

The Hong Kong Girl Guides Association
Interest Certificate Syllabus
Ranger Section

Canoeist Permit

- I. Applicant's Qualifications:
 - Holder of the Water Test Certificate or Swimmer Badge (Stage I)
 - Completed the Canoeist Permit training course

- II. Examination Standards:
 - A. Written Test
 - 1. HKGGA's water sports safety regulations and sea activity centre's activity regulations
 - 2. Knowledge on personal equipment and life jackets
 - 3. Knowledge on and maintenance of canoes and paddles
 - 4. Familiarity with the centre's flag signals
 - 5. Knowledge on whistle signals
 - 6. Knowledge on canoe activity safety
 - 7. Effects of different weather conditions
 - 8. Knowledge on rope maintenance and storage
 - 9. Ability to tie the following knots and to brief on their uses in water sports:
Reef Knot, Bowline, Clove Hitch, Fisherman's Knot, Sheet Bend, Round Turn & Two Half Hitches

 - B. Skills Test
 - 1. Wear a life jacket
 - 2. Launch
 - 3. Embark and disembark
 - 4. Paddle forward and emergency stop
 - 5. Paddle backward and emergency stop
 - 6. Sweep stroke
 - 7. Raft up
 - 8. Handle properly after capsize
 - 9. Empty a canoe by two persons on store
 - 10. Empty a canoe by one person on store
 - 11. Stern rudder
 - 12. Effective use of a canoe raft
 - 13. HI-rescue
 - 14. Draw stroke