

The Hong Kong Girl Guides Association
Interest Badge Syllabus
Guide Section



Intermediate Dragon Boating Permit

I. Applicant's Qualification

- Holder of Elementary Dragon Boating Badge or Elementary Dragon Boat Training Certificate issued by the Hong Kong China Dragon Boat Association
- Holder of Swimmer Badge (Stage I), Water Test Certificate or Bronze Medallion issued by the Hong Kong Life Saving Society
- Completion of Intermediate Dragon Boating Permit training course

II. Examination Standard

A. Theories:

1. Updates on HKCDBA
2. First Aid
3. Navigation rules
4. Introduction to competition regulations and racing rules

B. Techniques

1. Warm-up and cool-down exercises
2. Physical training
3. Strengthen sitting posture and paddling techniques
4. Position adjustment and movement in the boat
5. Draw and pry stroke
6. Race techniques
 - i) Start
 - ii) Endurance
 - iii) Finish
7. Swamped boat recovery
8. Understand racing rules and complete a minimum of 500m race

Remarks:

Holders of the Intermediate 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