

International Racing Kayak



Complete the following:

- (A) Hold the Sea Activity Log and has passed the swimming test.
- (B) Hold the One Star Award Certificate by the Hong Kong Canoe Union.
- (C) Hold the International Kayak Elementary Certificate by the Hong Kong Canoe Union; or

Complete the following:

- (I) Theory
 - 1. Know the aquatic safety rules for kayaks.
 - 2. Know K1, K2, K4, C1 and C2 races.
 - 3. Know the paddles.
- (II) Practical
 - 1. Carry a kayak to and from water.
 - 2. Embark, disembark and empty a kayak.
 - 3. Paddle forward for 200 m.
 - 4. Slap for support.
 - 5. Sweep for support.
 - 6. Forward sweep stroke.
 - 7. Paddle forward for 50 m, capsize the boat, tow the boat and swim back to shore.

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