

Organised by the Hong Kong China Dragon Boat Association (HKCDBA)
Subvented by the Leisure and Cultural Services Department (LCSD)
Co-organised by the Education Bureau
School Sports Programme – Badges Award Scheme for Dragon Boating

Purpose: To allow trainees to learn dragon boating techniques and competition rules through progressive training under the Badges Award Scheme, and to assess them based on the technical standards of the respective levels. Awards will be presented to the trainees who meet the relevant standards for their enjoyment in dragon boating and competitions, with a view to further promoting the dragon boat sports for all.

Type of Badges:

1. Outreach Coaching Programme – Elementary and Intermediate Dragon Boat Training Certificates
2. Joint Schools Sports Training Programme – Advanced Dragon Boat Training Certificate and Level 1 Dragon Boat Helmsman Certificate
3. Participants of the Elementary, Intermediate and Advanced Dragon Boat Training Certificate courses must be aged 12 or above. Participants of the Level 1 Dragon Boat Helmsman Certificate course must be aged 15 or above.
4. Assessment Standard: Trainees must obtain passes in both the Theory and Technique Tests for certification.

Fees:

1. Elementary, Intermediate and Advanced Dragon Boat Training Certificates each cost \$40.
2. Level 1 Dragon Boat Helmsman Certificate costs \$100.
3. Personal Dragon Boat Training Logbook costs \$50.

Participation Method/Award: Trainees of the dragon boat training courses of the Outreach Coaching Programme and the Joint Schools Sports Training Programme under the School Sports Programme will be assessed by coaches at the end of the courses based on the contents of the respective tests. Trainees who meet the standards will be awarded badges and certificates by the Hong Kong China Dragon Boat Association (HKCDBA).

Collection of Badges and Certificates: Upon completion of the assessment, trainees with passing results need to purchase badges and certificates from the coaches of the HKCDBA. They may opt whether to purchase them together with the Personal Dragon Boat Training Logbooks.

Enquiries (1): The Leisure and Cultural Services Department

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Enquiries (2): Hong Kong China Dragon Boat Association

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Remarks: The Badges Award Scheme for Dragon Boat is co-ordinated and developed by the HKCDBA.

Standards and Assessment of Dragon Boat Badges

The Elementary, Intermediate and Advanced Dragon Boat Training Certificate Courses, organised by the HKCDBA, are conducted in a progressive manner. Participants who have completed individual recognised courses and met the assessment standards will be awarded the certificates and badges of the respective levels.

Elementary, Intermediate and Advanced Dragon Boat Training Certificate Courses (for students aged 12 or above)

Content/Badge	Elementary Dragon Boat Training Certificate	Intermediate Dragon Boat Training Certificate	Advanced Dragon Boat Training Certificate
Requirement	Able to swim for 50 metres in light clothing	Holder of the Elementary Dragon Boat Training Certificate issued by the HKCDBA and able to swim for 50 metres in light clothing	Holder of the Intermediate Dragon Boat Training Certificate issued by the HKCDBA and able to swim for 50 metres in light clothing
Scope of Assessment (Theories)	<ol style="list-style-type: none"> 1. The history and development of dragon boating in Hong Kong 2. A brief introduction to the HKCDBA 3. Types, structures and basic gears of dragon boats 4. Water safety knowledge 5. Differences between lifejackets and buoyancy aids 	<ol style="list-style-type: none"> 1. Updates on the HKCDBA 2. General first aid knowledge 3. Navigation rules for dragon boating 4. A brief introduction to dragon boat competition rules 	<ol style="list-style-type: none"> 1. Updates on the HKCDBA 2. The impacts of wind, tides, currents and sea waves on dragon boating 3. Use of nautical charts and compasses 4. Weather related knowledge 5. Basic physical fitness 6. Dragon boat competition rules 7. Contingency measures in case of accidents 8. Planning and preparation for sea journey
Scope of Assessment (Techniques)	<ol style="list-style-type: none"> 1. Warm-up exercises 2. Steps on how to put on buoyancy aids or lifejackets 3. Safety rules on embarking and disembarking to and from a dragon boat 4. Sitting posture and paddle gripping 5. Embarking in deep water 6. Basic strokes <ol style="list-style-type: none"> i) Forward strokes ii) Backward strokes iii) Emergency stop 	<ol style="list-style-type: none"> 1. Warm-up and cool-down exercises 2. Physical fitness training 3. Consolidation of basic sitting posture and ways of paddling 4. Moving and changing positions on a dragon boat 5. Draw strokes and leverage strokes 6. Competition techniques <ol style="list-style-type: none"> i) Starting 	<ol style="list-style-type: none"> 1. Pre-race warm-up exercises 2. Co-ordination and mastering skills of paddling posture, power and frequency etc. 3. Sculling draw strokes 4. Drum rhythm and how the drummer works in concert with paddlers 5. Capsize recovery 6. Expedition: Complete a 20 km journey during

	iv) Brace to balance	ii) Mastering endurance iii) Crossing the line 7. Capsize drills 8. Modes of dragon boat competitions, and ability to complete no less than 500 metres of distance in competitions	training
Assessment Standard	<p>Trainees will be assessed by registered coaches of the HKCDBA from time to time during training. The scope of assessment will cover both techniques and theories.</p> <p>Upon completion of the assessment, trainees with passing results need to purchase badges and certificates from the coaches of the HKCDBA. They may opt whether to purchase them together with the Personal Dragon Boat Training Logbooks.</p>		

Level 1 Dragon Boat Helmsman Training Certificate Course (for students aged 15 or above)

Content/Badge	Level 1 Dragon Boat Helmsman Training Certificate	
Requirement	<ol style="list-style-type: none"> 1. Individual member of the HKCDBA 2. Holder of the Intermediate Dragon Boat Training Certificate issued by the HKCDBA 3. Able to swim for 100 metres in light clothing, tread water for 2 minutes and embark in deep water 	
Scope of Assessment (Theories)	<ol style="list-style-type: none"> 1. Basic dragon boat steering skills 2. Basic navigation knowledge 3. knowledge on dragon boat competitions 4. Types, structures and basic gears of dragon boats 5. The helmsman's responsibilities and points to note 6. Weather related knowledge 7. The impacts of wind, tides, currents and sea waves 8. Water safety knowledge 	
Scope of Assessment (Techniques)	<ol style="list-style-type: none"> 1. General Techniques <ol style="list-style-type: none"> i) Individual paddling in control of a dragon boat; preparation for launching dragon boats at beaches, piers or pontoons and after-use arrangements ii) Application of basic steering skills in the following circumstances: <ul style="list-style-type: none"> - Static turning - Keeping the course (forward and backward) - Turning when moving (forward and backward) - Leaving and returning to beaches, piers or pontoons etc. 2. Competition Techniques <ol style="list-style-type: none"> i) Paddling backward to starting points ii) Completion of a simulated race for no less than 200 metres during training 3. Basic use of knotting 4. Capsize drills and recovery 5. Overboard rescue 	
Assessment Standard	<p>Trainees will be assessed by registered coaches of the HKCDVA. Assessment will be conducted by means of both written tests and practical tests. Trainees should arrange for their own paddlers for assessments. The speed limit for the boat during the</p>	

assessment is at least 12km/hr. Upon completion of the assessment, trainees with passing results need to purchase badges and certificates from the coaches of the HKCDBA. They may opt whether to purchase them together with the Personal Dragon Boat Training Logbooks.

