

The Hong Kong Girl Guides Association
Interest Certificate Syllabus
Ranger Section

Rock Climbing

Fulfil one of the following:

I. Holders of the Level 1 Rock Climbing 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 8 hours of practice, and introduce or demonstrate the following to the Assessor:

Theories

1. Introduction to the history of rock climbing and its development in Hong Kong
2. Introduction to the rock climbing sites in Hong Kong
3. Introduction to the top-roping method
4. Introduction to rock climbing ropes and equipment
5. How to put on, safely use and maintain personal protective equipment (PPE)
6. Knowledge about knots (Single Figure-8 Knot, Double Figure-8 Knot, Figure-8 Follow Through Knot)
7. Environmental awareness (take your litter home)
8. Safety rules for rock climbing
9. Code of conduct for students

Practice

1. Warm-up, slow down and stretching exercises
2. Climbing commands
3. Top rope system setting
4. Basic climbing techniques
5. Basic descending techniques

Hong Kong Award for Young People

- Holders of this certificate are qualified for the Physical Recreation Section at the Bronze (Minors) Level of the HKAYP.
- Candidates who have completed the Physical Recreation Section at the Bronze Level of the HKAYP in the corresponding item are qualified for this certificate.