

The Hong Kong Girl Guides Association
Interest Badge Syllabus
Guide Section



Elementary Dragon Boating Permit

I. Applicant's Qualification

- Aged 12 or above
- Holder of Swimmer Badge (Stage I), Water Test Certificate or Bronze Medallion issued by the Hong Kong Life Saving Society
- Completion of Elementary Dragon Boating Permit training course

II. Examination Standard

A. Theories:

1. The history and development of Dragon boating in Hong Kong
2. A brief introduction to Hong Kong China Dragon Boat Association
3. Types, structure and necessary gears of Dragon boats
4. Water safety guidelines
5. Lifejackets vs buoyancy aids

B. Techniques

1. Warm-up exercises
2. Proper procedures to put on buoyancy aids and/or lifejackets
3. Safety rules when embarking and disembarking the boat
4. Sitting posture and paddle gripping
5. Embarking in deep water
6. Basic strokes
 - i) Forward stroke
 - ii) Backward stroke
 - iii) Emergency stop
 - iv) Brace to balance

Remarks:

Holders of the Elementary Dragon Boat Training Certificate issued by the Hong Kong China Dragon Boat Association may apply to the Programme Department for the bridge over.

Assessor's Qualifications:

Registered Level 1 Dragon Boat Coach or above