

The Hong Kong Girl Guides Association
Interest Certificate Syllabus
Ranger Section

Mountaineering

Fulfil one of the following:

- I. Holders of the Level 1 Mountain Craft Training Certificate issued by the China Hong Kong Mountaineering and Climbing Union are qualified for this interest certificate. The certificate must be submitted to the HKGGA Programme Department for approval and issuance of the interest certificate.
- II. Complete 2 practices of day hikes (for each practice, the distance should not be less than 5 km and the duration should not be less than 6 hours), and introduce or demonstrate the following to the Assessor:
 1. Knowledge about mountaineering in Hong Kong
 2. Countryside code of the Agriculture, Fisheries and Conservation Department
 3. Environmental awareness of outdoor activities; brief introduction to the concept of Leave No Trace
 - Take your litter home, waste reduction, Bring Your Own Bottle, Bag, Box (BYO3B)
 4. Knowledge and choice of personal hiking clothing and equipment as well as team hiking equipment
 5. Map reading
 - Knowledge about the maps commonly used in Hong Kong (topographic maps series HM20C and countryside maps)
 - Legend and information on the map
 - Common landform
 - Knowledge about grid north and grid square; knowledge and application of 6-figure grid references of Military Grid Reference System (MGRS)
 - Use of a map romer
 6. Knowledge about leading a navigation
 - Knowledge and use of a baseplate compass
 - Application of bearings: direct bearing and forward bearing
 - Knowledge about setting a map; application of legend / method of calculating distance
 - Collecting features
 - Concept of traffic light (green, yellow, red zones) and the 3S formula (Stop > Set map / bearing > Select)
 7. Hiking skills
 - Formation and division of labour of the team
 - Method, pace and rhythm of walking
 - Maintaining energy level and foot care
 - Going forward and rest
 8. Basic concept of hiking food, backup food and emergency food

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9. Planning the journey
 - Preparation for the journey; choice of routes and backup routes
 - Estimation of the journey time (Naismith's Rule); knowledge and use of a route card
 - Knowledge about distance posts
10. Mountain safety
 - Safety rules; common mountaineering accidents and how to handle them
 - First aid principles; initial treatments of common injuries (cramps, sprains, bleeding, snake bites, bee stings, heat exhaustion, heatstroke, mild hypothermia)
 - How to call for help in case of accident (emergency call telephones, phoning for help, distress messages, sending someone to seek help, international mountain distress signals)
11. Source of weather forecasts