

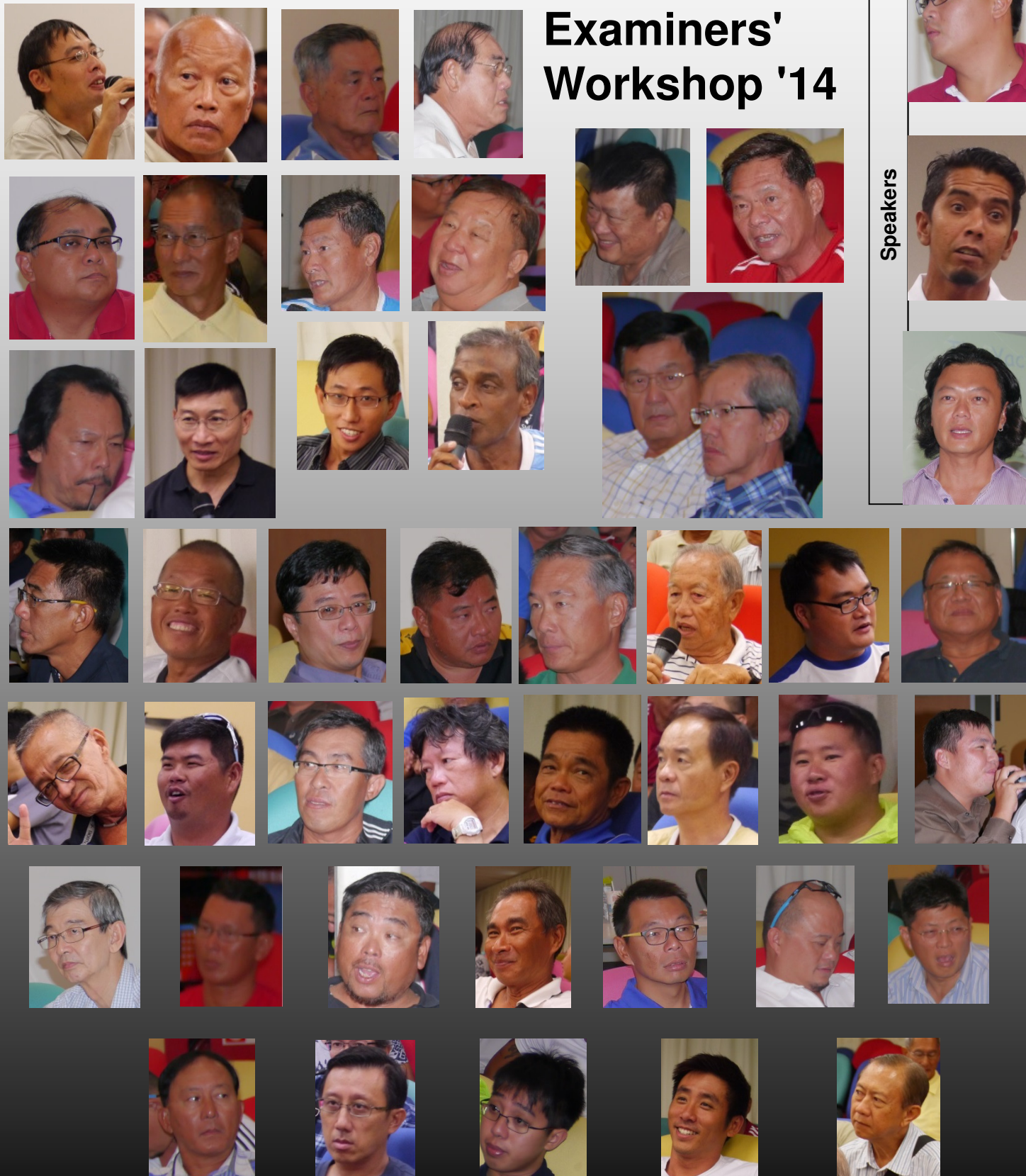


# RESCUER

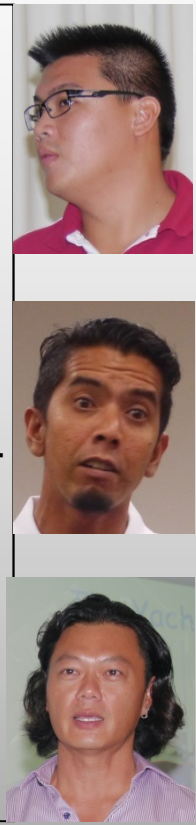
A Quarterly Publication of SLSS  
Volume 20 No. 01 Jan – Mar 2015

## Men at SLSS 18th Annual Lifesaving

### Examiners' Workshop '14



Speakers



## *Message From The Editor*



As we welcome the year of the Goat, let me take this opportunity to wish all our members a healthy and prosperous year ahead. This issue is a highlight of our year end events such as Lifesaving Teachers' Course and Lifesaving Training cum Examiner's Workshop.

With the start of a new year, please continue to send in your articles to the Rescuer. Thank you.

***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](mailto:slss@slss.org) 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 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**



# Double wins for Lifesaving sport @ NUS Sports Awards 2014

By Cheryl Lim

The Lifesaving team from the National University of Singapore (NUS) were big winners at the tenth NUS Sports Awards as both the Men's and Women's teams were crowned Sports Team of the Year for the Individual Sports category.

Held on November 7, 2014, the NUS Sports Awards ceremony celebrates the best in the NUS varsity sport scene. The title of Sports Team of the Year is given to a varsity sport team that has shown outstanding achievement in competition throughout the course of the year.

Since the inauguration of the NUS Sports Awards in 2004, the Men's team has snagged the award twice, previously in 2010. The Women's team has also won the award twice, marking this as their second consecutive award, having just won in 2013.

Despite not being a mainstream sport, Lifesaving has received much support from NUS. The college and the Sports Office have also shown much recognition for the team's efforts in striving to be the powerhouse in the local scene. Without the financial, logistical and administrative assistance provided by NUS, the NUS Lifesaving team would not have been able to maintain its stellar performance in the field.

"We are glad that the management recognises our efforts in not only sporting excellence, but our contributions to the University in other ways, including community service," said Sim Lye Hock, 58, long-time coach of the NUS team.

Indeed, it is this spirit of giving back that characterizes NUS ULC. While winning competitions secures pride and glory for NUS and leaves behind a legacy of victory, the NUS Lifesaving team hopes to leave behind an additional legacy - as a pillar for lifesaving sport and lifesaving education in the local scene.

The NUS Lifesaving team is also fortunate to have the backing of a strong alumni who selflessly give back to the team and also the lifesaving community at large, in terms of both coaching younger athletes and also in helping to organise and officiate the annual NUS Invitational Lifesaving Championships and the Annual National Lifesaving Championships. This has helped the Lifesaving scene in Singapore to grow and for the athletes to have a platform in which they can compete and pit their skills against one another.



The NUS Lifesaving team in jubilant spirits after scoring two major awards at the NUS Sports Awards 2014 ceremony. PHOTO CREDIT: Lionel Lin

"I think the reason for the strong alumni backing is because this team has forged very familial ties amongst the generations of teams," says Melissa Wang, captain of the AY12/13 batch. "We are therefore happy to support our juniors in every possible way as we see it as grooming our younger siblings," she adds.

Not merely content with their achievements in the local lifesaving scene, the team has sought to make international connections with our foreign counterparts, in the spirit of continually learning and bettering themselves. Most notably, they have had lifesavers from the National Taiwan University the Australian National team, the Aussie Barras, to grace and participate in the 15th and 14th NUS Invitational Lifesaving Championship respectively.



Lifesavers from Singapore and Taiwan celebrating the end of the 15<sup>th</sup> NUS Invitational Lifesaving Championship 2014, which saw the fruitful exchange of lifesaving knowledge between NUS and National Taiwan University.  
PHOTO CREDIT: Isabel Liew Yan Ling

Through efforts like organising annual clinics where lifesavers can come and hone their skills and workshops for officiating certifications, the team aims to support and develop young talent and lifesavers, in order to give back to the lifesaving community. The team also organises lifesaving courses every semester for the NUS community, through which important water safety knowledge and skills can be disseminated.

Aside from developing talent and competition alone, the NUS Lifesaving team also hones and maintains their rescue skills by regularly doing lifeguard duties for external events like the Metasprint triathlon series and for NUS-organised sporting events, most notably the 2013 Singapore University Games (SUNIG) Aquathlon race.



Young Lifesavers from various teams pose for a group photo after an evening well spent learning lifesaving skills from the NUS team at the NUS Sports and Recreation Centre Swimming Pool.  
PHOTO CREDIT: Isabel Liew Yan Ling

The team also participated actively in community service in 2013 through Project RICE - a nationwide community service project by the Red Cross that aims to give rice to the needy. The team donated, transported and gave in person 2.4 tonnes of rice to the needy.

"I think it is through efforts like these that really demonstrate our team spirit, and what we can achieve as a team, even out of

competition," says Tan Pang Hian, captain of the AY13/14 batch, "It's really heartening to see the team initiate and come together of their own accord to give back to society."

The NUS Lifesaving team hopes to perpetuate this spirit of constantly striving for excellence, and continual learning, to bring this sport to greater heights.



Bringing their lifesaving skills out of the water and into the community, the NUS team banded together to personally transport 2.4 tonnes of rice to the needy in 2013. PHOTO CREDIT: Pearlyn Yap

*Double wins for Lifesaving sport  
@NUS Sports Awards 2014*



# 27th SLSS Lifesaving Teachers' Course 2014

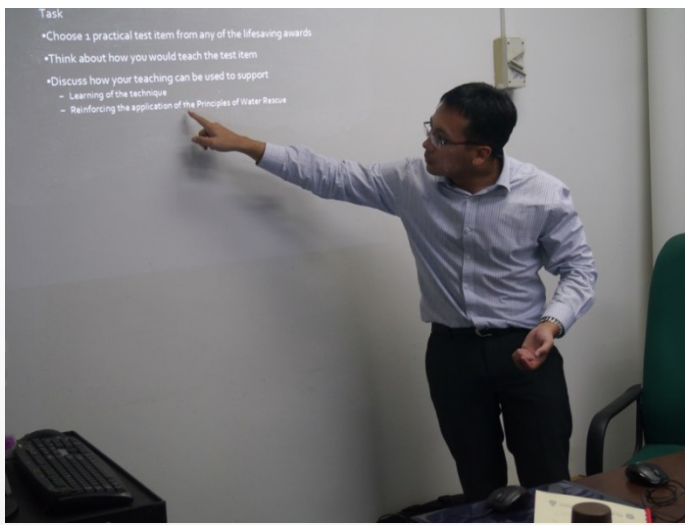
By  
*Michael Soong*

Hi all, Michael Soong here from the 27<sup>th</sup> lifesaving teacher course. As this is my second attempt of this course I did not take it lightly and in fact I came with an open mind wanting to know and learn from my fellow course mates. In lifesaving there is no limitation to skill or age apply during rescue and this is why I told myself surely there will be something new for me to learn and apply in life and as a coach to my students and very true all my course mate of all ages display a positive learning attitude throughout the whole course.

The lecturers are patient, skillful, thoughtful and helpful they are more of a big brother to us showing us as teacher in lifesaving we need to know why, what and how during our lesson with our students rather than just show and do without knowing why certain action are carry out during lesson. We are constantly reminded as teacher we need to maintain a high level of understanding in lifesaving skill here we are being challenge to keep upgrading ourselves at all time so that students are well guided and well trained.

Being a teacher, our responsibilities are greater and higher as we must always remember our "mission" "to promote lifesaving and water safety! With a vision to be a leading lifesaving organization in the world will depend on how outstanding our students can and will be unless we are outstanding ourselves. Rescue values and character are the core values of a lifesaver.

Cont.....next page



Two of the course lecturers: (Left) Mr Tok Wei Sin, Head EAU and (Right) Mr Daryl Tan, SLSS Honorary Secretary General

I would not be able to do this write up till I had finally attended this teacher course even when I was teaching basic lifesaving back then to me lifesaving was just a course but now lifesaving to me is a life skill.



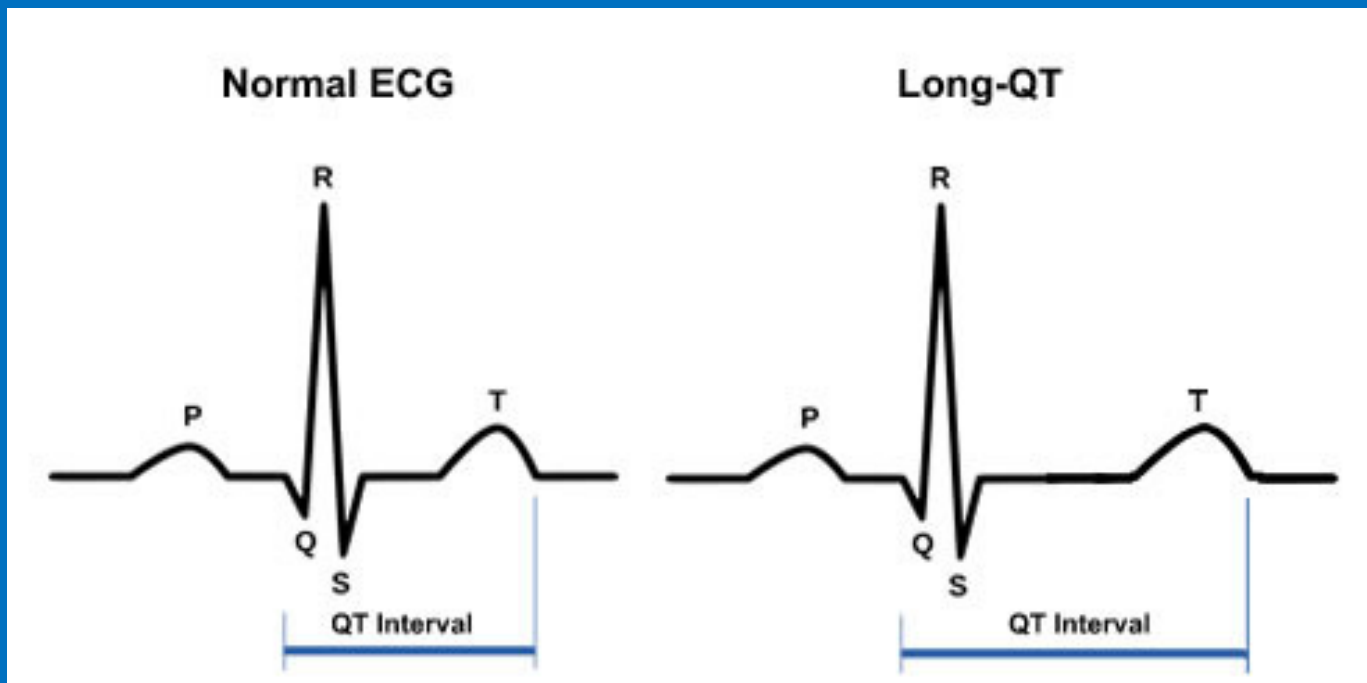
# THE GENETIC DROWNING TRIGGER

By Chia Ser Kian

Whenever a good swimmer drowned suddenly, he or she could have died due to genetic drowning triggers. Many swimmers may not even know that they possess these drowning triggers until it is too late. In this article, we shall explore the three common types of the genetic conditions that cause drowning.

## Long QT Syndrome

Long QT syndrome (LQTS) is a heart rhythm disorder that can potentially cause fast, chaotic heartbeats in response to exercise or stress. These rapid heartbeats may trigger a sudden fainting spell or seizure. There are thirteen known LQTS and seven are known to be inherited. LQTS 1 is known to trigger heart arrhythmias; a condition which the electrical impulses that coordinate the heartbeats could not work properly. LQTS 1 is known to cause sudden death in swimming.



Retrieved from <http://www.aedbrands.com/resource-center/education/long-qt-syndrome/>

## Ryanodine Receptor 2

According to Ackerman, Director of Mayo's Sudden Death Genomics Laboratory, the gene, known as Ryanodine Receptor 2 (RyR2), regulates the influx of calcium into heart cells, which in turn regulate the electrical pulses that cause the heart to beat in a rhythmic pattern. A mutation in the gene can upset the heart's rhythmic beating. This abnormal heart rhythm appears to be triggered in people with the defective gene by exposure to cold water, holding the breath, strenuous activity or emotional turmoil. When a person faints on dry land and subsequently the heart restores to normal rhythm he or she will likely survive, but when it happens in water, the person will be drowning.

## Hypertrophic Cardiomyopathy

Hypertrophic Cardiomyopathy (HCM) is a condition that is most often inherited. It is thought to result from defects in the genes that control heart muscle growth.

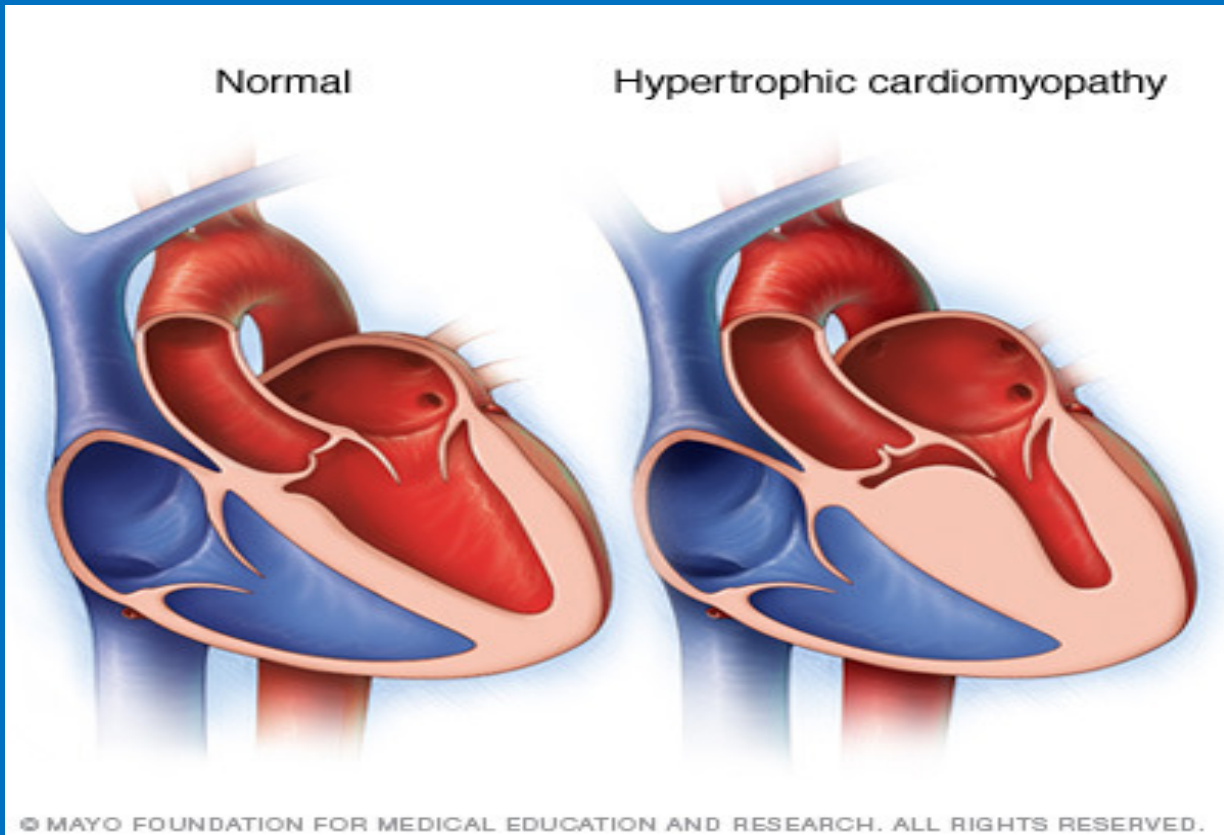
HCM is a condition in which the heart muscle becomes thick. Often, the left ventricle of the heart is thicker than the other parts. The thickening can make it harder for blood to leave the heart, forcing the heart to work harder to pump blood. It also can make it harder for the heart to relax and fill with blood.

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According to American Heart Association and Cleveland Clinic, HCM is a common cause of sudden cardiac arrest in people below age 30, including professional athletes.

With a better understanding of the three different genetic drowning triggers, lifeguards should expect the unexpected because a good swimmer can die in the pool, leaving no trace in an autopsy.



Retrieved from <http://www.mayoclinic.org/diseasesconditions/cardiomyopathy/multimedia/hypertrophic-cardiomyopathy/img-20005791>

## Updates of Office Staff

SLSS welcome Miss Liddy Lok (left in picture) to our expanding ranks. Liddy started working with SLSS from 01 July 2014. She has been tasked to assist with SwimSafer back end work and will also be involved in SLSS major activities.

Additionally, we congratulate Mr Lucas Chow who was promoted to Assistant Manager. His official appointment takes effect from 01 October 2014.



# 18th SLSS Lifesaving Training cum Examiners' Workshop

By Marcus Woo

Ever wondered how rescue takes place when a person falls overboard? Ever wondered how our National Lifesaving Team prepares for an event that is not in our Nationals calendar? These are some of the topics covered during the 18th SLSS Lifesaving Training Workshop which is immediately followed by the Annual Examiners' Workshop.

Unlike the Annual Lifesaving Seminar, the Lifesaving Training Workshop more or less is held in the same place every year. Usually, we have about 40 or more people pack into a classroom at Kolam Ayer Community Club, sharing 2 air-conditioners at full blast and 1 projection screen. Even whispering at the far corner can be heard by the lecturer in the front.

This year, with the generosity of Sports Singapore, we are able to use the more spacious SPEX House. So now we have moved from being cosy in a room to choosing to be cosy in a room.

The first speaker was Mr Tan Thong Meng. Mr Tan shared his experiences ailing around the world. He gave us an insight to how the crew works on boards, their living conditions, how to get rid of human waste and most importantly, procedures for man-overboard.



Rescue Chair Irwin Goh presenting an appreciation to Mr Tan Thong Meng

Next, a familiar face, Mr Fitzkhooon Liang, took the stage. Mr Liang was the Team manager for Team Singapore Lifesaving Team in France last October. For the seminar, he shared about Simulated Emergency Response Competition (SERC). SERC is a lifesaving competition event that involves 4 lifesavers, as a team, applying lifesaving skills in an emergency situation. The emergency would not be known at the start, so the team would need to improvise and act on the spot. This is similar to SLSS lifesaving awards initiative test.

In the second half of the workshop, Mr Idham from Constant Wind Sea Sports and Sailing School talked to us about Stand-Up Paddling, a relatively new activity that is slowly picking up interest. Briefly, Stand-Up Paddling uses a broad-based version of a kite-surfing board. It involves no sail, only a paddle.



Speakers above were Mr Idham (left) and Mr Fitzkhooon Llang (right)

Mr Liang then spoke once again, this time on the World Championships in Montpellier, France. Mr Liang spoke on the performance of Team Singapore in the Championships.

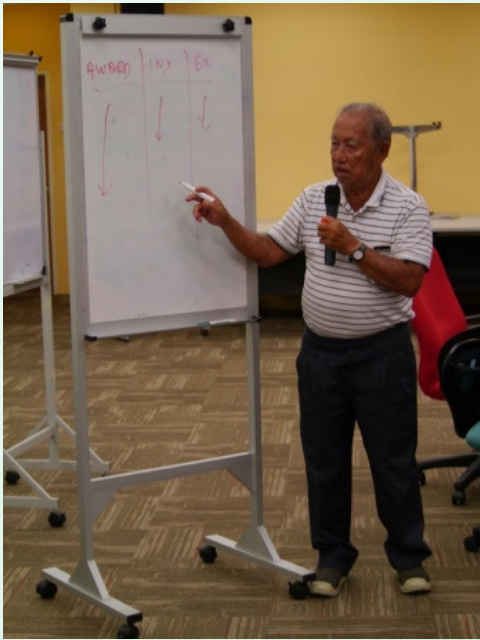
Finally, Mr Irwin Goh, the Chair for the Rescue Committee took his turn. Mr Goh shared what the Rescue Committee does and the changes to the hierarchy in SLSS, prompting endless questions and queries from the floor which was expertly dealt with by Mr Goh.

Overall, the workshop provided participants with the opportunity to learn new things and also update themselves on the new changes within the organization.

Cont.....next page



A point to put across . . .



The discussion at the forum was considerably active with many thoughts and views being shared in the spirit of promoting lifesaving awareness and activities in Singapore



# Pictures from Examiners' Appreciation Dinner

By Marcus Woo



What: SLSS Examiners' Appreciation Dinner

When: 14 November 2014

Where: Sakura International Buffet Restaurant at Dhoby Ghaut



# Pictures from Examiners' Appreciation Dinner

By Marcus Woo



Following are photographs with courtesy from Ms Carol Ho





# SLSS Lifesaving Clinic @ Sentosa

Every last Saturday of the month from 1pm to 4pm at Siloso and Palawan Beaches

Our instructor teaching a rope throw rescue



Another instructor teaching board throw





**More SLSS Lifesaving Clinic @ Sentosa**



# EVENT CALENDAR 2015

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

### 28<sup>th</sup> 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

### 28<sup>th</sup> 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

### 22<sup>nd</sup> 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

### 19<sup>th</sup> 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 (*tentative*)    **Time:** 8am to 5pm

**Day/Date:** **Sunday**, 16 August 2015 (Finals) **Venue:** Palawan Beach, Sentosa Island (*tentative*)

Still-Water Competition (SWC)

**Day/Date:** **Sunday**, 13 September 2015

**Venue:** Kallang Basin Swimming Complex (*tentative*)    **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](http://www.slss.org.sg) or call +65 6299 3660 / email [slss@slss.org.sg](mailto: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.