

Dragon Boatman



Complete the following:

1. Hold the Sea Activity Log and has passed the swimming test.
2. Completed a 1-day Dragon Boat Training Course (at least 6 hours) held by the Association, which including:
 - (a) Understand the following theories:
 - History and development of dragon boating
 - Importance of warm-up exercise
 - Equipment and names of various parts of a dragon boat
 - Different types of dragon boats and building materials used
 - Aquatic knowledge of the sport
 - General racing rules of dragon boat
 - (b) Complete the following practical training:
 - Correct paddling method
 - Correct sitting posture
 - Correct paddling skills – starting position, pushing, pulling the blade and lifting the paddle
 - Paddle forward and backward, draw strokes and emergency stop
 - Know how to deal with capsizing
 - Know the importance and skill of uniform paddling and balance
 - Correct preparation, cleaning and maintenance of dragon boat and paddle
 - Complete at least 2 hours training and participate a practice race (not shorter than 250 meter)