

Scuba Diving Rescue Award

#E/DR/SDRA/1210

- 1 Aim
To assess and certify the candidate in diving rescue operation, searching technique above and under water, using scuba equipment, gear maintenance, rescue underwater and physical fitness to be a competence diving rescue lifeguard.
- 2 Reward
A certificate
- 3 Pre-requisite (mandatory to hold all followings)
 - 3.1 Be a member of a current affiliated club of HKLSS;
 - 3.2 Be a minimum of 16 years of age at the date of the assessment;
 - 3.3 Hold a valid HKLSS Award of Merit or equivalent;
 - 3.4 Hold a valid HKLSS Open Water Basic Certificate or equivalent;
 - 3.5 Hold a valid HKLSS Skin Diving Award or equivalent;
 - 3.6 Medical confirmation to determine the candidate's fitness for scuba diving;
 - 3.7 Personal insurance covering the risks of scuba diving;
 - 3.8 Complete a HKLSS recognized Scuba Diving Rescue Award Training Course or equivalent;
 - 3.9 Produce a log of practical experience at the candidate's HKLSS personal log book to show a minimum completion of 10 dives registered, with at least of 3 dives to a minimum depth 15m.
- 4 Examiner
One HKLSS Grade 3 or above Diving Rescue Examiner or Diving Rescue Assessor.
- 5 Equipment
Mask, snorkel, fins, scuba gears, protective cloth.
- 6 Examination Procedures
 - 6.1 Part A (Written Test)
This part consists of multiple choice and short questions within the required time limit including the contents of theory of skin and scuba diving, use of diving equipment and maintenance, underwater communications and first aid knowledge.
includes:
 - 6.1.1 Basic anatomy and physiology;
 - 6.1.2 Basic physics as applied to diving;
 - 6.1.3 Risks associated with diving;
 - 6.1.4 Calculation of air supply and consumption relating to the depth and duration of a dive;
 - 6.1.5 Underwater hand signals;
 - 6.1.6 Basic knowledge of use of diving equipment;
 - 6.1.7 Diving rescue techniques and CPR;
 - 6.1.8 First Aid with recognition and management of specific disorders associated with diving.

- 6.2 Part B (Dry Land Test)
 - 6.2.1 Demonstrate and comment on the international hand signals for underwater divers;
 - 6.2.2 Demonstrate CPR on a manikin for a minimum period of 5 minutes.

- 6.3 Part C (Practical Test)
 - 6.3.1 Skin Diving Skill and Rescue
 - 6.3.1.1 Swim continuously 750m without the use of arms, 250m each of the front, side and back;
 - 6.3.1.2 Swim 250m with the use of arms but with only one fin (candidates choice of side);
 - 6.3.1.3 Undertake a 35m breath holding swim under water;
 - 6.3.1.4 Undertake a 45 seconds breath holding dive, during which a minimum distance of 10m shall be covered;
 - 6.3.1.5 Undertake three breath holding dives to a depth of approx. 4m with 1 minute;
 - 6.3.1.6 In water, with a depth of about 3m put on the diving equipment (consisting of mask, snorkel, fins and scuba device);
 - 6.3.1.7 Rescue an “unconscious” diver from a depth of 5m in open water then tow the victim 100m to the shore and drag the victim from the water to a safe point for assessment.

 - 6.3.2 Scuba Diving Skill and Rescue
 - 6.3.2.1 The first Dive:
20 minutes at a depth of approx. 10m, during which the candidate shall remove, clear and replace own mask, regaining the regulator from behind the back (in cold waters it shall be sufficient to only demonstrate flooding and clearing of the mask);
 - 6.3.2.2 The second Dive:
20 minutes at a depth of approx. 10m. At the end of the dive, at a distance of about 5m from his buddy, the candidate shall remove his regulator, swim to the buddy and breathe for two minutes using the buddy’s spare regulator, while both divers are swimming in a horizontal direction. Following his, the candidate shall simulate an emergency ascent from 5m, without use of a regulator, controlling expiration during the ascent;
 - 6.3.2.3 The third Dive:
20 minutes at a depth of approx. 10m; during the dive demonstrate and respond to at least five international hand signals for divers;
 - 6.3.2.4 The fourth Dive:
20 minutes at a depth of approx. 15m demonstrating the following:
 - 6.3.2.4.1 After the descent adjust to neutral buoyancy by using the inflator of the adjustable buoyancy jacket within a short time;

- 6.3.2.4.2 Ascent without using fin movements, to a depth of 10m whilst breathing through the regulator, then continuing dive;
- 6.3.2.4.3 At the end of the dive ascent at a controlled speed from the depth of 10m, stopping for one minute at a depth of 3m;
- 6.3.2.5 The fifth Dive:
20 minutes at a depth of approx. 15m demonstrating the following:
 - 6.3.2.5.1 Controlled ascent to the surface (over a period of at least two minutes) from a depth of 15m whilst sharing a single regulator with the buddy;
 - 6.3.2.5.2 After returning to the surface, snorkel for 10 minutes whilst fully equipped with scuba gear;
- 6.3.2.6 The sixth Dive:
Rescue of an “unconscious” diver from a depth of 10m, towing the victim 50m to the shore, dragging onto dry land and preparing the victim for CPR;
- 6.3.2.7 Entry water:
With complete scuba equipment the candidate shall correctly demonstrate two different water entries from a height of at least 1m. This test may be performed in indoor or outdoor pool.

❧ End ❧