

Canoe Polo



Complete the following:

- (A) Hold the Sea Activity Log and has passed the swimming test.
- (B) Hold the Canoe Polo Elementary Certificate of the Hong Kong Canoe Union; or

Complete the following:

- (I) Know how to use and take care of equipment
 1. Canoe, spray skirt, helmet, buoyancy aid, paddles, water polo ball, padded equipment
 2. Pitch requirements: net, pitch lines, floating balls, buoys and signs
- (II) Efficient manoeuvre of the boat
 1. Carry a canoe to water, embark and disembark a boat
 2. Paddle forward and backward
 3. Emergency stop and turn to dodge or block
 4. Slap for support and draw strokes
 5. Sweep strokes and snap turn
 6. How to deal with capsized
- (III) Proper use of spray skirt
 1. Attach the spray skirt to the boat and release after capsizing
- (IV) Ball control and demonstrate the following techniques with team-mates
 1. Dribble the ball and move forward
 2. Pass and catch the ball
 3. Shoot and guard the goal
- (V) Know the canoe polo rules
 1. Follow the rules of the International Canoe Polo Federation. Know the whistle and arm symbols systems of the referee, pitch facilities and safety rules.

Note: The requirements of this award are subject to latest changes made by the relevant Association.