

# Dragon Boatman



Complete the following:

1. Hold a valid Swimming Test Certificate issued by the Association.
2. Complete the Dragon Boat Training Course organised by the Association (last for one day and not less than six hours) or the Dragon Boat Rower Training Course recognised by the Association with the following course details:
  - (a) Understand the following theories:
    - (i) History and development of dragon boating
    - (ii) Importance of warm-up exercise
    - (iii) Equipments and names of various parts of a dragon boat
    - (iv) Different types of dragon boats and building materials used
    - (v) Water safety knowledge of the sport
    - (vi) General racing rules of dragon boat
  - (b) Complete the following practical training:
    - (i) Proper ways to use paddles
    - (ii) Proper sitting posture
    - (iii) Paddling skills – starting position, pushing, pulling the blade and lifting the paddle
    - (iv) Paddle forward and backward, draw strokes and emergency stop
    - (v) Know how to deal with capsizing
    - (vi) Understand the importance and skills of uniform paddling and balance
    - (vii) Proper ways of preparation, cleaning and maintenance of dragon boat and paddle
    - (viii) Complete at least 2 hours training and participate in a practice match of not less than 250 meter



Completion of this Badge, with a continuous participation of not less than twelve weeks (inclusive of a minimum of two hours every two weeks), implying a total of not less than twelve hours, would be counted as an equivalent of the relevant item under the Physical Recreation Section of the Hong Kong Award for Young People Bronze Award.

It is important to arrange games and competition so that allabouts of the troop take part.  
童軍活動所安排的遊戲及競賽得考慮讓所有童軍都能參與。這是很重要的。