan Jian Hao

12 & 13 August 2017

40th National Lifesaving Championships

Sentosa Open Water Competition 2017

Gallery



Photo Credits:
Ms Pearlyn Yap
Mr Tan Jian Hao

30TH Lifesaving Instructor Course

3 May 2017 – 8 June 2017

The Lifesaving Instructor Course is highly essential for all aspiring Lifesaving Instructors. In this intensive 10 weeks programme, SLSS has prepared a package filled with all the necessary information a new instructor would need to acquire.

In order to qualify as instructors at the end of the programme, candidates need to pass three major components as part of the SLSS' examination criteria. Granted, the trainee needs to show theoretical competency while being adept in lifesaving skills.



Message from participants

Coming Up
Next . . .

30TH Lifesaving Instructor Course

3 May 2017 – 8 June 2017

LIC 2017 is a course that I have been anticipating for since 2016, the year when I started out my first lifesaving class.

I still remember our nice and helpful SLSS staff Ms. Valerie giving me advice over the phone, and taking the extra miles to jot down my contact details so as to inform us when the course intake is firm up. As the LIC course is conducted only once a year, I have made conscious effort to follow up and ensure that I do not overlook and miss the course registration.

The first day of the course sets a deep impression on me. One thing I am sincerely grateful and appreciative to SLSS for charging us only \$275 for arranging the venues and providing us bento meals for dinner. I believe such course can easily cost us \$800 to \$1000 & SLSS didnt make any money out of it.

Such kind gesture and effort from SLSS touches my heart, and aspires me to one day contribute more to SLSS and lifesaving activities if possible, just like how every SLSS members spend their precious time to teach us for a meaningful cause. The carpark at NUS Enterprise is only \$1 flat fee. That is a thoughtful and wise choice of venue from SLSS.

It is enjoyable to attend the course with many like minded mates, and gives us insightful updates on resuscitation techniques, which the Head of F.A.R.U. Ivan Sin impresses me with his sharing of other resuscitation techniques, and Ms. Mariette Ong teaches us about basic concepts of Hydrodynamics.

Basically, attending the course allows me to further hone my lifesaving knowledge, skills and presentation skills positively, so as to prepare me for the stringent LIC peer presentation, practical proficiency and theory test.

Thank you.

Best regards

James Thng Wei Leng (30TH LIC Candidate)

30TH Lifesaving Instructor Course

3 May 2017 – 8 June 2017

Words by Candidates~

I'm Elvis Yong, I'm 18 this year. When I entered the course, I was shy and scared to the new surroundings but this course has thought me to be more confident in speaking to others as we will need to face the public in the future. A few take away that I took from this cause were, of course, public speaking skills I also learned a whole new world for first aid and additional knowledge that I didn't know about Lifesaving. With this knowledge, the lifesaving instructor course has prepared me to educate people with ready life-saving knowledge.

By: Elvis Yong

Participating in the Lifesaving Instructor Course was a very enlightening experience. The lessons were enriching, and the time spent was rewarding. We have learnt a great deal from very experienced teachers who imparted us with the knowledge of teaching lifesaving. Personally, the most memorable lesson was the practical sessions where we put everything we learnt in theory into practice. It was then that I understood that simply knowing lifesaving skills well doesn't necessarily make me good at teaching them. I have also learnt a lot from other participants who are good at different skills. Amidst a lively atmosphere and with an attitude for learning, the participants of the 30th Lifesaving Instructor Course proudly completed the course with contentment.

By: Shawn Lau

Before I went for this course, my exposure to lifesaving was mainly about the awards such as LS 123, BM, AM etc. and I decided to go for this course because I wanted to learn more about lifesaving and the other aspects of it. Through this course, I went through different subjects on lifesaving such as first aid as well as the introduction to APDU and how lifesaving can be taught to people with special needs. Most importantly, I have learnt how to be an effective instructor through subjects such as the principles of learning and principles of teaching. This course was really fruitful for me and I look forward to the many other courses that the society will organise.

By: Gabriel Soong



30th Lifesaving Instructor Course

3 May 2017 – 8 June 2017

Gallery



Background of Spinal Injury Management in Sport Singapore

By

Chia Ser Kian

MSc(Merit), BA(Hons), SDipBCM, DipRLSS, DipPM, DipSM

Senior Manager, Lifeguard Academy, ActiveSG Training

Centre, Sport Singapore



In the 1980s, SLSS sponsored 5 Laerdal spinal board to Singapore Sports Council (currently known as Sport Singapore).



In 1994, Sport Singapore introduced other versions of Spinal Board together with foam type head support.



From 2008 to March 2017, Sport Singapore uses Laerdal's spinal board with cervical collar and head immobiliser.



In late 2016, the use of cervical collars by first aid providers is not recommended by:

- 1) International Liaison Committee on Resuscitation (ILCOR)
- 2) International Life Saving Federation (ILS)



According to International Life Saving Federation, the potential adverse effects of cervical collars increase with duration of use and include:

- unnecessary movement of the head and neck with the sizing and fitting of the collar
- discomfort and pain
- restricted mouth opening and difficulty swallowing
- airway compromise should the victim vomit
- pressure on neck veins raising intra-cranial pressure (harmful to head injured victims)
- hiding potential life-threatening conditions

*International Life Saving Federation: MPS-21 2016 Spinal Injury Management [viewed 24 Jan 2017] Available from: <http://www.ilsf.org/about/position-statements>



Under the Building and Construction Authority (BCA) licencing requirements, spinal injury management is one of the requirements exacted by the Singapore Civil Defence Force (SCDF) as a safety protocol in evacuating injured guests in slide pool scenarios. Sport Singapore's lifeguards have been updated with the latest spinal injury management skills to meet the industry requirement.

Open Water Clinic

Held at Palawan beach on 15 July 2017

The objective of this clinic is to help members of the lifesaving sport community be familiar with some of the fundamental skills and techniques for open water events. The most recent edition of the clinic also focused on the use of ski kayaks.

During the first part of the session, Mister Sim Lye Hock, our Sports Unit Committee Chair, gave a 30 minute theory session on the features of the rescue board and ski kayak, educating participants how to use these equipment.

After which, all the participants broke into groups to try out the equipment with Mister Sim and his volunteers providing close facilitation.

During the try out of the equipment, some participants find it interesting and yet some find it tiring as the energy they got to exert is more than they could imagine.

At its conclusion, participants experienced something they did not do often.

We would like to extend our thanks to Mister Sim and his team for the time and effort in conducting this clinic.

Open Water Clinic – What Went On



Thank you all participants!



SLSS Lifesaving Clinic @ Sentosa July- Aug 2017



*Held every last Saturday of the month from 1pm to 4pm at Siloso and Palawan Beaches.

EVENT CALENDAR 2017

Preliminary Module (Lifesaving 1, 2 & 3 Awards)	
Duration: 10 sessions x 2 hrs Tentative dates: 16/1, 15/3, 4/5, 3/7, 28/9, 15/11	Time: 6.30 pm to 8.30 pm
Standard Module (Bronze Medallion & CPR Awards)	
Duration: 10 sessions x 2 hrs Tentative dates: 1/3, 7/6, 6/9, 6/12	Time: 6.30 pm to 8.30 pm
Specialist Module 1 (Pool Lifeguard Award) continue	
Duration: 6 sessions x 2 hrs Tentative dates: 13/1, 8/4, 19/8, 9/12	Time: 6.30 pm to 8.30 pm
Specialist Module 2 (SLSS International Pool Lifeguard Award)	
Duration: 6 sessions x 2 hrs Tentative dates: 1/3, 8/6, 7/9, 2/12	Time: To be tailored/scheduled
Advanced Module 1 (Award of Merit & Senior Resuscitation Awards)	
Duration: 8 sessions x 2 hrs Tentative Dates: 13/4, 13/7, 16/11	Time: To be tailored/scheduled
Advanced Module 2 (Distinction Award)	
Duration: 6 sessions x 2 hrs Tentative dates: 11/5, 6/9	Time: To be tailored/scheduled
Open-water Module 1 (Bronze Cross Award)	
Duration: 4 sessions x 2 hrs Tentative dates: 10/3, 8/9	Time: To be tailored/scheduled
Open-water Module 2 (Silver Cross Award)	
Duration: 4 sessions x 2 hrs Tentative dates: 5/4, 11/10	Time: To be tailored/scheduled
Open-water Module 3 (Patrol Lifeguard Award)	
Duration: 4 sessions x 2 hrs Tentative dates: 2/3, 1/6, 7/9	Time: To be tailored/scheduled
Corporate CPR Course	
Duration: 1 session (7 hrs) Tentative dates: 7/1, 18/2, 11/3, 25/3, 8/4, 6/5, 10/6, 15/7, 26/8, 9/9, 23/9, 7/10, 11/11, 9/12	Time: 9 am to 5 pm (Saturdays)
Senior Resuscitation Course	
Duration: 1 session (6 hrs) Tentative dates: 9/2, 8/4, 10/6, 5/8, 7/10, 9/12	Time: To be tailored/scheduled
Oxygen Resuscitation Course	
Duration: 1 session (8 hrs) Tentative dates: 18/3, 22/7, 18/11	Time: 9 am to 5 pm (Sat)
CPR + AED Course	
Duration: 1 session Tentative dates: 9/1, 6/2, 6/3, 3/4, 8/5, 5/6, 3/7, 7/8, 4/9, 2/10, 6/11, 4/12	Time: 9 am to 1 pm or 5 pm to 9 pm (Mondays)
Lifesaving 1, 2, & 3 Refresher Course	
Duration: 1 session Tentative dates: 21/2, 3/4, 5/6, 10/8, 16/10, 18/12	Time: 9 am to 6 pm
Pre-requisite: Candidates MUST already possessed Lifesaving 1, 2 & 3 Awards	
30th Lifesaving Instructor Course	
Duration: 8 sessions Tentative dates: 3/5, 5/5, 9/5, 11/5, 12/5, 15/5, 19/5, 22/5, 26/5 & 29/5 Time: Sessions are from 6.30 pm to 9.30 pm unless otherwise stated. Venue: To be confirmed	
30th Lifesaving Teacher Course	
Duration: 8 sessions Tentative Dates: 9/10, 13/10, *15/10 (Sunday: Open Water), 17/10, 16/10, 20/10, 22/10 (Backup session), 23/10, 27/10, 3/11, 6/11 Time: Sessions are from 6.30 pm to 9.30 pm unless otherwise stated. Venue: Kallang Basin Swimming Complex	

EVENT CALENDAR 2017

24th Annual Lifesaving Seminar 2017	
Duration: 1 session Date: 10/3	Time: 9 am to 5 pm Venue: Furama Hotel
21st Annual Lifesaving & Examiners' Workshop	
Duration: 1 session Date: 10/11	Time: 9 am to 5 pm Venue: Hotel Miramar
Professional Lifeguard Update Workshop	
Pre-requisite: Candidate MUST have already possessed Lifesaving Bronze Medallion certification. Duration: 1 session Time: 9 am to 5 pm Tentative date: 6/7 (Pool Lifeguard), 11/8 (Patrol Lifeguard), 8/9 (Pool Lifeguard), 19/10 (Patrol Lifeguard), 10/11 (Pool Lifeguard) 1/12 (Patrol Lifeguard)	
Induction on Aquatic Activities for People with Disabilities	
Duration: 1 session Date: 22/5	Time: 6.30 pm to 9pm

Events

SLSS Appreciation Dinner	
<i>*By invitation only</i>	
Time: 7pm Venue: Hotel Miramar	Dates: 10/11
40th National Lifesaving Championship	
Open-Water Competition (OWC)	
Date: Saturday, 12 Aug 2017 Venue: Palawan Beach, Sentosa island	Time: 12 noon to 6 pm
Date: Sunday, 13 Aug 2017 Venue: Palawan Beach, Sentosa island	Time: 9 am to 6 pm
Still-Water Competition (SWC)	
Date: Sunday, 29 Oct 2017 Venue: NUS University Sports Centre	Time: 9 am to 6 pm
Free Lifesaving Clinics at SENTOSA (a community service programme in partnership with Sentosa Leisure Group)	
Dates: Last Sat of the month – 25/2, 25/3, 29/4, 27/5, 24/6, 29/7, 26/8, 30/9, 28/10, 25/11, 30/12	
Venue: 1pm at Siloso Beach, Sentosa. 2.30pm at Palawan Beach, Sentosa.	

Note: All dates are tentative and subject to terms and conditions of registration. Please visit Singapore Life Saving Society's website: www.slss.org.sg or call +65 6299 3660/email <slss@slss.org.sg> for further updates.

Training Center, Kallang Basin Swimming Complex will be the venue for all swimming pool based courses unless otherwise specified.