

TORPEDO LIFE SAVING SKILLS PROGRESSION CHART

Torpedo Water Safety Program		<i>Approximately 2-3 months to completion</i>
SKILL 1	Swim Safer Swim Revision	
SKILL 2	Water Safety Confident	
SKILL 3	Types of Rescues	
SKILL 4	Casualty Simulation	
SKILL 5	Water Entries & Exits	
SKILL 6	Life Saving Strokes	
SKILL 7	Principles of Water Rescue	
SKILL 8	Basic Resuscitation	
Torpedo Water Discovery Program		<i>Approximately 2-3 months to completion</i>
SKILL 1	Water Mobility	
SKILL 2	Towing Techniques	
SKILL 3	Water Based Rescues	
SKILL 4	Defensive & Blocking Techniques	
SKILL 5	Escape Techniques	
SKILL 6	Stroke Advancement	
SKILL 7	Initiative Test	
SKILL 8	Basic First Aid	
Torpedo Life Saver Program		<i>Approximately 2-3 months to completion</i>
SKILL 1	Contact Rescue	
SKILL 2	Stroke Advancement	
SKILL 3	Saver Endurance	
SKILL 4	Expired Air Resuscitation	
SKILL 5	Types of Exit & Landing	
SKILL 6	Recovery Position	
SKILL 7	Initiative Test	
SKILL 8	Basic Resuscitation	

*After the program, the trainee will be entitled to join the lifesaving team to represent club for lifesaving competitions and national lifesaving competition. The trainee will also be eligible to take the lifesaving Bronze Medallion Test.

TORPEDO LIFE SAVING PROGRAM SKILLS SET

Water Safety: To introduce water safety knowledge and skills.

Swim Safer Swim Revision	<ul style="list-style-type: none"> • Understanding of Swim Safer • Knowledge of Self-Help (i.e. Use of PFD)
Water Safety Confident	<ul style="list-style-type: none"> • Confident to submerge, stay afloat, swim underwater, Sculling, enter and exit
Types of Rescues	<ul style="list-style-type: none"> • Understand the different type of rescues and its purpose
Casualty Simulation	<ul style="list-style-type: none"> • Understand and identify type of casualties • Able to simulate casualty
Water Entries & Exits	<ul style="list-style-type: none"> • Understand the purpose of type of entries and exits
Life Saving Strokes	<ul style="list-style-type: none"> • To brush up skills to improve speed and life saving techniques
Principles of Water Rescue	<ul style="list-style-type: none"> • Knowing the principles of rescues and apply appropriate technique at proper situation
Basic Resuscitation	<ul style="list-style-type: none"> • Able to assist others in basic resuscitation • Able to understand about Airway management and expired air resuscitation

Water Discovery: To build confident and increase awareness of water safety.

Water Mobility	<ul style="list-style-type: none"> • Able to perform agility in water
Towing Techniques	<ul style="list-style-type: none"> • Knowing the different type of towing techniques and its purpose
Water Based Rescues	<ul style="list-style-type: none"> • Able to perform Non-contact tow and contact rescue
Defensive & Blocking Techniques	<ul style="list-style-type: none"> • Able to defence and block attack from casualty • Technique: Reserve, Block with Aid, Leg Block, Arm Block
Escape Techniques	<ul style="list-style-type: none"> • Able to escape and identify fatal points (Front, Rear, Wrist Grasp) • Perform separating 2 people together
Stroke Advancement	<ul style="list-style-type: none"> • To brush up skills to improve the speed
Initiative Test	<ul style="list-style-type: none"> • Applying the principles of rescue with appropriate technique at proper situation
Basic First Aid	<ul style="list-style-type: none"> • Knowing how to stop bleeding, provide emergency aftercare

Life Saver: To impart life saving skills so as to provide help to others.

Contact Rescue	<ul style="list-style-type: none"> • Perform rescue with knowledge gain in towing
Stroke Advancement	<ul style="list-style-type: none"> • Correction of stroke and speed
Saver Endurance	<ul style="list-style-type: none"> • Perform chin and extended towing of casualty for 100m • Able to swim 800m nonstop with thumbed turn
Expired Air Resuscitation	<ul style="list-style-type: none"> • Able to perform EAR in water
Types of Exit & Landing	<ul style="list-style-type: none"> • Learn how to assist casualty out from water (Stirrup lifts, Assisted lift, Unassisted Lift)
Recovery Position	<ul style="list-style-type: none"> • Able to put casualty into recovery position at a safe environment
Initiative Test	<ul style="list-style-type: none"> • Applying the principles of rescue with appropriate technique at proper situation
Basic Resuscitation	<ul style="list-style-type: none"> • Able to perform treatment for shock, cramp, bleeding • Able to perform basic CPR and understanding of CPR