

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

**Elementary Dragon Boating Permit**

- I. Applicant's Qualifications:
- Aged 12 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
  - Completed the Elementary Dragon Boating Permit training course
- II. Examination Standards:
- A. Theories
1. History and development of dragon boating in Hong Kong
  2. Brief introduction to the Hong Kong China Dragon Boat Association
  3. Types, structure and basic gears of dragon boats
  4. Knowledge on water safety for dragon boating
  5. Differences between life jackets and buoyancy aids
- B. Techniques
1. Warm-up exercises
  2. Put on a buoyancy aid or a life jacket
  3. Safety knowledge on embarking and disembarking a dragon boat
  4. Sitting posture and paddle gripping
  5. Embark a boat in deep waters
  6. Basic strokes
    - i) Forward stroke
    - ii) Backward stroke
    - iii) Emergency stop
    - iv) Brace to balance

**Remarks**

Ranger who hold the Elementary Dragon Boat Training 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 1 Dragon Boat Coach or above qualification under the Hong Kong China Dragon Boat Association