The Hong Kong Girl Guides Association Interest Certificate Syllabus Ranger Section

Sailor

- I. Sail a "dinghy" with paddles and bare hands.
- II. Demonstrate the following knots and state the uses of each knot:

- Figure-8 Knot - Reef Knot - Sheet Bend - Bowline - Round Turn & Two - Clove Hitch

Half Hitches

- Fisherman's Knot - Anchor Hitch - Double Sheet Bend

- Highwayman's Hitch

- III. Be familiar with the "Rules of the Road" and their application in Hong Kong.
- IV. Know about the name of each part of a ship and sail; be clear about the names and functions of a ship's equipment and demonstrate its uses
- V. Install the rigging for a sail correctly; demonstrate the measures to be taken on land and at sea during the launching of the ship; tidy up and place the ship properly after use.
- VI. Know how to use a life jacket; place and fix the buoyancy bag in an appropriate position; inflate the buoyancy bag and ensure it remains inflated.
- VII. Demonstrate the excellent skills of a sailor, including:
 - Balance the ship with weight.
 - Operate the small sailboat line correctly.
 - Use a daggerboard.
 - Know how to handle a capsized ship; demonstrate relevant measures when possible. Note: If you are not sure whether the water depth is suitable for capsizing, you should consult your instructor or camp staff.
 - Know how to reef a sail.
- VIII. Understand the direction of navigation; complete a simple voyage under supervision; demonstrate steering techniques.
- IX. Demonstrate mouth-to-mouth or mouth-to-nose resuscitation with a manikin; place the patient in the recovery position, giving a clear route by which fluid can drain from the airway.
- X. Know the latest knowledge about first aid; be able to handle with ease in the event of an accident.

Hong Kong Award for Young People

• Holders of this certificate are qualified for the Skills Section at the Bronze/ Progressive Silver/ Direct Silver (Minors) Level of the HKAYP. (Continuous participation in the activity for a minimum of 6 months) OR the Skills Section at the Silver (Major) / Gold (Minors)* Level of the HKAYP (Continuous participation in the activity for a minimum of 52 hours).

The Hong Kong Girl Guides Association Interest Certificate Syllabus Ranger Section

• Candidates who have completed the Skills Section at the Bronze/ Silver Level of the HKAYP in the corresponding item are qualified for this certificate.

*For Gold Award activities, you need to submit the proposal at least 1 month before the starting date. After the HKGGAOA review, the proposal will be submitted to the Award Office for Section Panels' approval. The activities can only begin after receiving notification of approval from the Section Panels. Late submissions may not be accepted.