

**The Hong Kong Girl Guides Association  
Interest Certificate Syllabus  
Ranger Section**

**Sailing Permit**

Ranger who hold the Level 1 Dinghy Certificate issued by the Hong Kong Sailing Federation may apply for Conversion of Sea Activity Qualification through the HKGGA Programme Department.

- I. Learn about and introduce the name of each part of a boat.
- II. Learn about and introduce each nautical term.
- III. Demonstrate the following knots:
  1. Figure-8 Knot
  2. Round Turn & Two Half Hitches
  3. Bowline
  4. Reef Knot
- IV. Introduce different points of sail.
- V. Learn about and introduce how to handle the following manoeuvres with the mainsheet at the stern and in the middle of a boat respectively:
  1. Tacking
  2. Gybing
- VI. Introduce the following methods of stopping a boat:
  1. Pointing the bow upwind
  2. The basic method
- VII. Introduce capsized recovery.

**Hong Kong Award for Young People**

- Holders of this permit 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 permit.