



29 Apr 2022

拋繩救人都要講技巧？

How to Save Life by Throwing Line?

看到有人遇溺，但你又不諳水性，可以怎麼辦？不妨看看全港中學校際拯溺比賽中的拋繩賽，你或許可以從中學到拯救別人的技巧。首先看看拋繩賽的規則：拋繩者可於45秒內不限次數地向12.5米外的隊友（溺者）拋出一條無負重的繩，直至成功把溺者拉回終點。看似很簡單，但事實是拋繩者需要一定的技巧，例如拋繩力量需要適中及準繩度高，才能「一擊即中」將繩拋在溺者可接觸的位置。



最令拋繩者苦惱的是繩子打結。
Tied line will drive throwers crazy.
(Photo: SunLive)

雖然拋繩技巧難倒不少選手，但只要反覆練習，終有一日可以成為世界冠軍。好像港將黃學穎（拋繩者）與其隊友吳翠華（溺者），就連續於2016及2018年兩屆世界拯溺錦標賽中奪得拋繩賽金牌，為港爭光。

When you see someone drowning but you can't swim, what are you going to do? You may learn some useful skills from Line Throw event in All Hong Kong Inter-Secondary Schools Life Saving Competition. Let's see the competition rule: Throwers will have 45s to throw an unweighted line to his/her teammate (victim) located 12.5m away, and then pull the victim back to the finish wall. It sounds easy to play but throwing technique is the key to success such as throwing with controlled strength and throwing at a right angle to hit the target on first attempt.

It is difficult to master the throwing technique, but practice makes perfect, and be a world champion one day. The Hong Kong Life Saving Team member Winnie Wong Hock-wing (thrower) partnered up with Ng Chui-wa (victim) took Hong Kong's first-ever gold by storm in the biennial Lifesaving World Championships (LWC) in 2016, and they successfully defended their title in 2018.



成功拋繩的學界健兒使出「洪荒之力」將溺者拉回終點。

Student athletes made all-out effort to pull the victim back.

(Photo: HKSSF)



黃學穎（左三）及吳翠華（右三）於2016年歷史性為香港奪得首面世界拯溺錦標賽金牌。

Wong Hock-wing (3rd left) and Ng Chui-wa (3rd right) won the first-ever gold in LWC for Hong Kong in 2016.

(Photo: ILS)