

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

**Intermediate Dragon Boating Permit**

- I. Applicant's Qualifications:
- Holder of the Elementary Dragon Boating Permit or the Elementary Dragon Boat Training Certificate issued by the Hong Kong China Dragon Boat Association
  - 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 Intermediate Dragon Boating Permit training course
- II. Examination Standards:
- A. Theories
1. Updates on the Hong Kong China Dragon Boat Association
  2. Basic knowledge on first aid
  3. Navigation rules for dragon boating
  4. Brief introduction to the rules and regulations of dragon boat racing
- B. Techniques
1. Warm-up and cool-down exercises
  2. Fitness training
  3. Consolidated sitting posture and paddling skills
  4. Move and adjust positions in a boat
  5. Draw and pry stroke
  6. Race techniques
    - i) Start
    - ii) Endurance
    - iii) Finish
  7. Self-rescue when swamping
  8. Understand what a dragon boat racing is and complete a race of at least 500m

**Remarks**

Ranger who hold the Intermediate 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