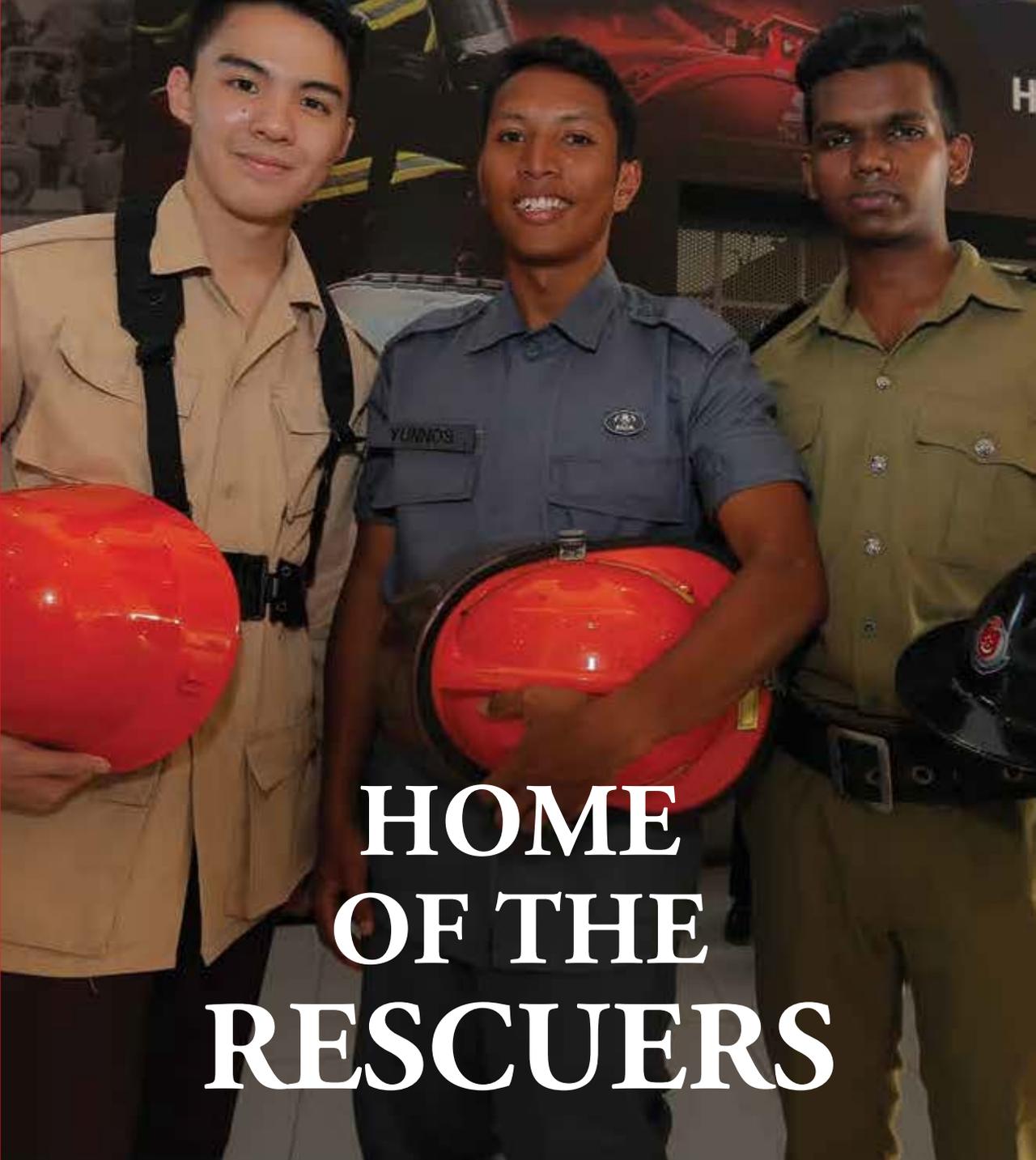


# RESCUE 995

THE SINGAPORE CIVIL DEFENCE FORCE MAGAZINE

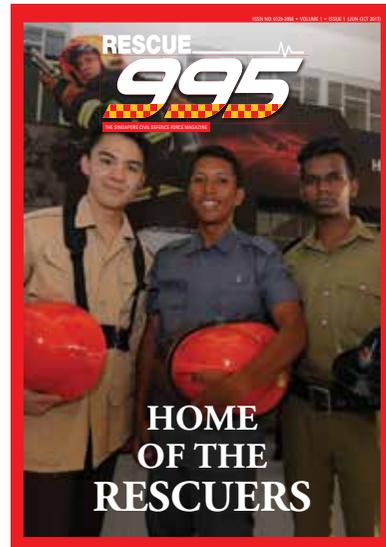
A photograph of three Singapore Civil Defence Force members standing in front of a fire station. The member on the left is wearing a tan uniform and holding a red helmet. The middle member is wearing a blue uniform with a name tag that reads 'YUNNOS' and is also holding a red helmet. The member on the right is wearing a green uniform and holding a black helmet. In the background, another firefighter in full gear is visible, and a fire truck is partially seen.

HOME  
OF THE  
RESCUERS

# CONTENTS

## ALERTS!

14 SCDF NS Gallery



## TECH BITES

4 SCDF Social Media Outreach



## VOICES FROM THE HEART



Back row (left to right): SGT Alex Ducourneau, WO Abdul Hamid, SSG Ahmad Shafeeq. Front row: CPL Md Khairy, CPL Md Fauzi and CPL Md Hariz.

6 "Not only was their arrival swift and prompt, they are also well-trained and highly professional".

8 Snippets of SCDF Events and Activities

## HOT STORIES

10 SCDF Search Platoon: Two Decades



20 Civil Defence Academy: Sweet 18

24 A Bird's Eye View of SCDF Workplan Seminar 2017

28 Falconites Challenge 2017

## NS STORY

32 Fire Fighter



## GET IN TOUCH

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SCDF Search Platoon

# Editor's Note:

2017 marks the 50th anniversary of National Service (NS) in Singapore as well as a few other milestones for the SCDF.

In end April this year, we commemorated the dedication and commitment of SCDF NSmen with the opening of a NS50 Gallery named "Home of the Rescuers" at the National Service Training Institute. The event was graced by Mr Desmond Lee, Second Minister for Home Affairs, as well as SCDF pioneer NSmen. They include SGT (NS) Tan Kim Teck who volunteered his service to assist at the Hotel New World Collapse incident even before he was mobilised. Since the start of full-time NS in the SCDF in 1976, many have contributed to making Singapore a Safe and Secure Home for all. In fact, the NS capabilities in the SCDF have also branched out to beyond our geographical borders with the introduction of NSmen's involvement in Operation Lionheart missions overseas. Be sure to visit the NS50 Gallery for a walk down memory lane if you would like to find out more about the NS journey in the SCDF.

2017 also marks the 20th anniversary of the SCDF's Search Platoon. The Rescue Dog Section was formed in 1997 to further enhance SCDF's search and rescue capability. The early years of the unit comprised six SCDF career officers. Formerly located at the Ulu Pandan Camp, the K9 Search Platoon unit is now located along Mowbray Road and is under the command of the SCDF's elite Disaster Assistance and Rescue Team. Today, the unit has expanded and is now operated by a bigger team comprising SCDF career officers, full-time national servicemen (NSF) and of course, search and rescue dogs.

The SCDF continually builds partnerships with the community with the aim of passing on essential life saving skills to members of the public. This is to ensure that they are well-prepared to exercise community self-help in the event of an emergency before the arrival of the SCDF. In May this year, the 3rd SCDF Division held the Falconites' Challenge 2017 which saw the inaugural participation of external stakeholders including partners from the grassroots, National Civil Defence Cadet Corps as well as corporate companies. This expansion of the Life Saving community is vital as it ensures that help is rendered to those in distress when required.

This issue of the Rescue 995 also features CPL Md Sholihin Bin Rahman, a NSF Firefighter from Seng Kang Fire Station, for his interest in Mixed Martial Arts. If you are looking for a new sport, his story might just inspire you to take that extra step to pick it up.

Have a good read! 🚒

**Michelle Lim**  
Editor, Rescue 995  
July 2017

# ONLINE CONTENTS

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The Life Saving Force

**Singapore Civil Defence Force**  
94,844 likes

**Instagram**

**SCDF** Singapore Civil Defence Force  
June 18 at 10:22am

Not all heroes wear capes. Some heroes, also known as fathers, may each wear diaper bag across their shoulders with a kid in tow.

Here at The Life Saving Force, many of our staff, including firefighters and paramedics, are fathers too. Some of them will be spending Father's Day keeping our nation safe and secure.

So here's wishing all our everyday heroes a Happy Father's Day!

#ANationofLifesavers

197 Likes, 14 Comments, 17 Shares

**SCDF** Singapore Civil Defence Force  
June 12 at 12:35pm

In 1976, the Singapore Fire Brigade (SFB) set up the Jurong Fire Training School within the compound of Jurong Fire Station. This was one of the many training facilities in the SFB where career firefighters as well as Full-time National Servicemen (NSF) honed their craft and trained to be firefighters.

Senior Warrant Officer (SWO) Jimmy Tan, SWO Jerry Chia and Warrant Officer (WO) Koh Ser Teck went through the Firefighter Course in Jurong Fire Training School as NSFs back then. They recalled the tough training regime which shaped them to become who they are today.

"Each day, after running around the training vicinity, we also carried hoses on our shoulders and scaled the hose tower as part of our morning workout. When we reached the top of the tower, we were required to shout at the top of our voices, "Good morning, Jurong Fire Station!"

- WO Koh Ser Teck

In the later part of this year, Jurong Fire Station will close its gates when it relocates to a new building between Jalan Bahar and Jurong West Avenue 2, welcoming the dawn of a new era.

#ANationofLifesavers #NS50 #OurHomeOurTeam

677 Likes, 32 Comments, 164 Shares

# VOICES FROM THE HEART



Back row (left to right): SGT Alex Ducourneau, WO Abdul Hamid, SSG Ahmad Shafeeq.  
Front row: CPL Md Khairy, CPL Md Fauzi and CPL Md Hariz.



Early March this year, my father-in-law's car caught fire while he was travelling along the viaduct from Lornie Road. He was attended to by the team of emergency responders from Bishan Fire Station namely SGT Alex Ducourneau, WO Abdul Hamid, SSG Ahmad Shafeeq, CPL Md Khairy, CPL Md Fauzi and CPL Md Hariz.

Not only was their arrival swift and prompt, they are also well-trained and highly professional. The entire team sprang into action upon arrival and managed to put out the fire effortlessly. On behalf of my family, I would like to commend this team of brave and courageous firefighters for their hard work. Good job, SCDF!

**David Lim**

**Desmond Ang**

LTA Eunice Ting assisted me with some matters concerning my National Service duties. She was also receptive to the feedback that I have provided. Thank you for your help, LTA Ting!

I would like to compliment SGT Mohd Effendy from Woodlands Fire Station for lending a helping hand to my family. On 16 May 2017, my father who suffers from dementia lost his way and went to Woodlands Fire Station to seek help. Not only was SGT Effendy hospitable to my father, he also contacted my family to inform us about my father's whereabouts.

SGT Effendy has went beyond his call of duty as a lifesaver. My family and I would like to express our utmost appreciation for his kind deed.

**Rita Zahara**

**Sylvan Braberry**  
**The Singapore Polo Club**

The swift response in answering our call held the damage to the lowest possible. We were particularly impressed by the firemen's professionalism in controlling and extinguishing the fire.

Your team of brave emergency responders from the Bishan Fire Station and Central Fire Station also had to deal with toxic smoke while they risked their lives to protect our staff and members. This is highly commendable!

Please convey our sincere gratitude to your team as they are the true heroes!

My family and I visited the Marina Bay Fire Station to help my daughter prepare for her school's show-and-tell session. She wanted to share with her classmates her ambition to be a firefighter when she grows up.

During our visit at the fire station, SGT Afandy Yeo, WO2 Md Norulhisam Bin Mohamad and CPL Teng York Koon patiently attended to my inquisitive daughter. She was also enthused by the opportunity to come into contact with the actual firefighting and rescue equipment as well as emergency vehicles.

Fire station visits are always fun! The kids were thrilled and my daughter had a great show-and-tell session later. Thank you so much!

**Geraldine Goh**

The emergency responders from Seng Kang Fire Station conveyed my son to the nearest hospital as he was diagnosed to be unwell when in school. They responded to our call swiftly and professionally. I would like to express my heartfelt gratitude to the crew who responded to the case. My son has since recovered and he is doing well now.

**Zareena**



SGT (NS) Tan Kim Teck (second from right), then a reservist who courageously volunteered his NS service to provide search and rescue assistance at the Hotel New World collapse incident shared with Mr Desmond Lee and Comr Eric Yap on his NS experience.

# Snippets of SCDF Events and Activities



## Shelter Exercise at Little India MRT Station

The SCDF conducted a shelter exercise at the Little India MRT Station on 23 May 2017. The exercise aimed to enhance the operational readiness and proficiency of ORNSmen from the Public Shelter and Resilience Unit (PSRU) in converting, managing and operating public shelters during national emergencies.

The exercise scenario was an air raid involving a chemical warfare agent which led to the conversion of the Little India MRT station to a shelter to provide protection for members of public. MRT shelters are designed with facilities to ensure that it provides a safe environment for those seeking protection. These facilities include protective blast doors, decontamination facility, power and water supply system, ventilation system and a dry toilet.

The exercise was observed by Mr Desmond Lee, Second Minister for Home Affairs and National Development, Mr Amrin Amin, Parliamentary Secretary for the Ministry of Home Affairs and Ministry of Health and Commissioner SCDF.

## International Firefighters' Day 2017

The International Firefighters' Day (IFFD) is celebrated worldwide to recognise and honour the sacrifices made by emergency responders who put their lives at risk for others while responding to emergencies. Observed on 4 May each year, we remember emergency responders who have dedicated and given their lives in the name of community service and public safety.

In commemoration of the IFFD, SCDF personnel wore the symbolic blue and red ribbon during their morning roll call. A bell was sounded for 30 seconds, followed by the observance of a minute of silence.



## SCDF National Service Gallery

On 28 April 2017, Mr Desmond Lee, Second Minister for Home Affairs and National Development officiated the opening of the SCDF National Service (NS) Gallery "The Home of the Rescuers". The gallery traces the nostalgic journey, contributions and transformation of NS in the SCDF from the mid-1970s to present day.

The event was attended by distinguished guests including SCDF pioneers and NSmen who have played critical roles in transforming NS in the SCDF.

## Change of Command Parade

On 23 May 2017, COL Kadir Maideen, Director of National Service Training Institute, officiated the inaugural Change of Command Parade for the Special Rescue Unit (SRU). MAJ Jason Chua took over command from CPT Huang Rong Sheng who helmed the specialist unit from 1 September 2014 to 25 May 2017.



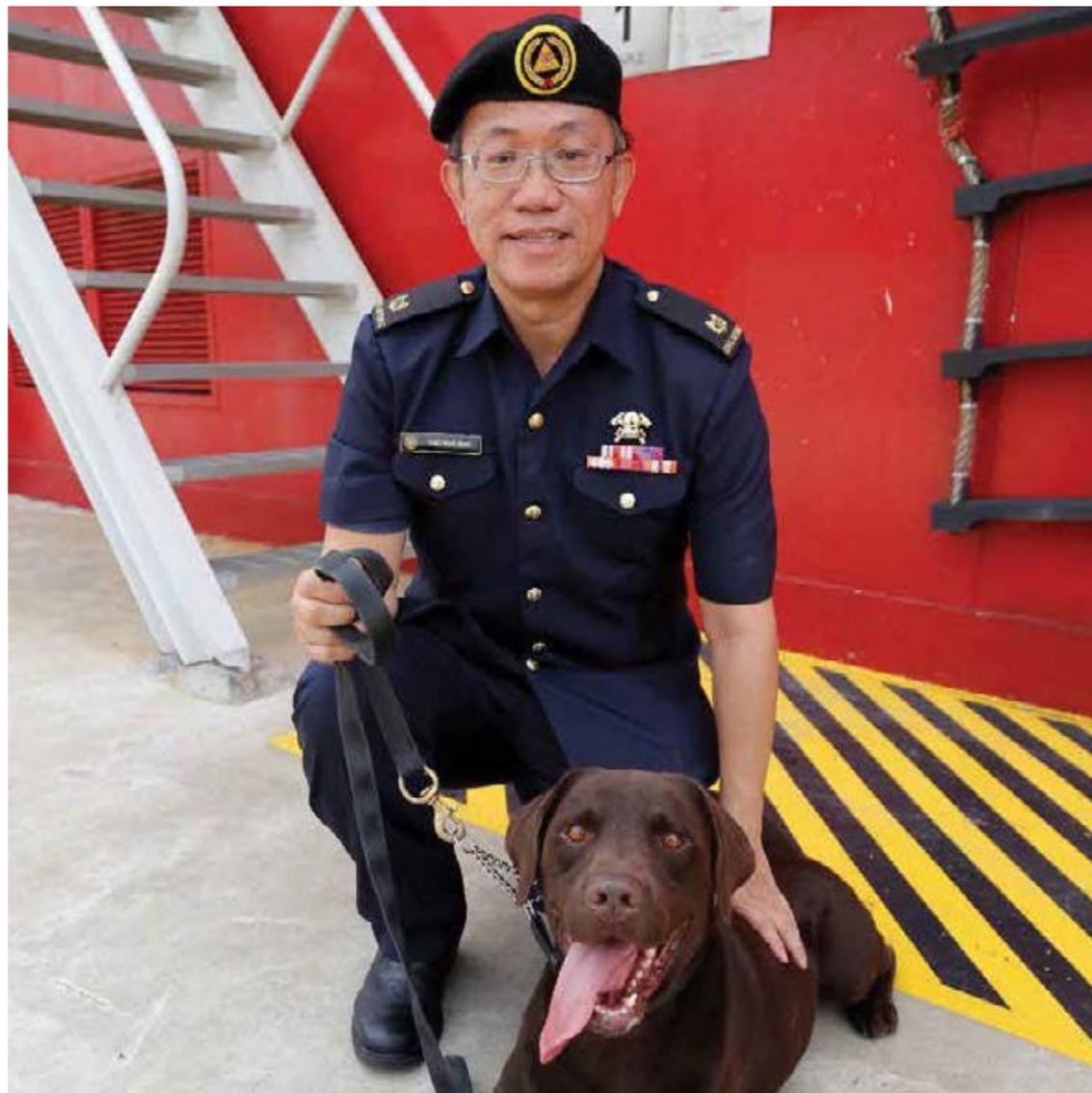
SCDF K9 Unit led by LTC Chew Keng Tok, Commander Disaster Assistance and Rescue Team (standing at the middle of the picture)

# SCDF Search Platoon:

# Two Decades

Dogs bred for work belong to breeds that meld both intelligence and agility. A quick online search revealed that the job ‘vacancies’ available for working dogs ranges from therapy to herding and even acting. Remember Marley from the movie ‘Marley and Me’ and the heart-wrenching plot that depicted the dedication of Hachiko to his owner who never turned up? Like Hollywood actors, these dogs were also required to first undergo castings before being chosen for the role in the movie.

Dogs are renowned for their keen sense of smell and it is a vital trait required for search and rescue operations. Research findings traced the origins of the first search dogs to about three hundred years ago where they were trained to search for travellers stranded in the Swiss Alps during the winter storms. Over time, the roles of such dogs were expanded to include tasks such as performing guard and search roles by the German, French and English military during the two world wars.



Today, numerous government services continue to use dogs to augment their work processes. The SCDF Rescue Dog Section was formed in 1997 to further enhance SCDF's search and rescue capability. The early years of the unit comprised six SCDF career officers. Formerly located at the Ulu Pandan Camp, the K9 Search Platoon unit is now located along Mowbray Road and is under the command of the SCDF's elite Disaster Assistance and Rescue Team. Today, the unit has expanded and is now operated by a bigger team of officers comprising full-time national servicemen and of course, search and rescue dogs.

*Major Tang Peng Seng was one of the pioneer officers behind the set-up of the SCDF K9 Unit.*



*Search Platoon Dog Handlers at Operation Lionheart Sichuan, China in 2008.*

Major Tang Peng Seng, one of the pioneer officers involved in the set-up of the unit, shared that the first batch of six search dogs were imported from Belgium. The puppies were hand-picked by SCDF officers who had undergone dog handler and trainer courses.

Upon arriving in Singapore, the first two months would be dedicated to allowing the dogs to acclimatise themselves to their new surroundings and living environment. The dog handlers would also use this time to build a bond and companionship with the dogs before obedience and other forms of operational training is added to the training programme.

Just two years after the set-up of the K9 Search Platoon, they were deployed for their first overseas humanitarian mission to Taiwan on 21 September 1999. Following a massive earthquake, the SCDF Lionheart Contingent led by Contingent Commander then-Major Christopher Tan rendered assistance in the area of search and rescue efforts. The contingent members including the handlers and search dogs worked in a precarious environment where approximately 100,000 buildings were either completely or severely damaged. The inaugural involvement of the K9 Search Platoon in the 20-day mission also saw the successful rescue of a 8 year old boy from the debris. The operation would have been more of a challenge if not for the well-trained handlers and search dogs.

Then Warrant Officer Segar Suppiah, also a pioneer officer of the K9 Search Platoon, reminisced the days when Tog worked

alongside him. "Tog was the second search dog under my care and we were deployed to Taiwan in 1998 (earthquake) and Aceh in 2004 (tsunami). Most, if not, all of us were impressed by Tog's level of dedication to the Life Saving mission. When we were in Taiwan, he hurt his paw pad after jumping onto the debris of a collapsed building. It was unfortunate that he landed on a glass shard but that did not stop him from wanting to continue working. In fact, we had to drag him to the makeshift hospital nearby to receive medical attention."

With the bond they shared since Tog's puppy days, it came as no surprise to his colleagues when Warrant Officer Segar decided to adopt Tog when he retired at the age of 10 years old.

In 2008, the Operation Lionheart rescue contingent attained the Heavy Urban Search and Rescue (USAR) classification by the United Nations' International Search and Rescue Advisory Group (INSARAG). This is the highest level of recognition accorded to USAR teams worldwide. Operation Lionheart contingent was then the first in Asia and 7th in the world to attain the Heavy USAR classification. On 28 September 2013, the Operation Lionheart contingent attained its Heavy USAR reclassification by the United Nations. The SCDF K9 Search Platoon and search dogs had an integral role to play in the SCDF achieving this international endorsement on our search and rescue capability.

The K9 Search Platoon celebrates its 20th anniversary this year. 🐕



The launch of the NS Gallery was attended by Mr Desmond Lee (eighth from right), Second Minister for Home Affairs, Ms Goh Soon Poh (eighth from left), Deputy Secretary (Finance), Mr Puah Kok Keong (seventh from right), Deputy Secretary (Policy), Comr Eric Yap, SCDF Commissioner (ninth from left), DC Chong Hoi Hung (not in picture), SCDF Deputy Commissioner and NSmen from several SCDF Rescue Battalions.

# SCDF NS Gallery



The uniforms worn by SCDF career officers and NS personnel have evolved over the years. For example, the grey colour uniform (second from left) was replaced by the present day loyal blue uniform in September 1995.

## SCDF NS Gallery: Home of the Rescuers

The Nee Soon Civil Defence Training School, one of SCDF's first training schools, was set up in 1979 to train commanders, vocational specialists, as well as reservist (now referred to as operationally ready national servicemen [ORNSmen]) units such as the Rescue Battalions. This training school is most affectionately known to most of its former trainers and trainees as the "Home

of the Rescuers". Appropriately nicknamed, the Nee Soon Civil Defence Training School also served as the reporting centre for SCDF reservist units namely the 1st, 2nd, 3rd SCDF Rescue Battalions and 1st Construction Battalion that were mobilised for the Hotel New World collapse incident in 1986.



(left to right): CPT (RET) Rocky sharing with Mr Desmond Lee, Second Minister for Home Affairs, Comr Eric Yap, SCDF Commissioner and Mr Puah Kok Keong, Deputy Secretary (Policy), the evolution of the civil defence training schools since the mid 1970s period. CPT (RET) Rocky served in various civil defence training schools including the one located in Nee Soon and Jalan Bahar respectively.

With the opening of the Civil Defence Academy on 26 March 1999 and the Basic Rescue Training Centre on 20 June 2006 (now known as the NS Training Institute (NSTI)), NS training in the SCDF became more centralised. SCDF gradually vacated the previous training premises including the one at Nee Soon.

The SCDF National Service (NS) Gallery, named the "Home of the Rescuers" was launched on 28 April 2017. Nestled in a cosy corner at the NSTI foyer, visitors to the gallery can learn about the evolution of NS in the SCDF from its earliest roots in Vigilante Corps to how it supports the SGSecure initiative in today's security climate.

It also features an interactive panel which brings

a personal touch to the gallery.

The opening ceremony of the SCDF NS Gallery saw the reunion of both pioneer NSmen and more importantly, the people who helped shaped NS in the SCDF. Amongst them were SGT (NS) Tan Kim Teck, then a reservist who courageously volunteered his service during the Hotel New World collapse incident, and CPT (NS) Wong Kum Kay, the first Commander of the Nee Soon Civil Defence Training School.



SGT (NS) Tan Kim Teck (second from right), then a reservist who courageously volunteered his NS service to provide search and rescue assistance at the Hotel New World collapse incident shared with Mr Desmond Lee and Comr Eric Yap on his NS experience.

At the opening ceremony, Mr Desmond Lee, Second Minister for Home Affairs, shared with the attendees that NS is vital for Singapore's sovereignty, safety and security; National Service has also become a source of pride and strength for Singaporeans. The contributions from the generations of SCDF NSmen have been crucial to our nation-building. While the roles of NSmen from the past generations have progressively evolved over the years, they are bonded in their mission to keep Singapore Safe and Secure.

The launch of the NS Gallery was also attended by Ms Goh Soon Poh, Deputy Secretary (Finance), Mr Puah Kok Keong, Deputy Secretary (Policy), Comr Eric Yap, SCDF Commissioner, DC Chong Hoi Hung, SCDF Deputy Commissioner and NSmen from several SCDF Rescue Battalions.



5 seconds to rappel into the hot zone.  
 78 seconds to get him out of the fire.  
 3 seconds to appreciate a hug from him.  
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# Civil Defence Academy: Sweet 18



During the early years of the SCDF, career officers and NS personnel went to various SCDF training institutions to attend both induction and advanced courses to acquire knowledge and skills in civil defence work. They include the Nee Soon Civil Defence Training School and Mandai Training Village.

The idea of establishing a centralised civil defence training institution was mooted in the early 1990s. After years of planning, the premier Civil Defence Academy (CDA) was opened on 26 March 1999 by Mr Wong Kan Seng, then Minister for Home Affairs. Since then, NS personnel who once trained at the Nee Soon Civil Defence Training School and the Mandai Training Village, began to have access to a wider range of training programmes to hone their life saving skills in CDA's purpose-built facilities.

The 11-hectare academy was designed with state-of-the-art training facilities to provide realistic training. Some of these included the computer-controlled LPG bullet tank firefighting simulator, HazMat Chemical Plant and the nine-storey firefighting and rescue training tower known as "The Furnace".



One of the CDA's signature training facilities is called "The Ruins". As the name implies, it is a large area of rubble with interchangeable purpose-built voids and confined spaces to simulate collapsed structures. SCDF ORNSmen, especially those from the Rescue Battalions, are trained in hands-on Urban Search and Rescue techniques at "The Ruins". Besides the SCDF Mandai Training Village, "The Ruins" is also the simulated disaster site for Exercise Rambo, the ORNS Rescue Battalion Proficiency Assessment exercise.

The CDA celebrated its 18th anniversary this year. In commemorating this milestone, Comr Eric Yap, SCDF Commissioner, unveiled CDA's 'Horizon', which is an Emergency Vehicle Driving Circuit. As described by AC Teong How Hwa, Director CDA, "the vast expanse of the driving circuit resembles a limitless horizon, and reflects CDA's fighting spirit in wanting to break new grounds and strive for new horizons." Several instructors from the CDA were also recognised for their dedication and commitment to training civil defence personnel. 🇸🇬

# A Bird's Eye View of SCDF Workplan Seminar 2017

The SCDF Workplan Seminar 2017 was held on 3 May 2017 at ONE°15 Marina Club. Guest of Honour Mr K Shanmugam, Minister for Home Affairs and Minister for Law, announced several of SCDF's transformation plans that included the Emergency Medical Service Response Framework as well as the Marine Command's capability development progress.



## Rapid Response Fire Vessel

Two new Rapid Response Fire Vessels (RFV) were officially introduced to SCDF Marine Command's existing fleet of other firefighting vessels. Named Red Swordfish and Blue Swordfish, the vessels are the first purpose built vessels designed by the SCDF Marine Command.

The RFV is capable of reaching a top speed of 40 knots with high manoeuvrability – more than double the Marine Fire Vessel. The new kid on the block also comprise two water monitors that can discharge 5,000 litres of sea water a minute.

## New Emergency Medical Service Response Framework

The New Emergency Medical Service Response Framework makes way for the deployment of Emergency Medical Services based on case acuity, where resources for cases that are more severe in nature will be prioritised over less serious ones. This framework allows the SCDF to provide swifter and enhanced assistance to life-threatening and critically-ill patients, or victims of cardiac arrest and severe burns.

Patients that do not require emergency response will be advised to seek outpatient treatment at nearby clinics, or utilise the services of private non-emergency ambulances.

In addition, the SCDF has trained its firefighters to double up as Emergency Medical Technicians. These firefighters who are cross-trained will be deployed on Fire Bikes during life-threatening emergencies.



## Fire Medical Vehicle

The Fire Medical Vehicle (FMV) is a hybrid of a fire appliance and an ambulance. The FMV will be deployed for minor industrial incidents and road traffic accidents to stabilise and treat casualties. Operationalised in May 2017, the FMV also carries a slew of medical equipment on board that will serve to monitor the patient's well-being while en route to the hospital.

# NEW EMERGENCY MEDICAL SERVICE RESPONSE FRAMEWORK

SCDF's new Emergency Medical Service (EMS) response framework provides faster and enhanced assistance to those who need it.

When you call 995 for medical assistance, SCDF will assess the severity of your case and respond accordingly as follows:

CATEGORY OF CASES	EXAMPLES	RESPONSE
<b>LIFE-THREATENING EMERGENCIES</b>	Cardiac arrest, unconsciousness, breathlessness, active seizure, major trauma and stroke	Highest priority Fastest response Extra resources deployed
<b>EMERGENCIES</b>	Severe allergy, emergency labour, head injury, bone fracture, asthma, elderly with chronic medical conditions and sick children	High priority Fast response
<b>MINOR EMERGENCIES</b>	Cut with bleeding, accident with bruising, swelling, mild injury and persistent fever	Lower priority Slower response <small>In 2016, SCDF attended to 42,579 minor emergency cases (23.9% of total ambulance calls)</small>
<b>NON-EMERGENCIES</b>	Constipation, chronic cough, diarrhoea and skin rash	Emergency medical assistance not required Seek treatment at clinics or call <b>1777</b> for non-emergency ambulances <small>In 2016, SCDF attended to 11,154 non-emergency cases (6.3% of total ambulance calls)</small>

SCDF officers at the 995 Call Centre are supported by paramedics and staff nurses who are trained to prioritise your cases, deploy the appropriate resources and provide medical advice.





# Falconites Challenge 2017



*Top: Falconites' Challenge 2017 saw the inaugural participation of external stakeholders including partners from the grassroots, National Civil Defence Cadet Corps as well as corporate companies.*

*Left: MAJ Lee Soon Huat, Commander Ang Mo Kio Fire Station, celebrating his team's victory at the Responders' Challenge (Team) category.*

The falcon is known for its determination, near perfection in its action and above all, its tranquil nature. These are not merely qualities emblazoned on the 3rd SCDF Division's flag but high expectations that every falconite from the 3rd SCDF Division strive to achieve as emergency responders.

The 3rd SCDF Division, which serves the northern and central parts of Singapore, currently comprises four fire stations and five fire posts. Since 2011, the division has been organising the annual Falconites' Challenge.

Held at the 3rd SCDF Division Headquarters that is co-located with Yishun Fire Station, the Falconites' Challenge 2017 saw the inaugural participation of external stakeholders including partners from the grassroots, National Civil Defence Cadet Corps (NCDCC) as well as corporate companies.

# Falconites Challenge



## Responders' Challenge (Individual)

The fittest firefighter from each fire station will challenge each other in a series of physically demanding challenges that includes running with a fully charged hose and flipping a tire over a 10 meter distance in the quickest timing possible.



## School Challenge

Having been trained in first-aid and firefighting skills, NCDCC cadets will work in teams to complete a series of life saving tasks that will put their physical fitness, agility, knowledge and skills to test in the shortest timing possible. These tasks include the tying of rescue knots, using a fire extinguisher to put out fire as well as navigating an uneven path while holding on to a stretcher.



## Community Challenge

Targeted at grassroots leaders from the Community Emergency and Engagement Committees, this challenge was designed for participants to take on the role as Community First Responders. These Community First Responders completed challenges that include conducting CPR and administering First-Aid to a 'casualty' as well as evacuating the 'casualty'.



## Corporate Challenge

The Company Emergency Response Team (CERT) of corporate companies are trained to respond and mitigate incidents within their premises prior to SCDF's arrival. The CERTs contested each other in challenges that included the donning of their Personal Protective Equipment, carrying of equipment while navigating through obstacles and setting up a water jet. This challenge was designed to test the CERTs' capability in switching roles to become emergency responders while racing against time.



## Responders' Challenge (Team)

The Responders' Challenge (Team) puts to test the operational skills of the fire station emergency responders. It is a collective challenge that requires the diverse skillsets of both the Fire and Rescue Specialists as well as the Emergency Medical Services personnel to work together in a life saving scenario. Participants were required to conduct a simulated road traffic accident rescue mission, conduct forcible entry as well as extinguish a fire.

The night unfolded with a series of challenges which saw participation from the Commanders of the 3rd SCDF Division's fire stations, NCDCC cadets, Company Emergency Response Teams from various corporate companies as well as grassroots leaders from the Community Emergency and Engagement (C2E) Committees.

Mr K Thanaseelan S/O M K, Vice-Chairman, Serangoon Citizens' Consultative Committees, said that he has been serving the community for the past 23 years and SCDF 3rd Division's initiative to include the grassroots in the Falconites Challenge is a commendable one. He explained that this is not just about pitching the teams against each other in adrenaline-filled friendly competitions but an excellent opportunity for grassroots leaders to acquire essential lifesaving skills through fun-filled activities. Mr Thanaseelan also added the process of learning a skill becomes more enjoyable and effective especially when games are involved.

The Falconites' Challenge 2017 was attended by special guests including DC Chong Hoi Hung, Deputy Commissioner SCDF, Dr Lee Bee Wah, Advisor to Nee Soon GRC Grassroots Organisations, Ms Chan Hui Yuh, Advisor to Aljunied GRC Grassroots Organisations, SCDF staff, NCDCC instructors and cadets, and supporters for the Corporate Challenge segment. It was also an opportune moment where former commanders of the 3rd SCDF Division including former DC Jackson Lim reunited with each other. 🚒

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Mixed Martial Arts or MMA, as the name suggests, is a combat sport that uses techniques from other martial arts. CPL Md Sholihin Bin Rahman, a Full-Time National Serviceman (NSF) Firefighter at Seng Kang Fire Station, shares with us his interest in this sport.

---

**When and why did you first pick up MMA as a sport?**

I started off with Silat when I was in Secondary 3. Like MMA, it is a collective sport that comprises techniques from other forms of martial arts except that they are mostly indigenous practices.

After some time, I started to also take interest in action movies and particularly, the fighting scenes. As most of the movies that I watched showcased MMA, I gradually became more interested in it.

In 2012, I finally decided to pick up MMA as a sport and I have never looked back since.

**Do you have favourite technique?**

Unlike what we see in movies where fighters would always unleash their favourite technique during the most challenging moment in their fights, this does not exactly apply to real life fights. Every opponent is known for different strengths and weaknesses.

As such, it is important to study the movements of your opponents before deciding on the moves against them.

The same logic applies to fighting fire.

We do not simply tackle all fires with water. There are different extinguishing agents such as Compressed Air Foam, which we can also apply for different types of fire. The use of the different agents will also determine the efficiency in putting out a fire.



# Fire Fighter

*CPL Md Sholihin Bin Rahman at the REBEL Fighting Championship in 2014.*



### What is your training regimen like?

During my MMA competition periods in the past, I was required to attend two hour training sessions for at least four times a week. For the warm-up activity, the training regime includes a 3km run, basic exercises including sprinting up and down steep slopes, pull ups, and sit ups.. The actual training itself is focused on sharpening my techniques and improving my speed.

Thinking back, the training has been extremely helpful in my preparation for National Service with the SCDF. My role as a firefighter is one that is physically demanding and my MMA training did indeed helped me get my body ready for firefighting training. Whether MMA or firefighting, I am required to react quickly to situations regardless of how dangerous it can potentially be.

### How does it feel to be fighting someone else?

I took part in my first MMA competition shortly after picking up the sport. I was barely 18 years old! To be honest, it was quite a scary first experience for me. It was only after a few exchanges of punches and kicks that I finally gained confidence in the ring.

Over the years, I have taken part in other competitions such as the REBEL Fighting Championship in 2014. Having acquired more experience under my belt, I have definitely become a seasoned fighter. Well, I am also used to going home with newfound bruises on my body too! Haha!

### What advice would you give to newbies who are interested in taking up MMA as a sport?

Always treat it as a sport and never a skill that you can use to intentionally attack someone else. I say this as a fireman who has been to numerous fire and rescue incidents. Safety must always be your priority! 🥊



**SCDF**  
The Life Saving Force



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