

Organised by the Hong Kong Canoe Union
Subvented by the Leisure and Cultural Services Department
Co-organised by the Education Bureau
School Sports Programme – Badges Award Scheme
〈 Canoe 〉

Purpose: To further promote kayaking by enabling students to complete the kayak training gradually and gain kayaking experience through the Badges Award Scheme.

Type of Badges:

1. Starfish, Sea Horse, Seal, Sea Lion and Walrus Awards in Junior Kayak Training Course (For students aged 8-13).
2. One-star, Two-star and Three-star Awards in Kayak Elementary Training Course; Stage 1 and Stage 2 in Canoe Polo Training Course; and Bronze, Silver and Gold Awards in Kayak Intermediate Training Course (For students aged 14 or above).
3. Assessment Standard
Trainees must pass both the theory and practical assessments for completion.
Remarks: Applicable to kayak training courses of the Easy Sports Programme and Outreach Coaching Programme

Fee:

1. For each level of the Junior Kayak Training Course (Starfish, Sea Horse, Seal, Sea Lion or Walrus Award), a set of badge, certificate and logbook costs \$30. The logbook will only be distributed together with the purchase of the Starfish Award.
2. For each level of the Kayak Elementary Training Course (One-star, Two-star or Three-star Award), a set of badge, certificate and logbook costs \$40. The logbook will only be distributed together with the purchase of the One-star Award. Trainees who pass the One-star, Two-star and Three-star Awards assessments are regarded as equivalent to holders of Kayak Elementary Certificate.
3. For each level of the Canoe Polo Training Course (Stage 1 or 2), a certificate costs \$40 and a logbook \$30.
4. For each level of the Kayak Intermediate Training Course (Bronze, Silver or Gold Award), a certificate costs \$50. Holders of Intermediate Gold Award Attendance Certificate may register for the Kayak Intermediate Certificate Examination (Skill and Sea Trip) through the Hong Kong Canoe Union (HKCU) or its affiliated clubs. Only trainees who pass the examination can apply for the Kayak Intermediate Certificate from the HKCU.

All trainees participating in kayak training courses of the Easy Sports Programme and Outreach Coaching Programme will be assessed by coaches before the end of the courses based on the contents of the respective tests. Trainees who meet the standards will be awarded a badge and a certificate by the HKCU as encouragement.

Collection of Badges and Certificates: After completion of the assessment, trainees who meet the standard can purchase the badges and certificates from the coaches assigned by the HKCU.

Enquiries (1): The Leisure and Cultural Services Department

Address: School Sports Programme Unit, 1/F, Leisure and Cultural Services Headquarters, 1-3 Pai Tau Street, Sha Tin

Telephone No.: 2601 7602

Fax: 2684 9076

Website: www.lcsd.gov.hk

Email: ssp@lcsd.gov.hk

Enquiries (2): The Hong Kong Canoe Union

Address: Room 1102, Nan Fung Commercial Centre, 19 Lam Lok Street, Kowloon Bay,
Kowloon

Telephone No.: 2723 7168

Fax: 2838 9037

Website: www.hkcucanoe.com.hk

Email: hku@hkolympic.org

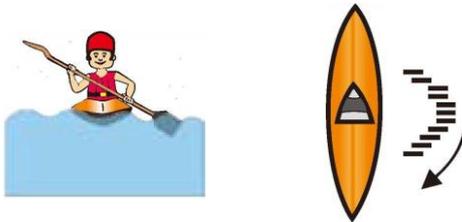
Remark: The Badges Award Scheme for Canoe is co-ordinated and developed by the HKCU.

School Sports Programme – Badge Award Scheme

Key Points of Kayaking Skills

1) Forward Stroke

Lean forward slightly and look straight ahead. Draw the paddle alongside the kayak as close as possible. The paddle blade should be perpendicular to the direction of your stroke. Do not plant the paddle too deep. The centre of the paddle shaft should be at your shoulder level above the centre of the bow. Strokes should be made at about 45° with the water.



2) Reverse Stroke

When the paddle blade is pushed forward, the kayak will be propelled backward. You should form a habit of looking backward during practices to avoid crashing into rocks.

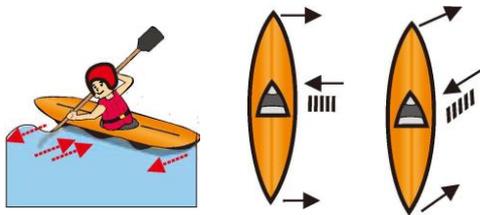


3) Stop

To stop a forward moving kayak by performing several Reverse Strokes on the left and right respectively.

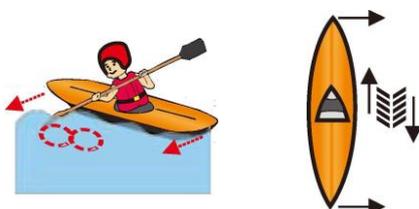
4) Draw Stroke

Reach your paddle out to the side of the kayak. Place it into the water and pull towards the kayak. When the paddle is close to the kayak, change the blade direction and lift it. Lifting at a wrong timing or shifting too much weight towards the paddle will greatly reduce the sideways momentum or even cause the kayak to capsize due to deep draught.



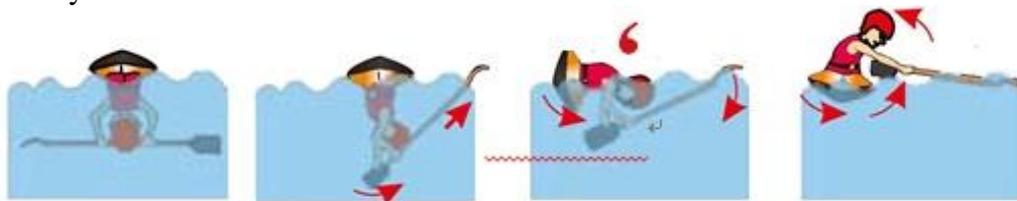
5) Sculling Draw

Keep the blade in the water. Paddle back and forth in an “8” shape to achieve a similar effect as Draw Strokes.



6) Eskimo Roll

A skill that allows recovery from a capsized kayak directly without getting out of it. It is the best response to accidents and can be performed in many ways, for example, full rolling - rolling the kayak 360°. It allows you to recover from your stronger side even if you capsize on your weaker side.



Standards and Assessment of the Kayak Medal

Participants of kayaking activities should be proficient in swimming; wear a standard life jacket or buoyancy aid while kayaking; and pass the following swimming tests:

1. Able to swim 50 m with clothes
2. Able to swim underwater for a short distance
3. Able to tread water and stay afloat at a designated area for 1 minute

Junior Kayak Awards (For students aged 8 to 13)

Details/Award	Starfish Award	Sea Horse Award	Seal Award
Entry Requirements	Able to swim 50 m without a life jacket/buoyancy aid	Holders of Starfish Award	Holders of Sea Horse Award
Syllabus (Theory)	<ul style="list-style-type: none"> • Wearing suitable protection clothing and life jacket • Knowing which kayak and paddle suit you 	<ul style="list-style-type: none"> • Knowing whistle signals 	<ul style="list-style-type: none"> • Effects of weather on kayaking
Syllabus (Practical)	<ul style="list-style-type: none"> • Embarking and disembarking • Paddling 10 m without a paddle (in 1 minute) • Paddling 10 m with a paddle (in 30 seconds) • Stop a kayak (within the designated 2 m) • Passing and shooting a ball 10 times (must hit the target at least 3 times) 	<ul style="list-style-type: none"> • Stop a kayak (within the designated 1.5 m) • Passing and shooting a ball 10 times (must hit the target at least 4 times) • Paddling 20 m (in 1 minute) • Recovering from a capsized kayak (in 10 minutes) • Sweeps (Forward Sweep and Reverse Sweep) 	<ul style="list-style-type: none"> • Two-person emptying • Stern Rudder • Paddling 30 m (in 1 minute) • Rafting up
Assessment Standard	Assessment will be performed by coaches registered with the HKCU. Trainees who pass both the theory and practical assessments may purchase the relevant badges, certificates and logbooks from the coaches assigned by the HKCU at their own costs.		

Junior Kayak Awards (For students aged 8 to 13)

Details/Award	Sea Lion Award	Walrus Award
Entry Requirements	Holders of Seal Award	Holders of Sea Lion Award
Syllabus (Theory)	<ul style="list-style-type: none"> • Knowing the paddle (differentiate a left-handed and right-handed paddle) 	<ul style="list-style-type: none"> • Knowing the kayak (adult and junior training kayak)
Syllabus (Practical)	<ul style="list-style-type: none"> • Paddling 40 m (in 1 minute) • Draw Stroke • Flexible application of rafted kayaks 	<ul style="list-style-type: none"> • Stationary high brace recovery • Paddling 50 m (in 1 minute)
Assessment Standard	Assessment will be performed by coaches registered with the HKCU. Trainees who pass both the theory and practical assessments may purchase the relevant badges, certificates and logbooks from the coaches assigned by the HKCU at their own costs.	

Standards and Assessment of the Kayak Medal

Kayak Elementary Awards (For students aged 14 or above)

Details/Award	One-star Award	Two-star Award	Three-star Award
Entry Requirements	Able to swim 50 m without a life jacket/buoyancy aid	Holders of One-star Award or Sea Horse Award in Junior Kayak Training Course, who shall operate a single-seat kayak during training or assessment.	Holders of Two-star Award or Sea Lion Award in Junior Kayak Training Course, who shall operate a single-seat kayak during training or assessment.
Syllabus (Theory)	<ul style="list-style-type: none"> • Knowing whistle signals • Personal equipment 	<ul style="list-style-type: none"> • Knowing life jackets, paddles and kayaks • Effects of weather 	<ul style="list-style-type: none"> • Safety guide on kayaking
Syllabus (Practical)	<ul style="list-style-type: none"> • How to wear a life jacket • Forward Stroke and Reverse Stroke • Emergency stop • Techniques for kayak transportation, embarking and disembarking • Sweeps • Rafting up • Recovering from a capsized kayak • Two-person shoreside emptying 	<ul style="list-style-type: none"> • One-person kayak transportation • Stern Rudder • Flexible application of rafted kayaks • HI-rescue 	<ul style="list-style-type: none"> • Draw Stroke • Stationary low brace recovery • One-person shoreside emptying • X-rescue
Assessment Standard	Assessment will be performed by coaches registered with the HKCU. Trainees who pass both the theory and practical assessments may purchase the relevant badges, certificates and logbooks from the coaches assigned by the HKCU at their own costs.		

Canoe Polo Awards (For students aged 14 or above)

Details/Award	Level 1	Level 2
Entry Requirements	Able to swim 50 m without a life jacket/buoyancy aid	Holders of Canoe Polo Level 1
Syllabus (Theory)	<ul style="list-style-type: none"> • Safety guide on kayaking • Knowing judges' gestures and signals 	<ul style="list-style-type: none"> • International Canoe Federation Canoe Polo Rules (Chapter 3)
Syllabus (Practical)	<ul style="list-style-type: none"> • Wearing life jacket and body protection properly • Forward Stroke, Reverse Stroke and Emergency Stop • One/two-person kayak transportation • Techniques for embarking and disembarking • Sweeps • Basic ball passing and catching (stationary) • Shooting and goalkeeping 	<ul style="list-style-type: none"> • High brace recovery • Draw Stroke • Recovering from a capsized kayak (without spray cover) • One-person emptying • Basic dribbling techniques • X-rescue in deep water
Assessment Standard	Assessment will be performed by coaches registered with the HKCU. Trainees who pass both the theory and practical assessments may purchase the relevant badges, certificates and logbooks from the coaches assigned by the HKCU at their own costs.	

Kayak Intermediate Awards (For students aged 14 or above)

Details/Award	Intermediate Bronze Award	Intermediate Silver Award		Intermediate Gold Award	
		Skill	Sea Trip	Skill	Sea Trip
Entry Requirements	Holders of Three-star Award Certificate or Kayak Elementary Certificate; or completed Kayak Three-star Certificate Course	Holders of Intermediate Bronze Award Certificate	Completed Intermediate Silver Award (Skill)	Holders of Intermediate Silver Award Certificate	Completed Intermediate Gold Award (Skill)
Syllabus (Theory)	<ul style="list-style-type: none"> • Knowing solo and group trip equipment • Application of first-aid kit, tow rope and survival bag 	<ul style="list-style-type: none"> • Application of map and compass • Introduction to sea trip planning (e.g. how to draft a trip list) 	<ul style="list-style-type: none"> • Sea trip safety regulations 	<ul style="list-style-type: none"> • On-board repair knowledge 	<ul style="list-style-type: none"> • Application of on-board repair knowledge
Syllabus (Practical)	<ul style="list-style-type: none"> • One-person kayak transportation • Embarking and disembarking (pier/beach/slipway) • One-person shoreside emptying • High brace recovery • X-rescue (by the rescuer) 	<ul style="list-style-type: none"> • Swimmer-to-canoe rescue (from about 5 m, by way of pull or kneel) • Eskimo rescue (from about 10 m, by way of bow and paddle) 	<ul style="list-style-type: none"> • A sea trip of no less than 15 km in a day 	<ul style="list-style-type: none"> • Sculling Draw • Sculling Brace (high and low brace) • Low Brace Turn 	<ul style="list-style-type: none"> • Effects of winds, tidal charts, and currents on kayaking and how to respond
Assessment Standard	Assessment would be performed by coaches registered with the HKCU. Trainees who pass both the theory and practical assessments may purchase the relevant badges, certificates and logbooks from the coaches assigned by the HKCU at their own costs.				