

The Hong Kong Girl Guides Association
Interest Badge Syllabus
Guide Section



Dragon Boat Helm Permit

I. Applicant's Qualification

- Aged 15 or above
- Holder of Swimmer Badge (Stage I), Water Test Certificate or Bronze Medallion issued by the Hong Kong Life Saving Society
- Holder of Intermediate Dragon Boating Permit or Intermediate Dragon Boat Training Certificate issued by the Hong Kong China Dragon Boat Association
- Have completed 12 hours of Dragon Boat practice within past 12 months
- Completion of Dragon Boat Helm Permit training course

II. Examination Standard

A. Theories:

1. Basic steering skills
2. Basic navigation
3. Knowledge on Dragon boat races
4. Types, structure and necessary gears of Dragon boats
5. Responsibilities and key issues to note for helms
6. Weather conditions
7. The impact of wind, tide, current and wave
8. Water safety guidelines

B. Techniques

1. General techniques
 - i) Individual paddling and control in launching a boat; preparation of boats at the beach, pier or pontoon and after use arrangements
 - ii) Basic controls:
 - Static turing
 - Keeping the course (forward and backward)
 - Turning when moving (forward and backward)
 - Leaving and returning to the beach, pier or pontoon etc.
2. Racing techniques
 - i) Paddle backwards to the starting point
 - ii) Complete a simulated race of at least 200 meters
3. Basic knotting
4. Capsize recovery
5. Overboard rescue

III. Assessment:

The assessment will include a written test and practical steering test. Participants are required to arrange own paddlers for the assessment with boar speed of no less than 12 km per hour.

The Hong Kong Girl Guides Association
Interest Badge Syllabus
Guide Section

Remarks:

Holders of the Level 1 Dragon Boat Helm Certificate issued by the Hong Kong China Dragon Boat Association (HKCDBA) may apply to the Programme Department for the bridge over.

Assessor's Qualifications:

Registered Level 2 Dragon Boat Coach or above appointed by HKCDBA