

**The Hong Kong Girl Guides Association
Interest Certificate Syllabus
Ranger Section**

Dragon Boat Helm Permit

I. Applicant's Qualifications:

- Aged 15 or above
- Holder of the Swimmer Badge (Stage I), the Water Test Certificate or the Bronze Medallion issued by the Hong Kong Life Saving Society
- Holder of the Intermediate Dragon Boating Permit or the Intermediate Dragon Boating Training Certificate issued by the Hong Kong China Dragon Boat Association
- Practised dragon boat for at least 12 hours in the past 12 months
- Completed the Dragon Boat Helm Permit training course

II. Examination Standards:

A. Theories

1. Basic steering techniques
2. Basic knowledge on navigation
3. Knowledge on dragon boat racing
4. Types, structure and basic gears of dragon boats
5. Responsibilities of a helm and other key points to note
6. Knowledge on weather conditions
7. Effects of wind, tide, current and wave
8. Knowledge on water safety for dragon boating

B. Techniques

1. General techniques
 - Paddle and control a dragon boat by one person for launching at the beach, pier or pontoon; after use arrangements
 - Basic controls
2. Racing techniques
 - Paddle backwards to the starting point
 - Complete a simulated race of at least 200m during the training period
3. Basic knotting
4. Self-rescue when swamping and capsize recovery
5. Overboard rescue

III. Assessment:

The assessment will include a written test and a practical steering test. Participants are required to arrange their own paddlers for the steering test. During the steering test, the speed of the boat should be of no less than 12km per hour.

Remarks

Ranger who hold the Level 1 Dragon Boat Helm Certificate issued by the Hong Kong China Dragon Boat Association may apply for Conversion of Sea Activity Qualification through the HKGGA Programme Department.

Qualification of Assessor

Holders of the Registered Level 2 Dragon Boat Coach or above qualification appointed by the Hong Kong China Dragon Boat Association