

Canoeist



Complete the following:

1. Hold the Sea Activity Log and has passed the swimming test.
2. Complete either (A) or (B):
 - (A) Completed a 3-day Canoe Training Course (at least 18 hours) held by the Association, which including:
 - (a) Understand the following theories:
 - Knowledge of personal equipment
 - The effects of weather
 - The safety rules of canoeing
 - (b) Complete the following practical training:
 - How to wear a life jacket / buoyancy aid
 - Paddle forward and backward
 - Emergency stop
 - Launching, embarking and disembarking technique
 - Sweep strokes
 - Draw strokes
 - Slap for support in placid water
 - Deepwater capsize and right the boat
 - "HI" deepwater rescue
 - (B) Hold the Three Star Award Certificate or Canoe Elementary Certificate of Hong Kong Canoe Union or equivalent qualification.