



*Founded 1967*

A Quarterly Publication of the Singapore Life Saving Society      Volume 27 No. 4      Oct- Dec 2017

# RESCUER

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5. 21st Life Saving and Examiners Workshop
6. 50th Anniversary Appreciation Dinner Golden jubilee

## Upcoming events:

25<sup>th</sup> Annual Life Saving Seminar – 9<sup>th</sup> March 2018

51<sup>st</sup> Annual General Meeting – 22<sup>nd</sup> March 2018

## Disclaimer:

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## Message From The Editor



As we came to the final quarter of the year, plenty of activities came and went with much success. The LTC came and went successfully. The Still Water Competition was held for the first time in the University Sports Centre. Finally, the 21st Life Saving and Examiners' Workshop received much acclaim among those who attended. What a way to complete 50 years of life saving!

But we must not rest on our laurels. 2018 will bring much change. Office operations on Saturday are changed. The Annual General Meeting approaches in March too and election will take place with new leadership to take the reins of SLSS. May the year of 2018 bring much joy, happiness and fruitfulness!

**Daryl Tan Kiok Wei**

The SLSS invites articles and photographs on lifesaving related issues for the RESCUER. Proposed articles may be submitted to the SLSS office in MS Word format in a CD Rom or by email. Please note that the SLSS reserves the right to edit the article as may be appropriate and by submission, authors grant to the SLSS a right to publish their articles and/or photographs in the RESCUER and any other publication or medium of the SLSS

Advertisements on lifesaving related subjects are also welcomed and interested persons are asked to contact the SLSS @ 6299-3660 or email: [slss@slss.org.sg](mailto:slss@slss.org.sg) for more information on the prevailing rates.

### Editor

### Editorial Board

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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**





# THE 30<sup>TH</sup> LIFE SAVING TEACHERS' COURSE

The 30<sup>th</sup> Life Saving Teachers' Course sees a total of 7 participants this year. Customarily, teacher candidates plow through a balanced mix of theoretical knowledge and practical application. At the end of these instructional sessions, they undergo multiple stages of examination.



Photo: Session trainer Irwin briefing the participants about testing procedure before a pool session.

**Learning in the LTC is infectious; the candidates thought so too.**

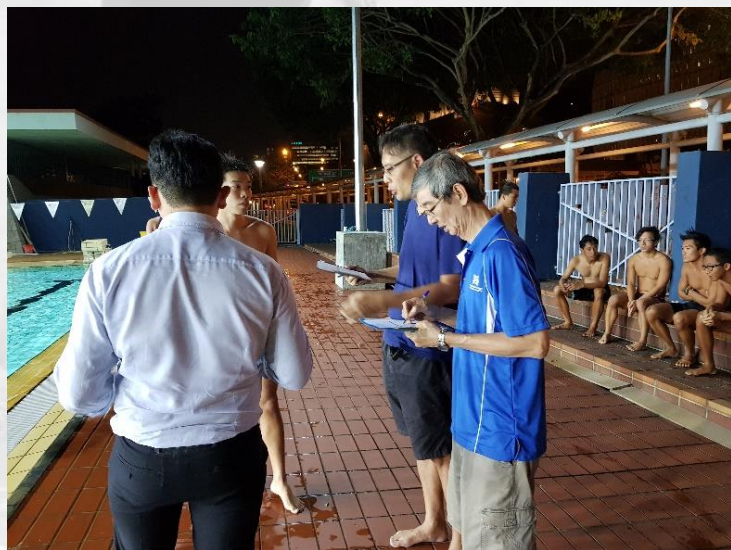


Photo: Peer assessment at the Lifesaving Teachers' Course 2017.

**"I thoroughly enjoyed my experience and the learning process in this course," opined candidate Pan Yong Zhi, "Not only were the modules useful, but my course mates were an interesting bunch from a variety of different backgrounds. Every session was a fruitful one as we learnt more from one another in terms of differing opinions and lifesaving skills...."**

**To be continued >>>**





Photo: 15<sup>th</sup> October 2017 – the open water session where teacher candidates learn skills and techniques on open water principles.

**He is not alone; candidate Ng Ye Qin expressed hers along similar lines: “The teachers course have equipped me with the necessary skills and knowledge. I definitely had an enjoyable time together with my course mates.”**

**Candidate Vincent Choong, who thoroughly enjoyed the Open Water session held on the 15<sup>th</sup> October 2017, had this to say: "It was...great learning for me especially the Open Water Lifesaving Skills at the Changi beach. The trainers and fellow course mates with experience are willingly to share the knowledge and skills. It was my greatest take away from there."**

**With that, the SLSS concludes another successful edition of the Life Saving Teachers' Course.**



Photo: The spinal board found at the SLGC hut.



# 40<sup>TH</sup> NATIONAL LIFE SAVING CHAMPIONSHIP- STILL WATER COMPETITION

With the successful conclusion of the Open Water Competition held in August, many were looking to its still water counterpart for a befitting flourish worthy of 50 years of life saving. By all accounts, it did not disappoint. At the tail end of October, a sporting spectacle unfolded.....

To begin with, many competitors were enthralled by the prospect of holding a maiden event at the University Sports Centre, an indoor pool replete with features worthy of a world meet.

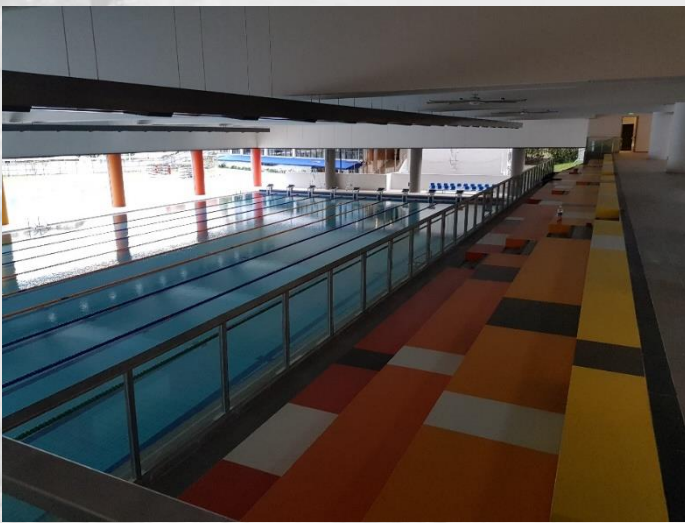


Photo: A clear view of the spectator's gallery.



Photo: Banner for the SWC 2017.

The spectator stands at the mezzanine level offers an effortless view on the ten lanes of the indoor pool. The announcers and competitors stewards flanked either side of the stand.

A casual saunter about the pool deck and one sees an impressive array of rooms catered for technical officials. The business of water sports, it seems, is a serious one. That consideration was also given to the technical officials should not escape the casual observer too; all throughout the event, the turn and lane judges had ample room prowling along the poolside without interfering into the VIP sofas, which accommodated our two guests-of-honour, Masters Lee Kok Choy and Seetow Cheng Fave.

To be continued >>>

The shrill cry of the chief official's whistle smote the inner walls of the indoor pool, giving cue of the event's start...the competitors mounted the anti-slip starting blocks...the start judge spoke clinically, devoid of emotion, readying the competitors...the impending blast of the Automatic Officiating Equipment thereafter...and the rapturous cheering willing each competitor to go faster, higher and stronger – that was the very pulse of the SWC.

All amid these, there were those who were shuttling about the pool – “runners” as they were informally called – ferrying information to and from the chief officials to the competitor stewards. Like a lean and mean machinery, everyone was a cog in a whole – a tight unit of volunteers who saw the whole greater than the sum of its parts.



Photo: The Automatic Officiating Equipment, manned by the start judge.



Photo: A runner (left) channeling information from deputy meet manager to competitors' steward.

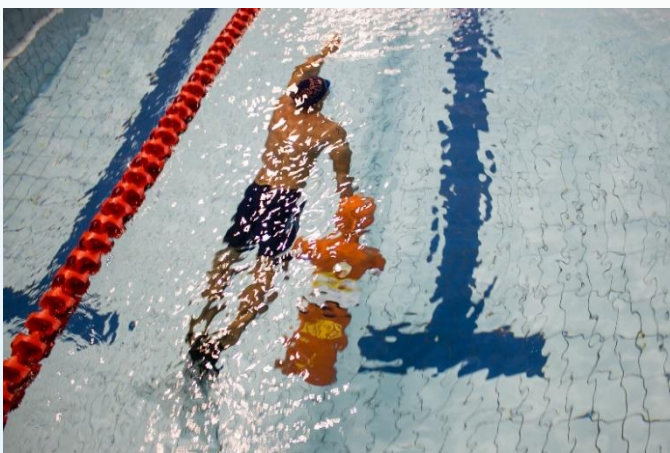


Photo: A male competitor towing a submersible manikin.



Photo: The popular rope throw event which featured heavily in 2017's SWC.

**To be continued >>>**



It is easy to forget how the lifesaving as a sport has its humble beginnings. However, through the years, the OWC and SWC are indispensable owing to their highly visible nature. Sport unites; lifesaving, even to the harshest critic, is no exception: the camaraderie of the athletes, regardless of their rivalry, bears testament to that.

In reflection, a world-class facility such the University Sports Centre portends a bright future for the enterprise that is life saving; but the bonds of a younger generation of lifesavers forged through competitive sport undergirds an abiding hope – the message of drowning prevention will stay.



Photo: Competitors gamely posing for a shot.



Photo: Proud medal winners. Medals are secondary to the friendships forged through competition.



Photo: A male competitor donning on flippers – an equipment commonly used in lifesaving.



Photo: Mister Sim Lye Hock doing his last visual inspection of the pool before the competition commences.

# REFLECTION OF A PAST YEAR OF LIFE SAVING AS A SPORT

**Guest Author: Jin Zhuang, RP Team Manager**

If you are new to Lifesaving sport, here's a quick outline on what you can expect on a yearly basis in our local scene. Each year we have the annual 'National Championships' which takes place in the second half of the year. This consist of two competitions; Open Water which takes place in Sentosa and Still Water which takes place in a pool. Leading up to these major championships, there a few smaller scales competitions organized by the various institutions too. Just to name a few prominent ones, we have the NTU Friendlies, RP Youth Lifesaving Championship, NUS Invitational and etc.

Over the years, the Lifesaving sport scene has improved tremendously. We have seen an increased in participation and we have also put ourselves out there on social media to be seen and heard. People now recognize us more than just merely swimmers and it feels great because we really are more than just that. Not only do we have a love for our sport but we educate water safety and help those in need as well.



Photo: Technical officials and volunteers are a vital cog in the OWC 2017.



Photo: Competitors deep in the action.

**To be continued >>>**



2017 marks the 50th anniversary for Singapore Lifesaving Society and 40th year for the National Lifesaving Championships. It is special because we celebrated our success together at a dinner organized by the society and many members were also awarded certificates and medals in recognition of their hard work, efforts and contributions through the years!

In the sporting sector, we were able to have our National Still Water Championship at the newly renovated NUS indoor pool! It was definitely a new experience for all of us as we were welcomed with cold water this time instead and was sheltered away from the hot sun.

Although I wasn't a competitor myself, but standing in the stands and just watching everything gave me a sense of pride and accomplishment. I took a moment to just silently absorb and enjoy it all and thought about how far along we've come as a community. I reminisce back to the days when I was just a regular lifesaver trying to figure out the many aspects of Lifesaving as a sport, provider and humanitarian act. It isn't easy to understand what we do but everyone who is still present with us today, stayed on because we all share the same belief and goal.

To many more amazing years ahead!



Photo: Team RP. The author, Ms. Zhuang, is standing second from the left.

# FEATURETTE: THE PENANG INVITATIONAL

**Guest Author: Jayden Tan**

I'm Jayden from Singapore Polytechnic Lifesavers. I'm currently the president of my club and we went to Penang on 17th November until 20th November for the 5th Penang International Lifesaving Sports Challenge held on 18th & 19th November 2017. It was our first international competition since 2014 and it was certainly a great experience for us. This opportunity given by Penang Lifesaving Society to attend this competition was a rare moment for us.



It was an eye-opening event for those that went over to compete. There were lifesavers from Korea, Hong Kong and many other countries competing in this competition. For us, young Singapore Lifesavers it was certainly an achievement to compete in the same water as them. We enjoyed ourselves throughout the trip and learn many new skills during the trip. Hope to meet the lifesavers we met there in the future.



# 21<sup>ST</sup> LIFESAVING AND EXAMINERS' WORKSHOP

Author: Alvin Feng, Assistant Manager

9th November, circa 2330 hrs. - I was running through the programme sequence with my direct manager, who kept drilling her oft-repeated refrain: "More sweat in preparation; less blood on the stage." We were approaching what is known in office culture as "The Cinderella Hour". In the very least, it was not easy. "Have you done this and this," quizzed my manager, who clearly had flair for events. "Did you consider to slot in that mic and the camera there?" Despondent, 'I haven't' was my only afforded reply. But I know better: the preparation was not just appropriate for an event of this scale; it was utterly necessary.



Photo: Ms. Eun Jin Ping of the Meteorological Service Singapore

Photo: Me coordinating the slides with the speaker, President Richard.

Picture this for a moment: this is a formidable *trifecta* of events! In the morning, I host the lifesaving seminar. In the afternoon, I play facilitator and co-speaker to the examiners' workshop. In the evening, I host the Golden Jubilee Dinner held in commemoration of 50 years of life saving. Daunting was clearly an understatement! Oddly enough, I was raring for a challenge; the dawn of 10th November could not have come sooner enough.



Photo: The tea break intermission. The food had a delightful Chinese touch and it often rivalled my attention for the participants to settle down! But with food this good, who is complaining?!

To be continued >>>

The morning's seminar was a collegial one. Like a gathering of old friends, the instructors, teachers and examiners mingled, chatted and exchanged stories. The bonds of lifesaving are deep ones. I distinctly remembering, much to my amusement, having a hard time settling the participants down.

If the morning's seminar was effusive, the afternoon's was nerve-wracking. I have good reason to be! I was co-panel speaker together with EAU members, George Lee and Thong Ann. It certainly did not help that an experienced lifesaver in Muchsin Dahalan raised a high bar with his richly informative topic on different examination methods employed by the Outward Bound School. For what was worth, the sessions carried spirited exchanges on life saving matters. Personally, I was deeply enriched hearing the different perspectives from the various examiners who actively voiced their suggestions to me. Policies and procedures, I have learnt then, is not something done in a vacuum. Rather, it is done with eyes and ears on the lifesaving community.



Photo: Me sharing about the new examination and booking procedures to the audience.



Photo: Mister Muchsin bin Dahalan from the Outward Bound School giving an outstanding presentation on assessment methods.



# 50<sup>TH</sup> ANNIVERSARY APPRECIATION DINNER GOLDEN JUBILEE

The Golden Jubilee Dinner was held concurrently with the 21<sup>st</sup> Life Saving and Examiners' Workshop. The examiners who attended the examiners' workshop previously were eager to file back into the main hall for dinner. Special guests, Ms. Silvia Hajas and Mr Tan Kian Choon, members of public who attempted to save 4 boys from drowning at East Coast Park, were early and found an audience among the EXCO who were eager to hear their story in person.



From the left to right: President Richard, Honorary Advisor Dr. Teo Ho Pin, Ms. Silvia Hajas and her husband, Mister John Neilson sharing a light banter.

No sooner than the arrival of Dr. Teo Ho Pin, dinner began. While the guests regaled in the luxurious Chinese fare, they beheld a video on the walk down memory lane where we recounted our humble beginnings as lifesavers. However, the main event was reserved for the prize presentation which the Awards Committee planned. Examiners, associates and affiliates who have 2 years or more of lifesaving experience were duly recognised for their achievements. The loudest applause was reserved for Ms. Hajas and Mr. Tan.



The night ended with a massive group photograph. Like a family portrait, the photograph below immortalised an assembly of lifesavers, united under the banner of drowning prevention, regardless of generation, role or volunteer experience.



Master of Ceremony for the night.

**“Coming together is a beginning, Staying together is progress, and Working together is success.”**

**-Henry Ford-**



**“Cheers to another 50<sup>th</sup> years of Life Saving!”**



# SLSS LIFE SAVING CLINIC @ SENTOSA SEPTEMBER TO DECEMBER 2017



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

# EVENT CALENDAR 2018

## Preliminary Module ( Lifesaving 1, 2 & 3 Awards )

**Duration:** 10 sessions x 2hrs **Time:** 6.30pm to 8.30pm  
**Tentative Dates:** 15<sup>th</sup>Jan, 14<sup>th</sup> Mar, 3<sup>rd</sup> May, 2<sup>nd</sup> Jul, 28<sup>th</sup> Sep, 14<sup>th</sup> Nov

## Standard Module ( Bronze Medallion & CPR Awards )

**Duration:** 10 sessions x 2hrs **Time:** 6.30pm to 8.30pm  
**Tentative Dates:** 22<sup>nd</sup> Mar, 28<sup>th</sup>Jun, 13<sup>th</sup> Sep, 13<sup>th</sup> Dec

## Specialist Module 1 ( Pool Lifeguard Award ) continue

**Duration:** 6 sessions x 2hrs **Time:** 6.30pm to 8.30pm  
**Tentative Dates:** 7<sup>th</sup>Jan, 8<sup>th</sup> Apr, 26<sup>th</sup>Aug, 16<sup>th</sup> Dec

## Specialist Module 2 ( SLSS International Pool Lifeguard Award )

**Duration:** 6 sessions x 2hrs **Time:** To be tailored/scheduled  
**Tentative Dates:** 15<sup>th</sup>Mar , 22<sup>nd</sup> Jun, 14<sup>th</sup> Sep, 8<sup>th</sup> Dec

## Advanced Module 1 ( Award of Merit & Senior Resuscitation Awards )

**Duration:** 8 sessions x 2hrs **Time:** To be tailored/scheduled  
**Tentative Dates:** 13<sup>th</sup> Apr, 20<sup>th</sup> Jul, 23<sup>rd</sup> Nov

## Advanced Module 2 ( Distinction Award )

**Duration:** 6 sessions x 2hrs **Time:** To be tailored/scheduled  
**Tentative Dates:** 10<sup>th</sup> May, 22<sup>nd</sup> Sep

## Open-water Module 1 ( Bronze Cross Award )

**Duration:** 4 sessions x 2hrs **Time:** To be tailored/scheduled  
**Tentative Dates:** 10<sup>th</sup> Mar, 15<sup>th</sup> Sep

## Open-water Module 2 ( Silver Cross Award )

**Duration:** 4 sessions x 2hrs  
**Tentative Dates:** 12<sup>th</sup> Apr, 11<sup>th</sup> Oct

## Open-water Module 3 ( Patrol Lifeguard Award )

**Duration:** 4 sessions x 2hrs **Time:** To be tailored/scheduled  
**Tentative Dates:** 2<sup>nd</sup> Mar, 1<sup>st</sup>Jun, 7<sup>th</sup> Sep

## Corporate CPR Course

**Duration:** 1 session (7hrs) **Time:** 9 am to 5 pm (Friday)  
**Tentative Dates:** 9<sup>th</sup> Mar, 8<sup>th</sup>Jun, 7<sup>th</sup>Sep, 7<sup>th</sup> Dec

## Senior Resuscitation Course

**Duration:** 1 session (7hrs) **Time:** 9 am to 5 pm (Friday)  
**Tentative Dates:** 15<sup>th</sup> Jun, 14<sup>th</sup> Dec

## Oxygen Resuscitation Course

**Duration:** 1 session (8hrs) **Time:** 9 am to 5 pm (Sat)  
**Tentative Dates:** 24<sup>th</sup> Mar, 21<sup>st</sup>Jul, 24<sup>th</sup> Nov

## CPR + AED Course

**Duration:** 1 session **Time:** 9 am to 1 pm or 5 pm to 9 pm  
**(Thurs)**  
**Tentative Dates:** 4<sup>th</sup>Jan, 1<sup>st</sup> Feb, 8<sup>th</sup> Mar, 5<sup>th</sup> Arp, 24<sup>th</sup>May, 21<sup>st</sup> Jun, 12<sup>th</sup>Jul, 2<sup>nd</sup>Aug, 6<sup>th</sup>Sep, 25<sup>th</sup>Oct, 8<sup>th</sup> Nov, 6<sup>th</sup> Dec

## Lifesaving 1, 2, & 3 Refresher Course

**Duration:** 1 session **Time:** 9 am to 6 pm  
**Dates:** 20<sup>th</sup> Mar, 2<sup>nd</sup>Apr, 7<sup>th</sup> May, 16<sup>th</sup> Aug, 17<sup>th</sup> Dec  
**Pre-requisite:** Candidate MUST have already possessed Lifesaving 1,2 & 3 Awards.

## 31<sup>st</sup> Lifesaving Instructor Course

**Duration:** 15 sessions (tentatively scheduled)  
**Dates:** 2 May, 4 May, 8 May, 11 May, 14 May, 18 May, 21 May, 25 May, 28 May, 31 May, 4 Jun, 7 Jun, 11 Jun, 14 Jun, 18 Jun  
**Time:** Sessions are from 6.30 pm to 9.30 pm unless otherwise stated.  
**Venue:** To be confirmed

## 31<sup>st</sup> Lifesaving Teacher Course

**Duration:** 8 sessions (tentatively scheduled)  
**Dates:** 8 Oct, 12 Oct, \*14 Oct (Sunday: Open-Water), 15 Oct, 19 Oct, 22 Oct, 26 Oct, 29 Oct  
**Time:** Sessions are from 6.30 pm to 9.30 pm except on \*14 Oct which is from 9 am to 1.30 pm.  
**Venue:** To be confirmed



# EVENT CALENDAR 2018

## Seminar & Workshops

25 <sup>th</sup> Annual Lifesaving Seminar 2018		
<b>Duration:</b> 1 session <b>Time:</b> 9 am to 5 pm <b>Dates:</b> 9 <sup>th</sup> Mar <b>Venue:</b> To be confirmed		
Lifesaving Update Workshops		
<b>Duration:</b> 2 x 3 hrs sessions to 9 pm		<b>Time:</b> 6 pm
<b>Tentative Dates:</b> 6 <sup>th</sup> Apr, 9 <sup>th</sup> Apr; 5 <sup>th</sup> Oct, 8 <sup>th</sup> Oct		<b>Venue:</b> To be confirmed
22 <sup>nd</sup> Annual Lifesaving & Examiners' Workshop		
<b>Duration:</b> 1 session <b>Time:</b> 9 am to 5 pm <b>Dates:</b> 9 <sup>th</sup> Nov <b>Venue:</b> To be confirmed		
Professional Lifeguard Update Workshop		
<b>Pre-requisite:</b> Candidate <u>MUST</u> have already possessed Lifesaving Bronze Medallion certification.		
<b>Duration:</b> 1 session <b>Time:</b> 9am to 5pm		
<b>Dates:</b> 5 <sup>th</sup> Jul (Pool Lifeguard); 11 <sup>th</sup> Aug (Patrol Lifeguard); 8 <sup>th</sup> Sep (Pool Lifeguard) 18 <sup>th</sup> Oct (Patrol Lifeguard); 10 <sup>th</sup> Nov (Pool Lifeguard); 1 <sup>st</sup> Dec (Patrol Lifeguard).		
Induction on Aquatic Activities for People with Disabilities		
<b>Duration:</b> 1 session pm to 9 pm		<b>Time:</b> 6:30
<b>Dates:</b> 22 <sup>nd</sup> May		

## Events

SLSS Appreciation Dinner	
<b>Time:</b> 7pm	<b>Dates:</b> 9 <sup>th</sup> Nov
<b>Venue:</b> To be confirmed	
41 <sup>st</sup> National Lifesaving Championship	
<b>Open-Water Competition (OWC)</b>	
<b>Day/Date:</b> 18 <sup>th</sup> Aug 2018	
<b>Venue:</b> Palawan Beach, Sentosa Island ( <i>tentative</i> )	<b>Time:</b> 12 noon to 6pm
<b>Day/Date:</b> 19 <sup>th</sup> Aug 2018	
<b>Venue:</b> Palawan Beach, Sentosa Island ( <i>tentative</i> )	<b>Time:</b> 9am to 6pm
<b>Still-Water Competition (SWC)</b>	
<b>Day/Date:</b> 2 <sup>nd</sup> Sep 2018	
<b>Venue:</b> (University Sports Centre @ NUS ( <i>tentative</i> ))	<b>Time:</b> 9am to 7pm
Free Lifesaving Clinics at SENTOSA (a community service program in partnership with Sentosa Leisure Group)	
<b>Dates:</b> Last Sat of the month : 27 <sup>th</sup> Jan, 24 <sup>th</sup> Feb, 31 <sup>st</sup> Mar, 28 <sup>th</sup> Apr, 26 <sup>th</sup> May, 30 <sup>th</sup> Jun, 28 <sup>th</sup> Jul, 25 <sup>th</sup> Aug, 29 <sup>th</sup> Sep, 27 <sup>th</sup> Oct, 24 <sup>th</sup> Nov, 29 <sup>th</sup> Dec	
<b>Venue:</b> 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](http://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.