



The Hong Kong Girl Guides Association
Interest Badge Syllabus
Guide Section – Fitness

Basic Survival

- I. Complete the following to show that you are able to cope with living in the wild:
 1. Explain to the Assessor points to pay attention to when lighting an open fire.
 2. Demonstrate how to cook with an open fire using raw materials for a simple meal of two courses (One with cooking utensils one without).
 3. Demonstrate to the Assessor how you use a pocket knife that you bring to the assessment.
 4. Make a simple one-man shelter from a groundsheet or natural materials (but do protect the natural environment).
 5. Explain to the Assessor how you deal with an emergency case. (The case to be provided by the Assessor).
 6. Demonstrate how to pack and carry your back pack with your camping gears.
- II. List and explain the Country Code.
- III. Stay alone in the wild for half hour and report on what you have noticed of the birds, animals, plants, insect lives, etc., around you. You may do this clause beforehand in a suitable locality, and bring a certificate to the assessment.

Note

1. Firewood and Charcoal can be used for fire lighting.
2. Cooking equipment includes cook set and mess tin.



The Hong Kong Girl Guides Association
Interest Badge Syllabus
Guide Section – Fitness

Camping

Make a logbook to show the following:

- I. Share your experience in Camp for at least twice and spend two nights and three days under canvas in one occasion, and participate in camp Patrol duties.
- II. Explain the following:
 1. The basic safety in camp and the precaution in bad weather such as wind, rain, thunder, lightning etc.
 2. How to take care of the tent, mat, bed roll in different kinds of weather and the ways of emergency repair of a tent.
 3. How to use cooking stove and to use different kinds of fuel such as wood, charcoal, gas, kerosene, alcohol, wax, etc.
 4. How to choose a site for camp and the direction of the tent.
 5. How to keep all the equipment in camp such as tents, fuel, activity materials, back up materials etc.
 6. Ways of carrying and storing of food.
 7. Ways of disposal of waste.
 8. The importance of hygiene and safety in camp.
- III. Demonstrate the following:
 1. How to pitch, demolish, air and pack up an A-tent, dome tent, store tent and toilet tent.
 2. Use the following lashing to make one or more gadgets:
 - i) Square lashing
 - ii) Tripod lashing
 - iii) Snake lashing
 3. Use firewood to cook a meal out-of-doors showing at least three methods of cooking, e.g. frying, stewing and boiling.

Assessor's Qualifications

Camper's Licence

Remarks

1. An appointed Guider who holds a valid Camper's License may take this badge assessment for her own Unit.
2. The Current Division Camp Consultant may take this badge assessment for Guides from her Division.



The Hong Kong Girl Guides Association
Interest Badge Syllabus
Guide Section – Fitness

Camping

Hong Kong Award for Young People

1. Holders of this badge are qualified for the clauses of camp craft and knowledge of Youth Hostel in the Expedition Section in the Bronze Level of the HONG KONG AWARD FOR YOUNG PEOPLE.
2. Candidates who have completed the Expedition Section in the Bronze Level of the HONG KONG AWARD FOR YOUNG PEOPLE can be exempted from the second section, the cooking part of the third section and the one-night-and-two-day camp.



The Hong Kong Girl Guides Association
Interest Badge Syllabus
Guide Section – Fitness

Country Walking

- I. Go on at least three hikes in different areas with your friends or Patrol. These hikes should be for purposes, such as bird-watching, plant-observing etc. On each of these hikes, you must go with at least three other people and cover at least 4 km on foot.
- II. In a logbook, record your journeys, including the full particulars of route charts, journey records, purposes of the journeys and any interesting events on the way.
- III. List the Country Code.
- IV. Make a list of the suitable clothings, footwears and equipment for hiking in a variety of weather conditions.
- V. Describe Safety Rules and the procedures for calling for help.
- VI. Describe how to help protect the environment when hiking, e.g. the concept of “Leave No Trace”.
- VII. Prepare a First Aid kit suitable for your Patrol on a day trip.

Remarks

An appointed Guider who holds a valid HKAYP Expedition Instructor Certificate may take this badge assessment for her own Unit.

Hong Kong Award for Young People

Candidates who have completed the Expedition Section in the Bronze Level of the HONG KONG AWARD FOR YOUNG PEOPLE in this topic are qualified for this badge.



The Hong Kong Girl Guides Association
Interest Badge Syllabus
Guide Section – Fitness

Cycling

- I. Explain to the Assessor how to check the functions of a bicycle and the maintenance of a bicycle.
- II. Read a road map. At the assessment, cycle for approximately 2 km along a route indicated on the map by the Assessor.
- III. Demonstrate how to mount and dismount on the kerb side.
- IV. Demonstrate how to replace a loose chain.
- V. Explain the Highway Code as it applies to cycling.
- VI. Explain the proper equipment required on a bicycle and the cyclist for cycling at night.

Hong Kong Award for Young People

Holders of this badge who participate in an organized activity for six hours in a three month period are qualified for the same topic in the Physical Recreation Section in the Bronze Level of the HONG KONG AWARD FOR YOUNG PEOPLE.



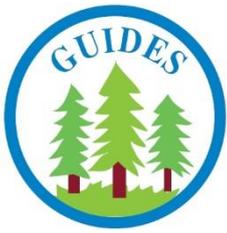
The Hong Kong Girl Guides Association
Interest Badge Syllabus
Guide Section – Fitness

Food and Nutrition

- I. Tell the Assessor how the four basic food types in the Food Pyramid function in our bodies and the quantity of each type we need each day.
- II. Design a day's menu according to the correct proportions of food in the Pyramid. Evaluate your diet habit and explain how you can improve your own diet.
- III. Choose three types of food from each level of the pyramid and list how many calories are provided by 100g of each of them.
- IV. Write down how many calories are needed daily by different age groups of males and females.
- V. Make a list of different kinds of food for different festivals and on special occasions and tell what level they fit into the Pyramid. Give suggestion on how to modify them to make people healthier.
- VI. Understand the causes of food poisoning and its prevention.
- VII. Explain aerobic exercises and non-aerobic exercises. Introduce two kinds of exercises of each type and list how many calories they consume in an hour and explain the proper ways of eating to regain energy after exercise.

Remarks

An appointed Guider may assess this badge for her own Unit.



The Hong Kong Girl Guides Association
Interest Badge Syllabus
Guide Section – Fitness

Forestry

- I.
 1. Visit a botanical garden / country park / park. Mark on a sketch-map the places where 15 different species of trees grow; identify their twigs, flowers, fruits, and leaves.
 2. Make leaf prints or bark rubbings of three of them. Illustrate your knowledge on the care and the growth of trees in a logbook or in an album and introduce them to the Assessor.
- II. Describe two ways of developing young seedlings and one experience in a tree planting activity.
- III.
 1. Sharpen a knife or change the blade of a saw.
 2. Demonstrate the use an axe or saw and know the maintenance of it.
 3. List ten wooden items which are used in the daily life.
- IV. Describe functions of trees and ways of their protection.
- V. Introduce the Registration of Old and Valuable Trees in Hong Kong and at least three kinds of endangered trees.
- VI. Illustrate how to prevent forest or hill fires.

Hong Kong Award for Young People

Holders of this badge are qualified for the Skill Section in the Bronze Level of the HONG KONG AWARD FOR YOUNG PEOPLE.



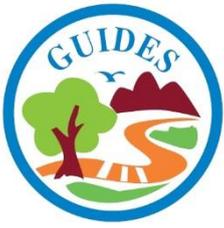
The Hong Kong Girl Guides Association
Interest Badge Syllabus
Guide Section – Fitness

Health

- I. Show by your personal appearance to the Assessor during the assessment that you are genuinely in good health and have good health habits; answer questions on cleanliness of clothing and toiletry articles, the use and the abuse use of cosmetics and deodorants.
- II. Explain the dangers of ill-fitting and unsuitable footwears. Describe how to choose a suitable pair of shoes for yourself.
- III. Describe the ways in which you try to keep your teeth and gums healthy.
- IV. Discuss with the Assessor how health is affected by cleanliness, posture of sitting and standing, exercising, sleeping, food, junk food, unwise dieting, drugs, smoking and alcohol.
- V. Discuss with the Assessor how you spend your leisure time to show that you are trying to maintain a balance in your various activities, interests, and work.

Remarks

An Appointed Guider may assess this badge for her own Unit.



The Hong Kong Girl Guides Association
Interest Badge Syllabus
Guide Section – Fitness

Hiking

Make a logbook to show the following:

- I. Go on two overnight hikes with your Unit or Patrol. Decide a purpose for each hike (e.g. bird-watching, plant-observing). You must cover at least 20 km on foot in each hike.
- II. Use a map of HM20C/WGS84 1:20000 and a Silva compass for navigation.
- III. List the group equipment and personal equipment for an overnight hike.
- IV. Pack a backpack for an overnight hike and show the way of water proofing.
- V. Plan your journey, including the route, alternative route, rescue point, food and emergency food. Know how to seek help and what to do when get lost, or when there is a hill fire or bad weather.
- VI. Food and cooking: introduce some food that is suitable for hiking and its advantages. Describe what attention should be paid when cooking during the journey and what safety measures need to be taken.
- VII. Plan the meals of an overnight hike including the quantity, methods of carrying and cooking.
- VIII. Explain the treatment of graze, twist, cramp and heat stroke and the ways of call for help in different situations.

Remarks

An appointed Guider who holds a valid HKAYP Expedition Instructor Certificate may take this badge assessment for her own Unit.

Hong Kong Award for Young People

This badge is equivalent to the same topic in the Expedition Section in the Bronze Level of the HONG KONG AWARD FOR YOUNG PEOPLE.



The Hong Kong Girl Guides Association
Interest Badge Syllabus
Guide Section – Fitness

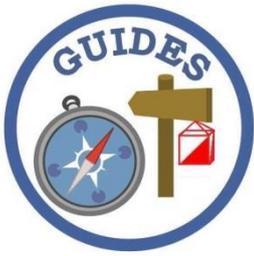
Nature

Make a logbook to show the following:

- I. Study a chosen area for six months. Make notes on animal life noticed during this time. Your record should include at least five kinds of animals. (Including birds, mammals, reptile, etc.)
 1. Date of observation
 2. Locations
 3. Name of the animals (including Chinese, English and Latin)
 4. Pictures of the animals
 5. Distribution
 6. Food
 7. Life style
 8. Living in the wild
- II. Explain the characteristics of vertebrate and invertebrate animals and how they affect the natural environment.
- III. Introduce some organizations that work on the protection of wild animals such as The Conservancy Association, AFCD, etc.
- IV. Record with the help of photos and words the lives and characteristics of at least five kinds of Hong Kong plants. Describe their trunks, branches, leaves, flowers and fruits (at least three of them should be trees).
- V. Collect specimens of at least five types of plants.

Hong Kong Award for Young People

Holders of this badge are qualified for the Skill Section in the Bronze Level of the HONG KONG AWARD FOR YOUNG PEOPLE.



The Hong Kong Girl Guides Association
Interest Badge Syllabus
Guide Section – Fitness

Orienteering

- I. Understand the information on an orienteering map (ratio, colour, conventional signs, contour) and be prepared to answer questions from the Assessor.
- II. Use a log book to show the following and explain to the Assessor:
 1. The history of orienteering
 2. Types of orienteering
 3. Equipment for doing orienteering
 4. Safety precautions for taking part in orienteering
 5. Rules and regulations of doing orienteering
- III. Demonstrate the following skills to the Assessor: 3S, thumb method, handrail method and collecting features.

Note

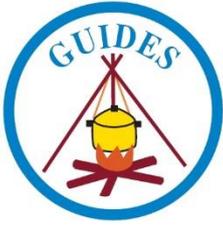
Holders of Orienteering Level 1 Certificate issued by the Hong Kong Orienteering Association are qualified for this badge.

Remarks

An appointed Guider who holds a valid Orienteering Coach Certificate may take this badge assessment for her own Unit.

Hong Kong Award for Young People

This badge is equivalent to the same topic in the Physical Recreation Section in the Bronze Level of the HONG KONG AWARD FOR YOUNG PEOPLE.



The Hong Kong Girl Guides Association
Interest Badge Syllabus
Guide Section – Fitness

Outdoor Cooking

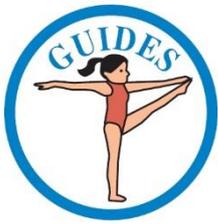
- I. Cook a meal for 2 people out of doors which includes:
 1. Two dishes and a soup or a hot drink.
 2. Using two different kinds of cooking methods.
 3. A balanced menu.
 4. Submitting your plan (including the menu, recipe, quantity and cost) for approval to the Unit Guider and show it to the Assessor in the assessment.
- II. Explain to the Assessor how you select, store and prepare the food beforehand.
- III. Demonstrate the following:
 1. How to keep the cooked food warm.
 2. Wash the utensils, remove the rubbish and clean the area after the meal.
- IV. Prepare a standard first aid kit and explain the treatment of burns and scalds.
- V. Use camping stove in the assessment and explain to the Assessor the safety precautions to be taken and demonstrate how to change gas or add fuel.

Note

You may take a Guide friend with you to help you. If your friend wishes to be assessed for this badge at the same time, the two of you must share the preparation and work for the assessment and be able to satisfy the Assessor that your efforts were equal.

Remarks

1. An appointed Guider who holds a valid HKAYP Expedition Instructor Certificate may take this badge assessment for her own Unit.
2. An appointed Guider who holds a valid Camper's License or a Quartermaster Certificate may take this badge assessment for her own Unit.
3. The Current Division Camp Consultant may take this badge assessment for Guides from her Division.



The Hong Kong Girl Guides Association
Interest Badge Syllabus
Guide Section – Fitness

Physical Fitness (Stage I)

Participate in the following events for at least three months.

1. Record the frequency of exercise each week (15 to 30 minutes each time) and the sports you have done.
2. Practice sit-up and record how many times you can do in one minute.
3. Sitting on the floor, stretch the upper limbs forward and measure the scale.
4. Participate in a sport which is played by hand.
5. Practice jogging until you attain the target of 1280 meters (16 Rounds) within nine minutes.

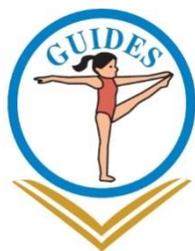
II. Test

Finish the following

Sit-up (one minute)	Sit & Reach (cm)	Bent-knee push-ups (one minute)	Nine-minutes Run (metre)
25	28	4	1280 (16 rounds)

Remarks

An appointed Guider who is a Qualified Physical Education Teacher or Physical Fitness Instructor of the Sponsoring Authority may take this badge assessment for her own Unit.



The Hong Kong Girl Guides Association
Interest Badge Syllabus
Guide Section – Fitness

Physical Fitness (Stage II)

Must be a holder of Physical Fitness Badge (Stage I)

- I. Participate in the following events for at least three months.
1. Record the frequency of exercise each week (15 to 30 minutes each time) and the sports you have done.
 2. Practice sit-up and record how many times you can do in one minute.
 3. Sitting on the floor, stretch the upper limbs forward and measure the reach.
 4. Participate in a sport which is played by hand.
 5. Practice jogging until you attain the target of 1476 meters (18 ½ rounds) within nine minutes.

II. Test

Finish the following:

Sit-up (One minute)	Sit & Reach (cm)	Bent-knee push-ups (One minute)	Nine-minutes Run (m)
37	38	17	1476 (18 ½ rounds)

Remarks

An appointed Guider who is a qualified Physical Education Teacher or Physical Fitness Instructor of the Sponsoring Authority may take this badge assessment for her own Unit.



The Hong Kong Girl Guides Association
Interest Badge Syllabus
Guide Section – Fitness

Pioneering

- I. Demonstrate how to use and carry an axe and a saw; and know how to maintain them.
- II. Make and use two of the following:
 1. An emergency shelter
 2. A ladder
 3. A means of crossing a stream
- III. Follow a map through an area unfamiliar to you and make three discoveries to be indicated by the Assessor.
- IV. Use natural material to boil a cup of water in twenty minutes.
- V. Cook something without using utensils.
- VI. List the Tracking Signs, and explain how to use them and the aims of using them.



The Hong Kong Girl Guides Association
Interest Badge Syllabus
Guide Section – Fitness

Sports

Before starting to work for this badge you must either have taken part for at least three months in a sport in which you act as an individual; or have played regularly for three months as a member of a team in any team sport. Keep a record of events you take part in and show it to the Assessor.

- I. When you start to work for the badge, seek advice from your coach, teacher or a qualified instructor, set yourself targets for improvement over at least the next six weeks.
- II.
 - a. Explain the rules of the sport and the safety rules applicable to it.
 - b. Describe what clothing and equipment is needed and the care of it.
- III. Demonstrate to the Assessor the warming-up activities appropriate to your chosen sport or discuss with him or her preparations for playing it.
- IV. Demonstrate to the Assessor, or take proof of, the progress you have made in your chosen sport. Discuss this with him or her and set yourself targets for the future.
- V. Explain to the Assessor how you get to know more about your chosen sport by watching a television series on it, studying a sports personality or reading a book about it and tell the Assessor what you have learnt.

Note

1. Holders of “Pre-Alpha” Level Certificate or above in Ice Skating are eligible for this badge.
2. The following items cannot be used for this badge: Cycling, Swimming and Canoeing.

Hong Kong Award for Young People

This badge is equivalent to the same topic in the Physical Recreation Section in the Bronze Level of the HONG KONG AWARD FOR YOUNG PEOPLE. (Please read the Handbook of the HONG KONG AWARD FOR YOUNG PEOPLE.)



The Hong Kong Girl Guides Association
Interest Badge Syllabus
Guide Section – Fitness

Star Gazing

- I. Keep a logbook with photos over a period of six months or above at approximately the same time in the evening giving observations of stars, moon and planets (if any) visible from a window, garden or a designated place. There should be at least five entries of the shapes and positions of the moon or stars (including direction and height. It is suggested that the photo should include buildings or landscapes so as to show its height from the land.) You should also record the time and the weather. (e.g. clear sky, cloudy, etc.)
- II. Recognize the shape and location for eight of the following:
 1. The Big Dipper, the “W” of Cassiopeia and point out the location of the Polaris
 2. The big triangle in Spring (Spica, Denebola, Arcturus)
 3. The Leo
 4. The Scorpio
 5. The Centaurs
 6. The Gemini
 7. The Taurus
 8. The approximate location of the centre of the Milky Way
 9. The Polari
 10. The big curve of the Spring (the curve formed by the Saptarishi, Arcturus and Spica)
 11. The big triangle of Summer (Altair, Lyra and Cygnus)
 12. The big square of Autumn (the four stars at the belly of the Pegasus)
 13. The big triangle of Winter (Orion, Sirius, Procyon)
- III. Understand the following on star gazing:
 1. The attitude of star gazing and the suitable conditions for star gazing such as season, date and weather.
 2. The types of astronomical phenomena in the atmospheric layer.
 3. The difference of astronomical phenomena in different parts of the world.
 4. The relationship between seasons and the starry sky.
 5. The number of planets and their names.
 6. The number of constellations.
 7. Different shapes of the moon.
 8. Constellations in any two seasons in the four. You must list at least one in each season.



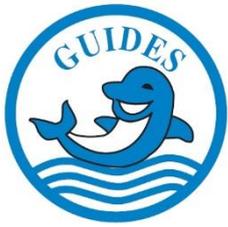
The Hong Kong Girl Guides Association
Interest Badge Syllabus
Guide Section – Fitness

Star Gazing

- IV. Know how to use simulated star softwares and use them to find out information of astronomical phenomena.
- V. Know how to use a rotate star chart.

Hong Kong Award for Young People

Candidates who have completed the Skill Section in the Bronze Level of the HONG KONG AWARD FOR YOUNG PEOPLE in this topic are qualified of this badge.



The Hong Kong Girl Guides Association
Interest Badge Syllabus
Guide Section – Fitness

Swimming (Stage I)

- I. Swim 50 metres in any style.
- II. Float on the water for 30 seconds.
- III. Tread water for 1 minute.
- IV. Dive and swim 5 metres. (The whole body should be below water surface.)
- V. Explain swimming safety rules.
- VI. Illustrate how to use the basic swimming-aid apparatus, e.g. buoy, lilo, a life jacket, etc.

Note

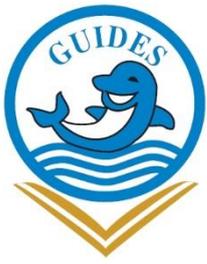
Holders of certification letter (with letter head or official chop) from official swimming organizations are eligible for this badge.

Remarks

An appointed Guider who holds a valid Life Saving certificate may take this badge assessment for her own Unit.

Hong Kong Award for Young People

Candidates who have completed the Skill Section in the Bronze Level of the HONG KONG AWARD FOR YOUNG PEOPLE in this topic are qualified for this badge.



The Hong Kong Girl Guides Association
Interest Badge Syllabus
Guide Section – Fitness

Swimming (Stage II)

Must be a holder of Swimming Badge (Stage I)

- I. Swim 50 metres in free style.
- II. Swim 50 metres in breast stroke.
- III. Swim 50 metres in back stroke and life-saving stroke.
- IV. From the surface of the water, dive to the bottom at a depth of 2 metres (or the nearest depth available but not less than 1.5 metres) find an object 2-4kg and bring it to land. If you fail at your first attempt, the test must be repeated three times and be successfully completed on each occasion.
- V. Dive into the pool and plunge 10 metres in 1 minute or under. (A plunge is a standing dive made head first from a firm take off i.e. side of pool. The body must be kept motionless, face downward and no progressive action shall be imparted to it other than the impetus of the dive.)

Note

Holders of certification letter (with letter head or official chop) from official swimming organizations are eligible for this badge.

Remarks

An appointed Guider who holds a valid Life Saving certificate may take this badge assessment for her own Unit.

Hong Kong Award for Young People

Candidates who have completed the Skill Section in the Bronze Level of the HONG KONG AWARD FOR YOUNG PEOPLE in this topic are qualified for this badge.



The Hong Kong Girl Guides Association
Interest Badge Syllabus
Guide Section – Fitness

Weather Knowledge

- I. Keep a daily record of the following for at least a month:
 1. Wind force and direction (Beaufort Scale)
 2. Amount of rainfall
 3. Temperature
 4. Relative humidity
 5. Barometer reading
 6. Weather warning signals
- II. Describe six signs foretelling the weather, and show records of testing their accuracy from your own observation.
- III. Identify three cloud types and briefly explain how they are formed.
- IV. Explain the characteristics of the wind directions of Hong Kong in summer and winter.
- V. Choose two of the following and explain how they are formed: dew; fog; hail; snow and rainbow.
- VI. Make either a simple rain gauge or a wind vane. Know how to use it to obtain reasonably reliable records.
- VII. Choose five of the Solar terms out of the 24 and explain their characteristics and indications.
- VIII.
 1. Explain how a storm is formed.
 2. Introduce the characteristics of seasonal storm in Hong Kong.
 1. Introduce the categories and grading of storms (Tropical Cyclones) in Hong Kong.

Hong Kong Award for Young People

Candidates who have completed the Skill Section in the Bronze Level of the HONG KONG AWARD FOR YOUNG PEOPLE in this topic are qualified for this badge.