



RESCUER

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SLSS 22nd Annual Lifesaving Seminar 2015

By Sheik Muhammad, SLSS Senior Executive

Hotel Re! was where we held our 22nd Lifesaving Seminar. The hotel is located 15 minutes away from Outram Park MRT station, and is a ten minute drive away from said station. The ballroom which was reserved for the function is capable of holding up to at least a hundred guests, and has amenities within walking distance. Many members came to the hotel via their own cars, and just as many arrived on foot. The location was out-of-way, but the open-air environment and concept of the hotel allowed for a new way by which to hold a seminar.

An entire parking lot had also been reserved, but this was soon filled to capacity, which led to other members parking their vehicles in the hotels adjacent car-park or the one in the nearby office building. Tea and coffee had been made available by the hotel, so as to help those who have woken up early so as not to be late regain their bearings.

It would take at least an hour for members and affiliates to arrive. Many took to having conversations regarding recent events, policy matters (whether lifesaving or otherwise) and possible drawbacks of some first-aid techniques in certain situations. In the interim. Others, of course, talked about the good things in life: the best place in Singapore to get a bite or where to go for a vacation when time permitted. The seminar, of course, saw to numerous individuals invited to share their knowledge with the members and affiliates of the Singapore Lifesaving Society. Professor Catherine would provide an insight on the legal framework of Singapore and the terminologies by which lawyers (and the law) categorized offences before focusing on her main topic, that of negligence. Mr George Lee Leng Teck would talk about marine salvage and rescue operations, a risky enough profession even if one had the proper equipment and support to see it through. Major Tan (retd.) would talk about power boat training and licensing, offering lessons to any and all who were interested, before proceeding to talk about Maritime Safety, a topic which has much relevance to Mr Georges subject matter (of marine salvage and rescue operations).

Mr Ravichandran would bring up matters regarding physiotherapy (which is often abbreviated to the term PT), which brings into view the means and ways by which an individual who has suffered severe physical injury is treated. Mr Tam Wai Meng would give an overview on water sports activities held throughout Singapore, and his counterpart, Mr Amos, would give an introduction as to the manufacture and supply of life-buoys to various water-safety agencies in Singapore.

Lunch was served at the restaurant in the lobby of Hotel Res main building, with a filling meal being served to all in attendance. Light snacks including hot and cold beverages were provided within the banquet hall.



A gathering of minds...



And gratitude being given...



22nd Lifesaving Seminar 2015

13th March 2015



Of knowledge being shared...

- products, packaging materials in various materials
e.g metal, glass, PVC, PP, plastic, wood etc..





Debates included



Makan time!



In the shade...



At the tables...



In the sun...

22nd Lifesaving Seminar 2015 13th March 2015

Message From The Editor



In this Rescuer, you will see photos of the 22nd Annual Lifesaving Seminar and SLSS 48th Annual General Meeting. Look out for more details of the Lifesaving Instructor Course 2015. It had been a very eventful and exciting quarter of the year. Let's move forward to our next quarter and please keep the articles coming in!

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 for more information on the prevailing rates.

Editor

Editorial Board

Publisher	Singapore Life Saving Society
Editor	Daryl Tan Kiok Wei
Managing Editors	Alfred Chua, Lucas Chow & Sheik Muhd
Website	www.slss.org.sg
Email	slss@slss.org.sg



~ ~ 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 General Manager, Mr Alfred Chua, know so that we can try to involve you in our work.

Please see our website and the latest annual report for information on the various things that we do. Kindly also do not hesitate to contact Mr Alfred Chua or 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



SLSS 48th Annual General Meeting ('AGM')

By Lucas Chow, SLSS Asst. Manager

SLSS held its 48th Annual General Meeting 2015 in the evening on Thursday, 26 March 2015 at the Spex House of Sport Singapore with its total of 56 members, affiliates and representatives in attendance.

Mr Richard Tan, SLSS President, welcomed all members to the AGM and thanked them for their attendance. Before proceeding on to the business on the agenda, a minute of silence was observed for our founding Prime Minister Mr Lee Kuan Yew and also the departed lifesavers.



. . . to be continued

continued

SLSS 48th Annual General Meeting ('AGM')

In his opening address, SLSS President Richard Tan mentioned that SLSS has progressed well during the past financial year 2014. Following which, Mr Daryl Tan, Honorary Secretary General provided members with highlights of lifesaving events conducted in 2014 and Mr Irwin Goh, Honorary Treasurer, took the members through the annual report and financial statements 2014.

After the AGM proceed was completed, we also provide recognition to those Instructors who had actively promoting lifesaving and for their efforts contributed.



Presentation of Commonwealth Awards



New Examiner's appointment



Some of our top lifesaving promoters for 2014

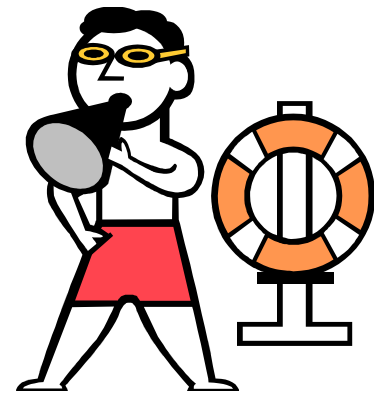


Catching up of good old friendship



10 Things you learn from being a Lifeguard . . .

1. Exactly how long SPF 15 will last before the need to reapply.
2. Tan = Healthy and Fit.
3. There is no more beautiful sound than thunder.
4. There is no more beautiful sight than lightning.
5. Pool noodles serve dual purposes. They are both a floatation device and a weapon.
6. You get this delightfully evil feeling when you need to blow the whistle.
7. You hope to never have the opportunity to showcase your CPR skills, same goes for your first aid skills.
8. You can add "chemist" to your resume, now that you understand tell the PH level of the water.
9. No amount of perfume can cover the chlorine smell.
10. For the rest of your life, you will never be able to fully relax at a pool



By Marcus Woo

Up & coming . . . OWC/SWC Official Course 2015

Course Information

Introduction

To familiarize officials with the rules and regulations of the Open-Water and Still-Water national Lifesaving Competitions that will be held in August 2015.

Date: To be confirmed (July 2015)

Venue: National University of Singapore MPH

Recruitment Advertisement



Position Available:

- Lifeguard – Bronze Medallion Certified

Walk-in interviews from Mondays to Fridays, 10am – 6pm
Marina Bay Sands Talent Hub
10 Bayfront Link, Level 1, MasterCard® Theatres
(Located behind Theatre Bus Stop)

For more information, please email Recruitment@MarinaBaySands.com

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Are you looking to take service to new heights? Here at Marina Bay Sands®, we redefine experiences every day.

Let us help maximise your potential and create exciting career opportunities for you!

We welcome all enquiries with regard to placing advertisement in SLSS quarterly published RESCUER Newsletter. Please do not hesitate to contact our office on either Tel: 6299 3660 or via email at slss@slss.org.sg


MARINA BAY Sands
SINGAPORE

THE SILENT DROWNING TRIGGER: INTENTIONAL HYPERVENTILATION TO PROLONG BREATH HOLDING IN THE POOL

By **Chia Ser Kian**

MSc(Merit), BA(Hons)

SDipBCM, DipRLSS, DipPM, DipSM

Manager, Lifeguard Academy, SportSG

Hyperventilation is a condition when a person suddenly starts to breathe very quickly, resulting in over breathing¹. While hyperventilating, the healthy balance between breathing in oxygen and breathing out carbon dioxide is affected, which cause a rapid reduction in carbon dioxide in the body².

Some swimmers like to hyperventilate to increase their oxygen level, thinking that they can hold their breath underwater for a longer period. However, such action can reduce carbon dioxide levels in the body and cause the narrowing of the blood vessels that supply blood to the brain³. The effect is compounded when swimmers go underwater and keep pushing themselves to hold their breath, resulting in hypoxic blackout⁴ and thus triggering silent drowning.



Retrieved from
http://blogs.villagevoice.com/runninscared/2013/10/public_pool_breath_holding.php

¹MedicineNet [viewed 12 Nov 2014] Available from: <http://www.medicinenet.com/hyperventilation/symptoms.htm>

²Lifeguard Academy: ActiveSG Lifeguard Training Manual (Unpublished), pp 92, 2014.

³Heathline [viewed 12 Nov 2014] Available from: <http://www.healthline.com/symptom/hyperventilation>

⁴Royal Life Saving Society Australia: Hypoxic Blackout & Hyperventilation [viewed 12 Nov 2014] Available from: http://www.lifesavingwa.com.au/docs/community/Fact-Sheet_17_Hypoxic-Blackout-and-Hyperventilation.pdf

SLSS Lifesaving Instructor Course 2015



will be held on 6, 8, 11, 13, 15, 18, 20 & 22 in May this year. This Lifesaving Instructors Course aims to develop a level of lifesaving knowledge and teaching ability which is suitable for instruction of classes in general lifesaving techniques for Lifesaving 1, 2 and 3.

Pre-Requisites

The candidate must possess stand-alone certifications of the following:

- ✓ SLSS Resuscitation (CPR) Award (or equivalent) and
- ✓ Bronze Medallion or higher lifesaving award

Interested applicants please contact our staff – either Sheik Muhd or Lucas Chow on Tel: 6299 3660 or email to <sheikmd@slss.org.sg> or <chowlucas@slss.org.sg> respectively.



SINGAPORE POWERBOAT ASSOCIATION



Powered Pleasure Craft Driving Licence Course (PPCDL)

3 steps to get your MPA Licence



Entry Requirements :

- Above 16 years of age – Citizen, PR and foreigner
- No colour blindness – Able to see Red, Green, Yellow and White

Training Session

Saturday and Sunday classes into theory & practical lessons from 0930hrs to 1830 hrs.

Date: Saturday 2 May Time: 10am-5pm Venue: The Singapore Scout Association

No.1 Bishan St.12, Singapore 579808, Scout HQ Conference Room

Practical - Training at SAFRA's Constant Wind Sailing Centre (Tanah Merah)

Course Fee

Public : \$300.00

SLSS Members : Free for theory lesson

(Share boat and fuel for practical lesson – 5 to a boat about \$110 each)

Test fee

Theory test : \$20.00 + gst (Wed & Fri at 7.00 pm @Singapore Polytechnic)

Computer-based 30 multiple choice questions. Need 26 points to pass.

Practical test:: \$50.00 + gst (Sat at 1.00 pm onwards @ Poly Marina off West Coast Park, next to Republic of Singapore Yacht Club)

Interested applicants/members please contact Mr Tan Hua Chiow of SPBA directly at mobile phone: 9623 2411 or email to <huachiow1955@gmail.com> for details.

EVENT CALENDAR 2015

Preliminary Module (Lifesaving 1, 2 & 3 Awards)	
Duration: 10 sessions x 2hrs Dates: 12/1, 18/3, 7/5, 6/7, 24/9, 16/11	Time: 6.30pm to 8.30pm
Standard Module (Bronze Medallion & CPR Awards)	
Duration: 10 sessions x 2hrs Dates: 4/3, 3/6, 2/9, 2/12	Time: 6.30pm to 8.30pm
Specialist Module 1 (Pool Lifeguard Award)	
Duration: 6 sessions x 2hrs Dates: 8/1, 9/4, 20/8, 10/12	Time: 6.30pm to 8.30pm
Specialist Module 2 (SLSS International Pool Lifeguard Award)	
Duration: 6 sessions x 2hrs Dates: 2/3, 9/6, 8/9, 3/12	Time: To be tailored/scheduled
Advanced Module 1 (Award of Merit & Senior Resuscitation Awards)	
Duration: 8 sessions x 2hrs Dates: 14/4, 14/7, 17/11	Time: To be tailored/scheduled
Advanced Module 2 (Distinction Award)	
Duration: 6 sessions x 2hrs Dates: 11/5, 7/9	Time: To be tailored/scheduled
Open-water Module 1 (Bronze Cross Award)	
Duration: 4 sessions x 2hrs Dates: 11/3, 9/9	Time: To be tailored/scheduled
Open-water Module 2 (Silver Cross Award)	
Duration: 4 sessions x 2hrs Dates: 6/4, 12/10	
Open-water Module 3 (Patrol Lifeguard Award)	
Duration: 4 sessions x 2hrs Dates: 3/3, 2/6, 1/9	Time: To be tailored/scheduled
Corporate CPR Course	
Duration: 1 session (7hrs) Dates: 10/1, 21/2, 7/3, 14/3, 11/4, 9/5, 13/6, 11/7, 22/8, 12/9, 26/9, 10/10, 7/11, 12/12	Time: 9am to 5pm (Saturdays)
Senior Resuscitation Course	
Duration: 1 session (6hrs) Dates: 11/2, 9/4, 11/6, 6/8, 8/10, 10/12	Time: To be tailored/scheduled
Oxygen Resuscitation Course	
Duration: 1 session (8hrs) Dates: 21/3, 25/7, 21/11	Time: 9am to 5pm (Sat)
CPR + AED Course	
Duration: 1 session (Mondays) Dates: 5/1, 2/2, 2/3, 6/4, 25/5, 1/6, 13/7, 3/8, 7/9, 26/10, 9/11, 7/12	Time: 9am to 1pm or 5pm to 9pm

Lifesaving 1, 2, & 3 Refresher Course

Duration: 1 session

Time: 9am to 6pm

Dates: 23/2, 3/4, 5/6, 10/8, 16/10, 17/12

Pre-requisite: Candidate MUST have already possessed Lifesaving 1,2 & 3 Awards.

28th Lifesaving Instructor Course

Duration: 8 sessions (tentatively scheduled)

Dates: 6/5, 8/5, 11/5, 13/5, 15/5, 18/5, 20/5, 22/5.

Time: Sessions are from 6.30pm to 9.30pm unless otherwise stated.

Venue: To be confirmed

28th Lifesaving Teacher Course

Duration: 8 sessions (tentatively scheduled)

Dates: 7/10, 9/10, *11/10 (Sunday: Open-Water), 12/10, 14/10, 16/10, 19/10, 21/10

Time: Sessions are from 6.30pm to 9.30pm except on *11/10, is from 9am to 1.30pm.

Venue: To be confirmed

22nd Annual Lifesaving Seminar 2015

Duration: 1 session

Time: 9 am to 5 pm

Dates: 13/3

Venue: To be confirmed

Lifesaving Update Workshops

Duration: 2 x 3 hrs sessions

Time: 6 pm to 9 pm

Dates: 6/5, 13/5; 7/10, 14/10

Venue: To be confirmed

19th Annual Lifesaving & Examiners' Workshop

Duration: 1 session

Time: 9 am to 5 pm

Dates: 13/11

Venue: To be confirmed

Professional Lifeguard Update Workshop

Pre-requisite: Candidate MUST have already possessed Lifesaving Bronze Medallion certification.

Duration: 1 session

Time: 9am to 5pm

Dates: 6/7 (Pool Lifeguard); 12/8 (Patrol Lifeguard); 9/9 (Pool Lifeguard);
19/10 (Patrol Lifeguard); 11/11 (Pool Lifeguard); 2/12 (Patrol Lifeguard).

Induction on Aquatic Activities for People with Disabilities

Duration: 1 session

Time: 6.30pm to 9pm

Dates: 15/5

SLSS Appreciation Dinner	
Time: 7pm	Dates: 13/11
Venue: To be confirmed	
38th National Lifesaving Championship	
Open-Water Competition (OWC)	
Day/Date: Saturday, 15 Aug 2015 (Heats)	
Venue: Palawan Beach, Sentosa Island (<i>tentative</i>) Time: 8am to 5pm	
Day/Date: Sunday, 16 August 2015 (Finals) Venue: Palawan Beach, Sentosa Island (<i>tentative</i>)	
Still-Water Competition (SWC)	
Day/Date: Sunday, 13 September 2015	
Venue: Kallang Basin Swimming Complex (<i>tentative</i>) Time: 8am to 5pm	
Free Lifesaving Clinics at SENTOSA (a community service program in partnership with Sentosa Leisure Group)	
Dates: Last Sat of the month - 31/1, 28/2, 28/3, 25/4, 30/5, 27/6, 25/7, 29/8, 26/9, 31/10, 28/11, 26/12 (Sat)	
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.

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