

**Poolside Superheroes Training**

**Date: 12.2.2025**

**Location:**

- 1) University Malaya, Kuala Lumpur**
- 2) Setia Spice Aquatic Centre, Penang**
- 3) Ponderosa Golf & Country Resort, Johor**

**Time: 9am - 12pm**

<b>TIME</b>	<b>AGENDA</b>
<b>9 AM - 9:45 AM</b>	<ul style="list-style-type: none"><li>- Pool Awareness</li><li>- Drowning Recognition</li><li>- Safe Steps to Rescue</li><li>- Drowning Case Studies</li><li>- Equipments</li></ul>
<b>9:45 AM - 10:15 AM</b>	<ul style="list-style-type: none"><li>- Danger &amp; Hazards Recognition</li><li>- Shouting for Help</li><li>- Land Based Rescue</li><li>- Lifebuoy Rescue</li><li>- Rope Rescue</li></ul>
<b>10:15 AM - 11-15 AM</b>	<ul style="list-style-type: none"><li>- Lifebuoy Rescue</li><li>- Rope Rescue</li><li>- Team Activities</li></ul>
<b>11:15 AM - 11:20 AM</b>	Break
<b>11:20 AM - 11:40 AM</b>	<ul style="list-style-type: none"><li>- Lifeguard Experience</li><li>- Lifeguard on Duty</li></ul>
<b>11:40 AM - 12:00 PM</b>	<ul style="list-style-type: none"><li>- Photo session</li><li>- Graduation/Photo Ceremony</li></ul>