



中國香港龍舟總會  
HONG KONG CHINA DRAGON BOAT ASSOCIATION

龍舟運動訓練計劃  
DRAGON BOAT TRAINING SCHEME

個人訓練紀錄冊  
PERSONAL TRAINING LOGBOOK



2014年7月初版  
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Boat Association

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First published in July 2014  
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# 目 錄 Table of Content

	頁數	Page
1. 個人資料 Personal Particulars	5	5
2. 訓練進程	6	6
The Curriculum	7	7
3. 訓練與評核安排	8	8
Arrangement of Training and Assessment	9	9
4. 龍舟訓練證書課程概覽	10	10
An Overview on Dragon Boat Training Certificate Series	11	11
4.1 初級龍舟訓練證書	12	12
Elementary Dragon Boat Training Certificate	13	13
4.2 中級龍舟訓練證書	14	14
Intermediate Dragon Boat Training Certificate	15	15
4.3 高級龍舟訓練證書	16	16
Advanced Dragon Boat Training Certificate	17	17
5. 龍舟舵手證書課程概覽	18	18
An Overview on Dragon Boat Helm Certificate Series	19	19
5.1 一級龍舟舵手證書	20	20
Level 1 Dragon Boat Helm Certificate	21	21
5.2 二級龍舟舵手證書	22	22
Level 2 Dragon Boat Helm Certificate	23	23
6. 龍舟教練證書課程概覽	24	24
An Overview on Dragon Boat Coach Certificate Series	25	25
6.1 一級龍舟教練證書	26	26
Level 1 Dragon Boat Coach Certificate	27	27
6.2 二級龍舟教練證書	28	28
Level 2 Dragon Boat Coach Certificate	29	29
6.3 三級龍舟教練證書	30	30
Level 3 Dragon Boat Coach Certificate	31	31
7. 訓練紀錄 Training Record	32	32
8. 評核紀錄 Assessment Record	33	33
9. 教練研討會紀錄 Coach Seminar Record	34	34
10. 實習紀錄 Practical Training Record	34	34
11. 龍舟活動一般安全措施	35	35
General Safety Measures for Dragon Boating	37	37
12. 備註 Remarks	40	40

# 個人資料 Personal Particulars

姓名： \_\_\_\_\_

Name : \_\_\_\_\_

性別 Gender : 男 Male / 女 Female

相片  
Photograph

地址 Address : \_\_\_\_\_  
\_\_\_\_\_

電話號碼 Tel. No. : \_\_\_\_\_

電郵地址 Email Address : \_\_\_\_\_

個人會員編號 Individual Membership No. : \_\_\_\_\_

註冊舵手編號 Registered Helm No. : \_\_\_\_\_

註冊教練編號 Registered Coach No. : \_\_\_\_\_

## 緊急聯絡 Emergency Contact

緊急聯絡人 Contact Person : \_\_\_\_\_

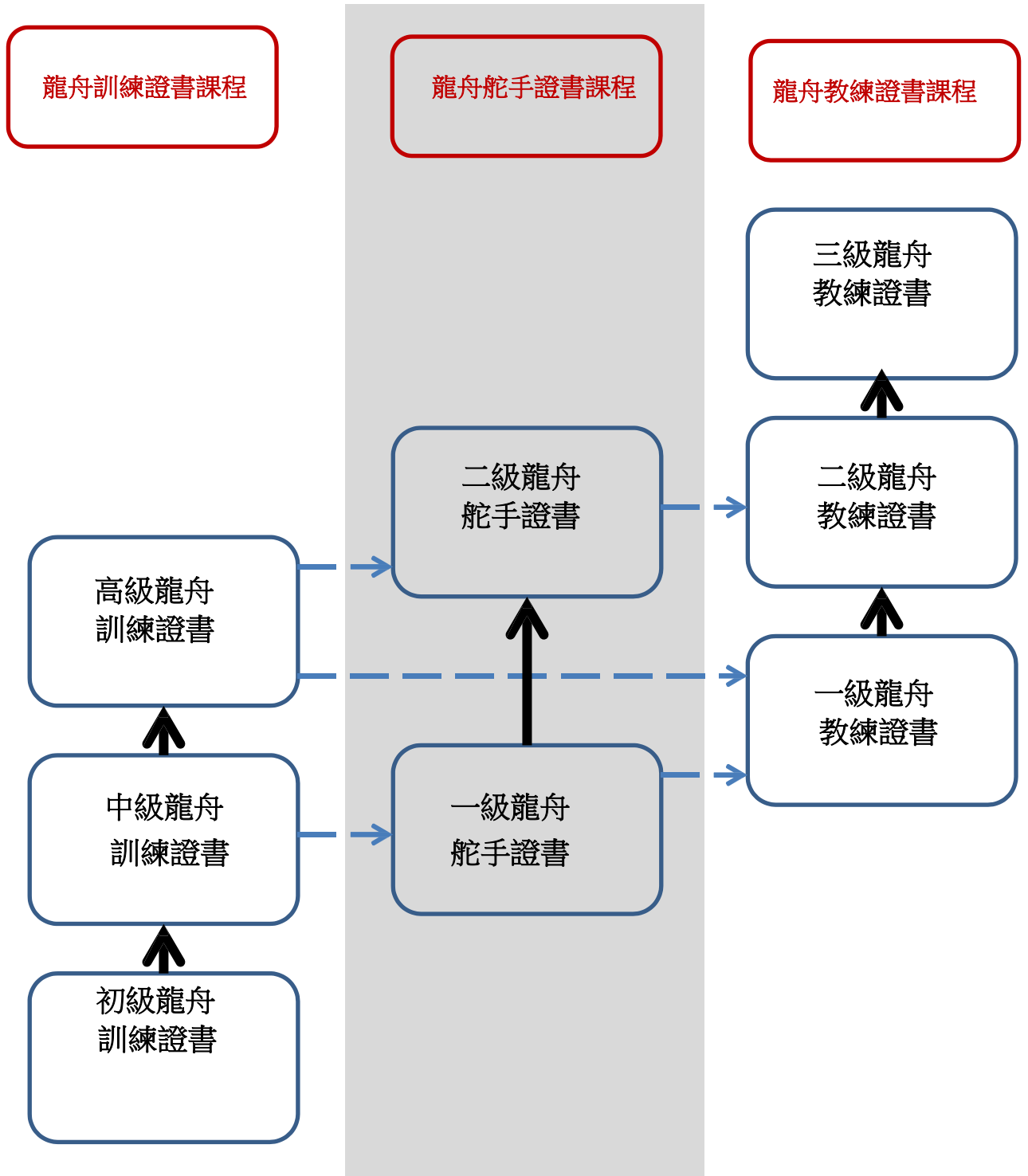
關係 Relationship : \_\_\_\_\_

聯絡電話號碼 Contact Tel. No. : \_\_\_\_\_



# 中國香港龍舟總會 龍舟運動訓練課程

## 訓練進程

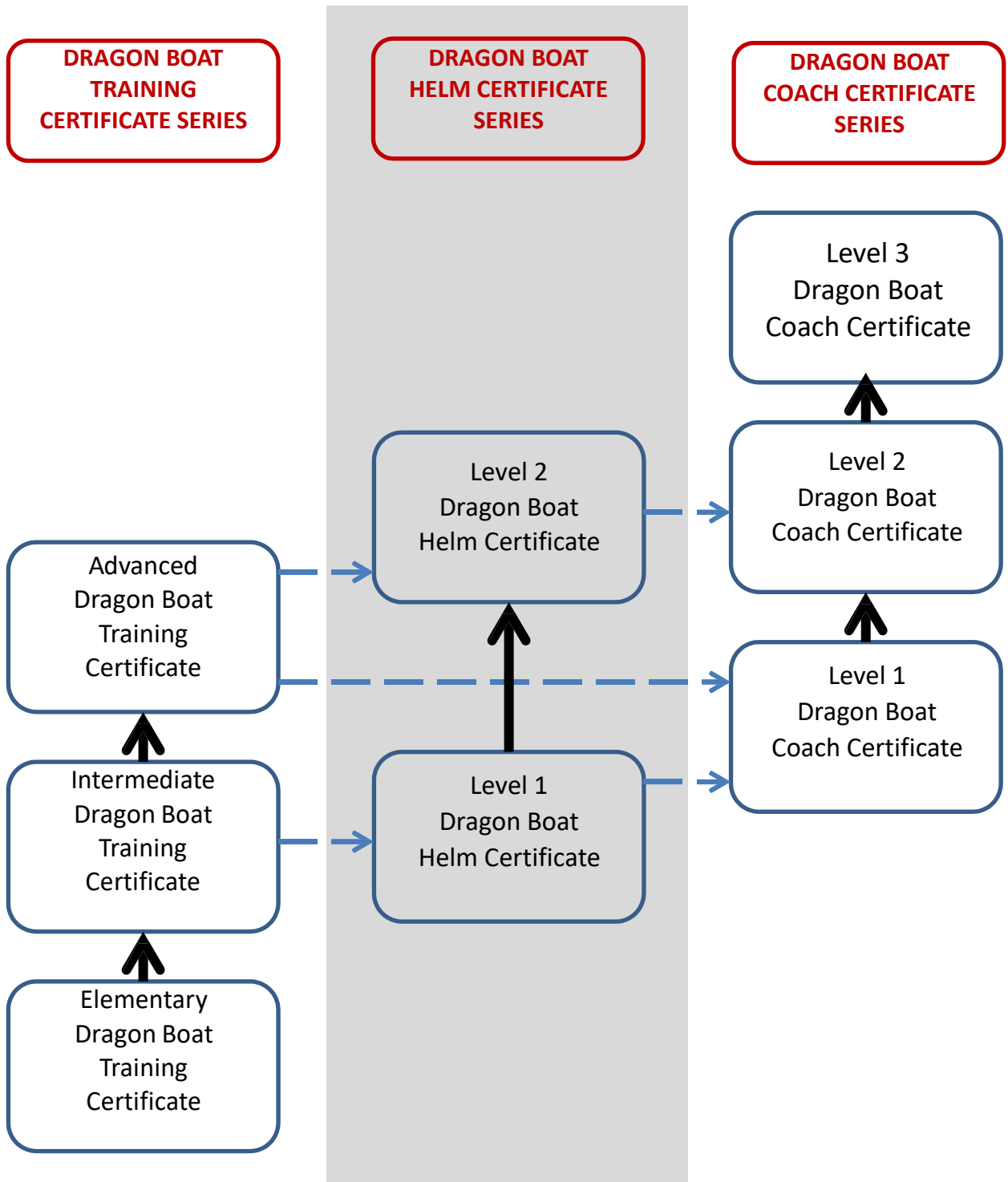




# HONG KONG CHINA DRAGON BOAT ASSOCIATION

## DRAGON BOAT TRAINING SCHEME

### THE CURRICULUM





# 中國香港龍舟總會 龍舟運動訓練計劃

## 訓練與評核安排

課程	訓練		評核
	開辦單位	負責教練	
初級龍舟訓練證書	總會 或 屬會	註冊一級教練 或以上資歷	註冊一級教練 或以上資歷
中級龍舟訓練證書			
高級龍舟訓練證書	總會	註冊二級教練 或以上資歷	總會委派的 註冊二級教練 或以上資歷
一級龍舟舵手證書	總會 或屬會	註冊二級教練 或以上資歷	總會委派的 註冊二級教練 或以上資歷
二級龍舟舵手證書	總會	註冊二級教練 或以上資歷	總會委派的 註冊三級教練
一級龍舟教練證書	總會	註冊三級教練	總會委派的 註冊三級教練
二級龍舟教練證書			
三級龍舟教練證書			

在本文件內提及的總會，代表中國香港龍舟總會





# HONG KONG CHINA DRAGON BOAT ASSOCIATION

## DRAGON BOAT TRAINING SCHEME

### ARRANGEMENT OF TRAINING AND ASSESSMENT

Certificate	Training		Assessment
	Organizing Unit	Coach	
Elementary Dragon Boat Training Certificate	HKCDBA or Affiliated clubs	Registered Level 1 Dragon Boat Coach or above	Registered Level 1 Dragon Boat Coach or above
Intermediate Dragon Boat Training Certificate			
Advanced Dragon Boat Training Certificate	HKCDBA	Registered Level 2 Dragon Boat Coach or above	Registered Level 2 Dragon Boat Coach or above appointed by HKCDBA
Level 1 Dragon Boat Helm Certificate	HKCDBA or Affiliated clubs	Registered Level 2 Dragon Boat Coach or above	Registered Level 2 Dragon Boat Coach or above appointed by HKCDBA
Level 2 Dragon Boat Helm Certificate	HKCDBA	Registered Level 2 Dragon Boat Coach or above	Registered Level 3 Dragon Boat Coach appointed by HKCDBA
Level 1 Dragon Boat Coach Certificate	HKCDBA	Registered Level 3 Dragon Boat Coach	Registered Level 3 Dragon Boat Coach appointed by HKCDBA
Level 2 Dragon Boat Coach Certificate			
Level 3 Dragon Boat Coach Certificate			

HKCDBA in this document denotes the Hong Kong China Dragon Boat Association.



# 中國香港龍舟總會 龍舟運動訓練計劃

## 龍舟訓練證書課程

### 概覽

#### 簡介

總會希望參加者能透過各級「龍舟訓練證書」課程，享受到龍舟運動及比賽所帶來的樂趣，及改善個人體質。

總會各級「龍舟訓練證書」課程內容是迎合本地廣大的需要，根據香港情況並參考現時先進國家所採用之訓練模式而編寫。課程透過初級、中級、高級訓練證書共三級漸進形式來教授。參加者完成個別認可之課程及評核要求，可獲相關之「龍舟訓練證書」及布章。

#### 目的

1. 使參加者能循序漸進學習各項龍舟技術及賽事規則。
2. 推廣和普及龍舟運動。
3. 使參加者有適當能力進行龍舟活動，訓練或比賽。

#### 統籌及執行

1. 總會訓練委員會負責研究及修訂證書內容、開辦訓練課程、委任評核員及監察評核與實習運作等。
2. 除「高級龍舟訓練證書」課程外，屬會可按本計劃「訓練與評核安排」向總會申請開辦相關認可的「龍舟訓練證書」課程。
3. 各級「龍舟訓練證書」之課程以下列時間進行：  
初級龍舟訓練證書 — 1天(7小時) 或累積不少於8小時  
中級龍舟訓練證書 — 2天(14小時) 或累積不少於16小時  
高級龍舟訓練證書 — 2天(14小時)
4. 各級註冊龍舟教練可於獲授權開辦的相關「龍舟訓練證書」課程中施教或委予評核工作。
5. 各級「龍舟訓練證書」之評核將會在訓練過程中不斷進行，內容包括技術掌握及理論實踐。
6. 參加者於進行水上訓練或評核期間須穿著稱身之救生衣 / 助浮衣及包趾包跟之鞋履。



# HONG KONG CHINA DRAGON BOAT ASSOCIATION

## DRAGON BOAT TRAINING SCHEME

### DRAGON BOAT TRAINING CERTIFICATE SERIES

#### Overview

##### Introduction

HKCDBA aims at deriving a lifetime of enjoyment and improving physical fitness for participants through various dragon boat trainings.

Referencing to the latest training trends, the Dragon Boat Training Certificate Series is designed based on local situation that can meet the increasing demand of our community. It comprises of 3 levels: Elementary, Intermediate and Advanced. Upon successful completion of the course and assessment, each participant will be awarded a respective "Dragon Boat Training Certificate" and a badge.

##### Aim

1. Allow participants to learn the appropriate paddling techniques and dragon boat racing rules progressively;
2. Promote and disseminate dragon boating as a universal sport;
3. Equip participants with the knowhow in participating related dragon boat activities, advanced trainings and/or races

##### Program Management and Execution

1. The Training Committee of HKCDBA is responsible for formulating the curriculum, conducting the courses, appointing assessors and supervising course assessments.
2. Except for "Advanced Dragon Boat Training Certificate", affiliated clubs are eligible to apply for the delivery of respective dragon boat certificate courses that comply with the "Arrangement of Training and Assessment" criteria of the scheme.
3. Course duration:  
Elementary - 1 full day (7 hours) or accumulate a total of no less than 8 hours  
Intermediate - 2 full days (14 hours) or accumulate a total of no less than 16 hours  
Advanced - 2 full days (14 hours)
4. Registered HKCDBA coaches can teach and conduct assessment for respective courses conducted by authorized affiliated dragon boat clubs.
5. Participants will be assessed on a continual basis throughout the course covering from mastering of paddling techniques to application of theories.
6. Participants shall wear lifejackets / buoyancy aids and shoes covering heels and toes during trainings and assessment.



# 中國香港龍舟總會 龍舟運動訓練計劃

## 初級龍舟訓練證書

持有本證書者應具備基本龍舟運動的知識及划龍舟的技術，可安全地參與龍舟活動。

課程時間： 1天(7小時) 或累積不少於8小時

課程地點： 建議在遮閉水域進行；如在開放性水域進行時，須有支援措施照顧參加者安全。

參加資格： 1. 年齡12歲或以上  
2. 能穿著輕便衣物游泳50米

參加者完成本課程及評核要求，可獲證書一張及布章一枚。

內容： 理論

1. 香港龍舟運動歷史與發展
2. 中國香港龍舟總會簡介
3. 龍舟的種類、結構及基本裝備
4. 龍舟水上安全知識
5. 救生衣與助浮衣的分別

技術

1. 熱身運動
2. 如何穿著助浮衣或救生衣
3. 上落龍舟的安全知識
4. 坐姿及握槳方法
5. 深水登艇
6. 基本龍舟槳法
  - i) 前划槳
  - ii) 後划槳
  - iii) 緊急停船
  - iv) 壓水平衡

評核： 評核將會在訓練過程中不斷進行，內容包括技術掌握及理論實踐。



# HONG KONG CHINA DRAGON BOAT ASSOCIATION

## DRAGON BOAT TRAINING SCHEME

### Elementary Dragon Boat Training Certificate

Holder of this certificate can possess basic techniques and knowledge of dragon boating and be able to participate in dragon boat activities safely.

Course Duration: 1 full day (7 hours) or accumulate a total of no less than 8 hours

Course Venue: Recommend to conduct in sheltered water. If the course needs to be conducted in open water, necessary safety precautions must be provided.

Entry Requirements:

1. Aged 12 or above
2. Be able to swim 50 meters in light clothing

Upon successful completion of the course and assessment, each participant will be awarded a certificate and a badge.

#### **CONTENT:**

##### **Theories**

1. The history and development of dragon boating in Hong Kong
2. A brief introduction to Hong Kong China Dragon Boat Association
3. Types, structure and necessary gears of dragon boats
4. Water safety guidelines
5. Lifejackets vs buoyancy aids

##### **Techniques**

1. Warm-up exercises
2. Proper procedures to put on buoyancy aids and/or lifejackets
3. Safety rules when embarking and disembarking the boat
4. Sitting posture and paddle gripping
5. Embarking in deep water
6. Basic strokes
  - i) Forward stroke
  - ii) Backward stroke
  - iii) Emergency stop
  - iv) Brace to balance

##### **Assessment:**

Participants will be assessed on a continual basis throughout the course covering from mastering of paddling techniques to application of theories.



# 中國香港龍舟總會 龍舟運動訓練計劃

## 中級龍舟訓練證書

持有本證書者應掌握龍舟比賽技術及有關知識，可參與一般龍舟比賽。

課程時間： 2天(14小時) 或累積不少於16小時

課程地點： 可在遮閉水域或開放性水域進行，並須有支援措施照顧參加者安全。

參加資格： 1. 持有中國香港龍舟總會頒發的「初級龍舟訓練證書」  
2. 能穿輕便衣物游泳50米

參加者完成本課程及評核要求，可獲證書一張及布章一枚。

- 內容：
- 理論
    - 1. 中國香港龍舟總會新知
    - 2. 一般急救的認識
    - 3. 龍舟航行規則
    - 4. 龍舟比賽規則簡介
  - 技術
    - 1. 熱身及緩和運動
    - 2. 體能訓練
    - 3. 鞏固龍舟基本坐姿及划槳法
    - 4. 在龍舟上移動及互相調位
    - 5. 橫划槳及撬槳
    - 6. 比賽技術：
      - i) 起步
      - ii) 耐力的掌握
      - iii) 衝線
    - 7. 沉龍自救法
    - 8. 龍舟比賽模式的認識，並能完成不少於500米之比賽賽程

評核： 評核將會在訓練過程中不斷進行，內容包括技術掌握及理論實踐。



# HONG KONG CHINA DRAGON BOAT ASSOCIATION

## DRAGON BOAT TRAINING SCHEME

### Intermediate Dragon Boat Training Certificate

Holder of this certificate can grasp the techniques and related knowhow on dragon boating, and be able to participate in dragon boat races.

Course Duration: 2 full days (14 hours) or accumulate a total of no less than 16 hours

Course Venue: Can be conducted in either sheltered or open water supported by necessary safety precautions.

Entry Requirements:

1. Holder of "Elementary Dragon Boat Training Certificate" issued by HKCDBA
2. Be able to swim 50 meters in light clothing

Upon successful completion of the course and assessment, each participant will be awarded a certificate and a badge.

#### **CONTENT:**

##### **Theories**

1. Updates on HKCDBA
2. First Aid
3. Navigation rules
4. Introduction to competition regulations and racing rules

##### **Techniques**

1. Warm-up and cool-down exercises
2. Physical training
3. Strengthen sitting posture and paddling techniques
4. Position adjustment and movement in the boat
5. Draw and pry stroke
6. Race techniques
  - i) Start
  - ii) Endurance
  - iii) Finish
7. Swamped boat recovery
8. Understand racing rules and complete a minimum of 500 meter race

##### **Assessment:**

Participants will be assessed on a continual basis throughout the course covering from mastering of paddling techniques to application of theories.



# 中國香港龍舟總會 龍舟運動訓練計劃

## 高級龍舟訓練證書

持有本證書者應掌握全面的龍舟知識及比賽技術(除掌舵技術外)，及可作長途旅程或在不同環境下比賽。

課程時間： 2天(14小時)

課程地點： 在開放性水域進行，並須有支援措施照顧參加者安全。

參加資格： 1. 持有中國香港龍舟總會頒發的「中級龍舟訓練證書」  
2. 能穿輕便衣物游泳 50 米

參加者完成本課程及評核要求，可獲證書一張及布章一枚。

- 內容：
- 理論
    - 1. 中國香港龍舟總會新知
    - 2. 風、潮汐、水流、浪的影響
    - 3. 海圖及指南針的認識
    - 4. 天氣認識
    - 5. 基礎運動體適能
    - 6. 龍舟比賽規則
    - 7. 發生意外時的應變措施
    - 8. 旅程的裝備及編排
  - 技術
    - 1. 比賽前的熱身運動
    - 2. 划姿、力量及槳頻等之協調和掌握
    - 3. 搖櫓式橫划槳
    - 4. 打鼓節奏和與領槳手之配合
    - 5. 覆龍扶正法
    - 6. 遠航：訓練期間完成 20 公里之航程

評核： 評核將會在訓練過程中不斷進行，內容包括技術掌握及理論實踐。





## HONG KONG CHINA DRAGON BOAT ASSOCIATION DRAGON BOAT TRAINING SCHEME

### Advanced Dragon Boat Training Certificate

Holder of this certificate can master the overall knowledge of the sports of dragon boat and race techniques (except steering) in any conditions and participate in long sea journey.

Course Duration: 2 full days (14 hours)

Course Venue: Recommend to conduct in open water supported by necessary safety precautions.

Entry Requirements:

1. Holder of "Intermediate Dragon Boat Training Certificate" issued by HKCDBA
2. Be able to swim 50 meters in light clothing

Upon successful completion of the course and assessment, each participant will be awarded a certificate and a badge.

#### **CONTENT:**

##### **Theories**

1. Updates on HKCDBA
2. The impact of wind, tide, current and waves
3. The use of nautical chart and compass
4. Weather conditions
5. Basic physical fitness
6. Competition regulations and racing
7. Contingency measures in case of accidents
8. Planning and preparation for long distance sea journey

##### **Techniques**

1. Pre-race warm-up exercises
2. Coordination and mastering skills of paddling posture, power and frequency
3. Sculling draw stroke
4. Drum rhythms and how drummer act in concert with paddlers
5. Capsize recovery
6. Expedition: complete a 20 km journey

##### **Assessment:**

Participants will be assessed on a continual basis throughout the course covering from mastering of paddling techniques to application of theories.



# 中國香港龍舟總會 龍舟運動訓練計劃

## 龍舟舵手證書課程 概覽

### 簡介

總會希望參加者透過各級「龍舟舵手證書」訓練課程，能在不同的水域內，安全地操控龍舟，為龍舟參加者提供訓練或比賽。

各級「龍舟舵手證書」課程內容是迎合本地不同水域的需要而編寫，透過兩級漸進形式來教授。

參加者完成個別總會認可之課程及評核要求，可獲相關之「龍舟舵手證書」及布章。在註冊後可在總會認可之課程、舉辦之活動及比賽或隊伍操練時擔任舵手。

### 目的

1. 使參加者能循序漸進學習各項龍舟舵手技術。
2. 推廣和普及龍舟運動。
3. 使參加者有適當能力擔任舵手，安全地提供訓練及參與本地各項比賽。
4. 使參加者作參加教練證書課程準備。

### 統籌及執行

1. 總會訓練委員會負責研究及修訂證書內容、開辦訓練課程、委任評核員及監察評核運作等。
2. 除「二級龍舟舵手證書」課程外，屬會可按本計劃「訓練及評核安排」向總會申請開辦相關認可的「一級龍舟舵手證書」課程。
3. 各級「龍舟舵手證書」之課程以下列時間進行：

一級龍舟舵手證書	- 訓練 2 天 (14 小時) 或累積不少於 16 小時
	- 評核 3 小時
二級龍舟舵手證書	- 訓練 3 天 (21 小時)
	- 評核 3 小時
4. 屬會獲授權開辦認可的「一級龍舟舵手證書」課程，須由註冊二級龍舟教練或以上資歷者施教。
5. 總會訓練委員會亦定期為經驗龍舟舵手開辦「一級龍舟舵手證書」之公開考試。
6. 各級「龍舟舵手證書」之評核，由總會委派評核員負責。
7. 參加者於進行水上訓練或評核期間須穿著稱身之救生衣 / 助浮衣及包趾包跟之鞋履。



# HONG KONG CHINA DRAGON BOAT ASSOCIATION

## DRAGON BOAT TRAINING SCHEME

### DRAGON BOAT HELM CERTIFICATE SERIES

#### Overview

##### Introduction

The Dragon Boat Helm Certificate Series helps participants to equip themselves with all appropriate skills required to steer dragon boats safely in different water conditions and be able to provide helm services for trainings and/or races.

This training series is designed in 2 levels catering for different local water conditions.

Participants will obtain a respective Dragon Boat Helm Certificate and a badge upon successful completion of the course and passing the assessment. Upon valid registration, helms can hold positions in related training courses, activities or races arranged by HKDCBA.

##### Aim

1. Learn all aspects of steering in a progressive manner.
2. Promote and popularize dragon boating.
3. Allow participants to be capable of steering dragon boat safely in local races.
4. Allow participants to be prepared for the Dragon Boat Coach Certificate Series.

##### Program Management and Execution

1. The Training Committee of HKDCBA is responsible for formulating the curriculum, conducting the courses, appointing assessors and supervising course assessments.
2. Except for “Level 2 Dragon Boat Helm Certificate” course, affiliated clubs are eligible to apply for conducting respective helm course that comply with the “Arrangement of Training and Assessment” criteria of the scheme.
3. Course duration:  
Level 1 Dragon Boat Helm Certificate - 2 full days (14 hours) or accumulate a total of no less than 16 training hours and a 3 hour assessment  
Level 2 Dragon Boat Helm Certificate - 3 full days, i.e. 21 training hours and a 3 hour assessment
4. All helm training courses shall be taught by registered Level 2 or above Dragon Boat Coach.
5. The Training Committee of HKDCBA will regularly hold “Level 1 Dragon Boat Helm Certificate” examination open for experienced helms.
6. Assessments of all levels of helm trainings will be conducted by assessors appointed by HKDCBA.
7. Participants shall wear lifejackets / buoyancy aids and shoes covering heels and toes during trainings and assessment.



# 中國香港龍舟總會 龍舟運動訓練計劃

## 一級龍舟舵手證書

持有本證書者應具備一般的龍舟舵手知識及操控技術，可在良好的天氣及水域下擔任舵手作龍舟活動、訓練及比賽。

課程時間： 訓練 2 天(14 小時) 或累積不少於 16 小時；評核 3 小時

課程地點： 建議在遮蔽水域；如在開放性水域進行，須有支援措施照顧參加者安全。

- 參加資格：
1. 總會有效個人會員
  2. 年齡 15 歲或以上
  3. 持有中國香港龍舟總會頒發的「中級龍舟訓練證書」
  4. 能穿輕便衣物完成游泳 100 米、踩水 2 分鐘及深水自行登艇

參加者完成本課程及評核要求，可獲證書一張及布章一枚。

- 內容：
- 理論
1. 龍舟航行之基本操控
  2. 基本航行知識
  3. 比賽知識
  4. 龍舟的種類、結構及基本裝備
  5. 舵手責任及注意事項
  6. 天氣認識
  7. 風、潮汐、水流及海浪的影響
  8. 龍舟水上安全知識
- 技術
- 一般技術
- 1
    - i) 單人划槳控制整條龍舟，準備龍舟在沙灘、碼頭或浮台出發及用後清理
    - ii) 基本操控技術，在下列情況之應用
      - 靜止中轉向
      - 保持航向（前進及後退）
      - 移動中轉向（前進及後退）
      - 駛離及返回沙灘、碼頭或浮台等
  2. 比賽技術
    - i) 後退往起步點
    - ii) 訓練期間完成不少於 200 米賽程之模擬比賽
  3. 基本繩結運用
  4. 沉龍自救法及覆龍扶正法
  5. 墮海拯救法

評核： 評核將會以筆試及舵手操控水試進行。參加者應自行安排划手協助考試。考試期間船速應保持不少於每小時 12 公里。



# HONG KONG CHINA DRAGON BOAT ASSOCIATION

## DRAGON BOAT TRAINING SCHEME

### Level 1 Dragon Boat Helm Certificate

Holder of this certificate can possess basic techniques and knowledge of dragon boat steering and can steer in all dragon boat activities, trainings and races in good weather and water conditions.

Course Duration: 2 full days (14 hours) or accumulate a total of no less than 16 training hours and a 3 hour assessment

Course Venue: Recommend to conduct in sheltered water. However, if the training needs to be conducted in open water, necessary safety precautions must be provided.

Entry Requirements:

1. Must be a valid individual member of HKDCBA
2. Aged 15 or above
3. Holder of "Intermediate Dragon Boat Training Certificate" issued by HKDCBA
4. Be able with light clothing to swim 100 meters, tread water 2 minutes and self-embark in deep water

Upon successful completion of the course and assessment, each participant will be awarded a certificate and a badge.

#### CONTENT:

##### Theories

1. Basic steering skills
2. Basic navigation
3. Knowledge on dragon boat races
4. Types, structure and necessary gears of dragon boats
5. Responsibilities and key issues to note for helms
6. Weather conditions
7. The impact of wind, tide, current and wave
8. Water safety guidelines

##### Techniques

1. General techniques
  - i. Individual paddling and control in launching a boat; preparation of boats at the beach, pier or pontoon and after use arrangements
  - ii. Basic controls:
    - Static turning
    - Keeping the course (forward and backward)
    - Turning when moving (forward and backward)
    - Leaving and returning to the beach, pier or pontoon etc.
2. Racing techniques
  - i) Paddle backwards to the starting point
  - ii) Complete a simulated race of at least 200 meters
3. Basic knotting
4. Capsize recovery
5. Overboard rescue

#### Assessment:

The assessment will include a written test and a practical steering test. Participants are required to arrange own paddlers for the assessment with boat speed of no less than 12 km per hour.



# 中國香港龍舟總會 龍舟運動訓練計劃

## 二級龍舟舵手證書

持有本證書者應掌握全面的龍舟舵手知識及比賽技術，在不同環境下均能安全地操控龍舟。

課程時間： 訓練 3 天(21 小時)；評核 3 小時

課程地點： 在開放性水域進行，並須有支援措施照顧參加者安全。

參加資格：

1. 總會有效個人會員
2. 持有中國香港龍舟總會頒發的「一級龍舟舵手證書」
3. 持有中國香港龍舟總會頒發的「高級龍舟訓練證書」
4. 能穿輕便衣物完成游泳 100 米、踩水 2 分鐘及深水自行登艇

(持有 2014 年或以前中國香港龍舟總會或香港龍舟協會頒發的「一級龍舟教練證書」者，可獲豁免第 2. 及 3. 項)

參加者完成本課程及評核要求，可獲證書一張及布章一枚。

內容： 理論

1. 風、潮汐、水流及海浪的形成及影響
2. 進階比賽知識，包括 2000 米繞標賽之比賽規則
3. 進階航行知識

技術

1. 用舵槳作搖櫓式前進及後退 (沒有划手在龍舟上)
2. 用舵槳控制保持後退航向 (所有划手面向後座划動龍舟)
3. 用划槳控制保持航向及轉向 (前進及後退)
4. 高速直道作賽
5. 減少影響船速之阻力的保持航向
6. 壓水急轉向
7. 迎浪及乘浪推進

評核： 評核將會以筆試及舵手操控水試進行。參加者應自行安排划手協助考試。考試期間船速應保持不少於每小時 12 公里。



# HONG KONG CHINA DRAGON BOAT ASSOCIATION

## DRAGON BOAT TRAINING SCHEME

### Level 2 Dragon Boat Helm Certificate

Holder of this certificate can master the overall techniques and knowhow of dragon boat helm for all races and be able to perform under different weather and water conditions.

Course Duration: 3 full days, i.e. 21 training hours and a 3 hour assessment

Course Venue: Recommend to conduct in open water with necessary safety precautions.

Entry Requirements:

1. Must be a valid individual member
2. Holder of "Level 1 Dragon Boat Helm Certificate" issued by HKCDBA
3. Holder of "Advanced Dragon Boat Training Certificate" issued by HKCDBA
4. Be able with light clothing to swim 100 meters, tread water 2 minutes and self-embark in deep water

< Requirement 2. and 3. above will be exempted for holders of "Level 1 Dragon Boat Coach Certificate" issued by HKCDBA or HKDBA on or before 31 Dec 2014.>

Upon successful completion of the course and assessment, each participant will be awarded a certificate and a badge.

#### CONTENT:

##### Theories

1. Formation and impact of wind, tide, current and wave
2. Advanced knowledge on races, including 2000 meter ring races
3. Advanced knowledge on navigation

##### Techniques

1. Sculling forward and backward with a steering oar (i.e. with no paddlers on board)
2. Backward course with a steering oar (with all paddlers sitting and paddling by facing the astern)
3. Keeping and changing directions with a paddle (forward and backward)
4. High speed straight course races
5. Reducing water resistance
6. Brace turn
7. Heading waves and surfing by wash

##### Assessment:

The assessment will include a written test and practical steering test. Participants are required to arrange own paddlers for the assessment with boat speed of no less than 12 km per hour.





# 中國香港龍舟總會 龍舟運動訓練計劃

## 龍舟教練證書課程

### 概覽

#### 簡介

總會希望參加者能透過各級「龍舟教練證書」課程，教導更多人參與龍舟運動及比賽，藉此推動本港之龍舟運動發展。

各級「龍舟教練證書」課程內容是配合教授「龍舟訓練證書」及「龍舟舵手證書」系列課程和切合運動員訓練所需而編寫。

參加者完成個別認可之課程及評核要求，可獲相關之「龍舟教練證書」。註冊教練可推行考核及任教本計劃各系列之相關訓練課程。

#### 目的

1. 透過系統性訓練，使參加者能循序漸進掌握教學方法及學會照顧參加者安全，以提高個人技術及教學能力。
2. 推廣和普及龍舟運動教育培訓工作，使更多熱衷於龍舟運動人士，成為合資格教練。
3. 提升香港龍舟運動之訓練及教學至國際水平。

#### 統籌及執行

1. 總會訓練委員會負責統籌一切龍舟教練之培訓、評核及實習安排。
2. 參加者於進行水上訓練或評核期間須穿著稱身之救生衣 / 助浮衣及包趾包跟之鞋履。





# HONG KONG CHINA DRAGON BOAT ASSOCIATION

## DRAGON BOAT TRAINING SCHEME

### DRAGON BOAT COACH CERTIFICATE SERIES

#### Overview

##### Introduction

By completing this series, participants will be able to teach dragon boat paddling, steering and racing as well as promoting the sports of dragon boat in Hong Kong.

The Dragon Boat Coach Certificate Series is designed in line with the “Dragon Boat Training Certificate Series” and the “Dragon Boat Helm Certificate Series” as well as suitable for professional athlete coaching.

Participants will obtain a respective “Dragon Boat Coach Certificate” upon successful completion of the course and passing the assessment. Upon valid registration, a registered coach can become course trainer and/or assessor of related HKCDBA training courses.

##### Aim

1. Through systematic and progressive training, participants will be equipped with various teaching methodologies, participants’ safety measures, and be able to enhance their personal effectiveness and teaching capabilities.
2. Promote and disseminate dragon boat training and expand the pool of qualified dragon boat coaches in Hong Kong.
3. Elevate dragon boat training and coaching programs to an international level.

##### Program Management and Execution

1. The Training Committee of HKCDBA is responsible for formulating the curriculum, conducting the courses, appointing assessors and arranging practical sessions.
2. Participants shall wear lifejackets / buoyancy aids and shoes covering heels and toes during trainings and assessment.



# 中國香港龍舟總會 龍舟運動訓練計劃

## 一級龍舟教練證書

持有本證書者能教授初學者由基本龍舟技術達至參與龍舟比賽之能力。

- 參加資格：
1. 總會有效個人會員
  2. 年齡 18 歲或以上
  3. 持有中國香港龍舟總會頒發的「一級龍舟舵手證書」或以上資歷
  4. 持有中國香港龍舟總會頒發的「高級龍舟訓練證書」
  5. 能穿輕便衣物完成游泳 100 米、踩水 2 分鐘及深水自行登艇

參加者完成本課程及評核要求，可獲證書一張。

- 內容：
- |    |   |
|----|---|
| 理論 | <ol style="list-style-type: none"><li>1. 運動生理學</li><li>2. 運動心理學</li><li>3. 肌能控制與學習</li><li>4. 教學法</li><li>5. 參加者管理</li><li>6. 教練的法律責任</li></ol> |
|----|---|

- |    |  |
|----|--|
| 技術 | <ol style="list-style-type: none"><li>1. 教授「初級龍舟訓練證書」及「中級龍舟訓練證書」課程之內容</li><li>2. 評核「初級龍舟訓練證書」及「中級龍舟訓練證書」課程之參加者</li></ol> |
|----|--|

- 評核：
1. 參加者在課程中之整體表現將會被評核。
  2. 評核試將會以編寫教案、筆試及教學示範等形式進行。
  3. 評核試合格者，需完成總會安排的教學及評核實習。



# HONG KONG CHINA DRAGON BOAT ASSOCIATION

## DRAGON BOAT TRAINING SCHEME

### Level 1 Dragon Boat Coach Certificate

Holder of this certificate can teach beginners from basic dragon boat paddling to participating in dragon boat races.

#### Entry Requirements:

1. Must be a valid individual member of HKDCBA
2. Aged 18 or above
3. Holder of “Level 1 Dragon Boat Helm Certificate” or above issued by HKDCBA
4. Holder of “Advanced Dragon Boat Training Certificate” issued by HKDCBA
5. Be able with light clothing to swim 100 meters, tread water 2 minutes and self-embark in deep water

Upon successful completion of the course and assessment, each participant will be awarded a certificate.

#### **CONTENT:**

##### **Theories**

1. Sports Physiology
2. Sports Psychology
3. Motor control and learning
4. Teaching methodologies
5. Participant management
6. Legal aspects of sports coaching

##### **Techniques:**

1. Deliver the training courses on “Elementary Dragon Boat Training Certificate” and “Intermediate Dragon Boat Training Certificate”.
2. Assess the performance of participants for the “Elementary Dragon Boat Training Certificate” and “Intermediate Dragon Boat Training Certificate”.

##### **Assessment:**

1. Participants will be assessed on a continual basis throughout the course.
2. The assessment will include preparation of lesson plans, written test and application of various training techniques etc.
3. To become a qualified coach upon successful completion of the course, participants will be required to conduct practical training sessions arranged by HKDCBA.



# 中國香港龍舟總會 龍舟運動訓練計劃

## 二級龍舟教練證書

持有本證書者能教授全面的龍舟划槳和掌舵技術、進行龍舟旅程與訓練，及帶領龍舟隊作賽。

- 參加資格：
1. 總會有效個人會員
  2. 持有中國香港龍舟總會頒發的「一級龍舟教練證書」
  3. 持有中國香港龍舟總會頒發的「二級龍舟舵手證書」
  4. 能穿輕便衣物完成游泳 100 米、踩水 2 分鐘及深水自行登艇

參加者完成本課程及評核要求，可獲證書一張。

- 內容：
- |    |  |
|----|--|
| 理論 | <ol style="list-style-type: none"><li>1. 運動生物力學</li><li>2. 運動創傷的預防及處理</li><li>3. 團隊管理</li><li>4. 展能龍舟</li><li>5. 編寫及執行短中期訓練計劃</li><li>6. 帶領龍舟隊作賽的準備及注意事項</li></ol> |
|----|--|

- |    |   |
|----|---|
| 技術 | <ol style="list-style-type: none"><li>1. 教授「高級龍舟訓練證書」、「一級龍舟舵手證書」及「二級龍舟舵手證書」課程之內容</li><li>2. 評核「高級龍舟訓練證書」及「一級龍舟舵手證書」課程之參加者</li></ol> |
|----|---|

- 評核：
1. 參加者在課程中之整體表現將會被評核。
  2. 評核試將會以編寫教案、筆試及教學示範等形式進行。
  3. 評核試合格者，需完成總會安排的教學及評核實習。



# HONG KONG CHINA DRAGON BOAT ASSOCIATION

## DRAGON BOAT TRAINING SCHEME

### Level 2 Dragon Boat Coach Certificate

Holder of this certificate can teach overall techniques of dragon boat paddling and steering, carry out dragon boat journey and lead teams to participate in dragon boat races.

#### Entry Requirements:

1. Must be a valid individual member of HKDCBA
2. Holder of “Level 1 Dragon Boat Coach Certificate” issued by HKCDBA
3. Holder of “Level 2 Dragon Boat Helm Certificate” issued by HKCDBA
4. Be able with light clothing to swim 100 meters, tread water 2 minutes and self-embark in deep water

Upon successful completion of the course and assessment, each participant will be awarded a certificate.

#### CONTENT:

##### Theories

1. Sports Biomechanics
2. Injury Prevention & Rehabilitation
3. Team Management
4. Paradrragon
5. Writing and implementing of short to medium term training plans
6. Team coaching for races

##### Techniques:

1. Deliver the training courses on “Advanced Dragon Boat Training Certificate”, “Level 1 Dragon Boat Helm Certificate” and “Level 2 Dragon Boat Helm Certificate”.
2. Assess the performance of the participants for the “Advanced Dragon Boat Training Certificate” and “Level 1 Dragon Boat Helm Certificate” courses.

##### Assessment:

1. Participants will be assessed on a continual basis throughout the course.
2. The assessment will include preparation of lesson plans, written test and application of various training techniques etc.
3. To become a qualified coach upon successful completion of the course, participants will be required to conduct practical training sessions arranged by HKDCBA.



# 中國香港龍舟總會 龍舟運動訓練計劃

## 三級龍舟教練證書

持有本證書者應具備教授各級教練之能力，並能執行專業運動員培訓及帶領龍舟隊參與海外賽事。

- 參加資格：
1. 總會有效個人會員
  2. 持有中國香港龍舟總會頒發的「二級龍舟教練證書」
  3. 能穿輕便衣物完成游泳 100 米、踩水2分鐘及深水自行登艇
  4. 獲中國香港龍舟總會訓練委員會提名，執行委員會確認

參加者完成本課程及評核要求，可獲證書一張。

- 內容：
- 理論
1. 運動員選材
  2. 運動與禁藥管制
  3. 運動營養學
  4. 編寫及執行長期至全年訓練計劃
  5. 帶領龍舟隊參與海外賽事的準備及注意事項
  6. 本地集訓隊之訓練及代表隊之選拔和參賽制度

- 技術
- 教授各級「龍舟教練證書」課程之內容
1. 評核「二級龍舟舵手證書」及各級「龍舟教練證書」課程之參加者

- 評核：
1. 參加者在課程中之整體表現將會被評核。
  2. 評核將會以參加者在下列其中一個範疇之專題項目作研究及發表來進行。
    - 青少年培訓；
    - 地區隊伍訓練；
    - 精英訓練；
    - 團隊培訓；
    - 競賽訓練；
    - 教練員培訓；
    - 展能訓練；
    - 教練持續進修訓練；
    - 運動科學專題 或
    - 獲總會訓練委員會通過的其他範疇之專題項目



# HONG KONG CHINA DRAGON BOAT ASSOCIATION

## DRAGON BOAT TRAINING SCHEME

### Level 3 Dragon Boat Coach Certificate

Holder of this certificate can teach all levels of coach trainings and professional dragon boat athletes as well as lead teams to participate in any overseas/international races.

#### Entry Requirements:

1. Must be a valid individual member of HKDCBA
2. Holder of "Level 2 Dragon Boat Coach Certificate" issued by HKDCBA
3. Be able with light clothing to swim 100 meters, tread water 2 minutes and self-embark in deep water
4. Must be recommended by the Training Committee and approved by the Executive Committee of HKDCBA

Upon successful completion of the course and assessment, each participant will be awarded a certificate.

#### CONTENT:

##### Theories

1. Talent Identification
2. Doping Control
3. Sports Nutrition
4. Formulating long term to annual training plans
5. Leading teams to participate in any overseas/international events
6. Setting of training and selecting criteria for the National Team

##### Techniques of teaching and assessment

1. Deliver courses for the "Dragon Boat Coach Certificate Series".
2. Assess the performance of participants for the "Level 2 Dragon Boat Helm Certificate" and "Dragon Boat Coach Certificate Series".

##### Assessment:

1. Participants' overall performances in the training sessions.
2. Participants will be assessed through the delivery of one of the projects, researches and/or presentations on the topics below:
  - Youth training;
  - Regional team training;
  - Elite training;
  - General team training;
  - Competition and Races;
  - Train-the-trainer;
  - Paradrugon boat training;
  - Continuing Education Training for Coaches;
  - Sports Science;
  - Any special projects pre-approved by the Training Committee of HKDCBA

## 訓練紀錄 Training Record

課程名稱 Course Title	主辦單位 Organizer	日期 Date	時間 Time	地點 Venue	教練簽署、姓名 及註冊編號 Sign off by Coach, Name of Coach and Registration No.
初級龍舟訓練證書 Elementary Dragon Boat Training Certificate					
中級龍舟訓練證書 Intermediate Dragon Boat Training Certificate					
高級龍舟訓練證書 Advanced Dragon Boat Training Certificate					
一級龍舟舵手證書 Level 1 Dragon Boat Helm Certificate					
二級龍舟舵手證書 Level 2 Dragon Boat Helm Certificate					
一級龍舟教練證書 Level 1 Dragon Boat Coach Certificate					
二級龍舟教練證書 Level 2 Dragon Boat Coach Certificate					
三級龍舟教練證書 Level 3 Dragon Boat Coach Certificate					
其他課程(請註明) Other courses (Please specify)					



# 評 核 紀 錄      Assessment Record

證書名稱 Name of Certificate	主辦單位 Organizer	評核日期 Date of Assessment	成績 Result	證書號碼 Certificate No.	發出日期 Date of Issue	教練簽署、姓名 及註冊編號 Sign off by Coach, Name of Coach and Registration No.
初級龍舟訓練證書 Elementary Dragon Boat Training Certificate						
中級龍舟訓練證書 Intermediate Dragon Boat Training Certificate						
高級龍舟訓練證書 Advanced Dragon Boat Training Certificate						
一級龍舟舵手證書 Level 1 Dragon Boat Helm Certificate						
二級龍舟舵手證書 Level 2 Dragon Boat Helm Certificate						
一級龍舟教練證書 Level 1 Dragon Boat Coach Certificate						
二級龍舟教練證書 Level 2 Dragon Boat Coach Certificate						
三級龍舟教練證書 Level 3 Dragon Boat Coach Certificate						
其他證書(請註明) Other certificate (Please specify)						

## 教練研討會紀錄 Coach Seminar Record

日期 Date	時間 Time	地點 Venue

## 實習紀錄 Practical Training Record

級別 Level	活動名稱 Activity Name	日期 Date	時間 Time	地點 Venue	訓練委員會 簽署及姓名 Sign off by Training Sub-Committee and Name in full

# 龍舟活動一般安全措施

## I. 機構／隊伍

1. 在舉辦龍舟活動前，機構／隊伍宜先進行全面及周詳的計劃，在人力、資源、收支預算、舉辦日期及安全措施各方面作全盤考慮和作出風險評估。
2. 負責人應預計可能面對的困難及擬訂解決問題的方案，制訂切實可行的應變措施和緊急聯絡名單，應付可能突如其來的變化。
3. 龍舟活動宜在持有中國香港龍舟總會龍舟教練證書的人士親身督導下進行。
4. 慎重選擇活動地點/目的地和照顧參加者的能力、體力和技巧以確保所有參加者具備足夠經驗和能力應付活動時的天氣和水上情況。同時，避免途經危險水域或海岸。
5. 出發前擬定緊急應變計劃（例如：因天氣或交通安排出現變化而須延期或取消行程及組員中途退出或發生意外後的處理程序），並通知所有參加者及其緊急聯絡人有關應變計劃。機構／隊伍亦應與參加者之緊急聯絡人及協辦機構設立緊急聯絡系統，以便隨時與各方聯絡。
6. 出發前應舉行簡介會。所有參加者，教練及協辦機構代表或隨隊人員，必須清楚了解其職責及遇到緊急事故時應採取的行動。
7. 在進行龍舟活動時，應由一曾接受水上救援訓練者陪同。

## II. 教練

1. 教練應熟悉水域環境，及龍舟活動範圍內的水流、潮汐、風向變化和存有危險的地方，並密切留意氣候變化，以便決定舉行活動時採取的安全措施。
2. 若是天氣及環境出現變化，教練應以參加者的安全為前提，當機立斷，決定可能需要更改的訓練內容或活動形式，又或是順延舉辦日期，甚或取消整個計劃。
3. 留意活動地點的天氣變化。在天氣不穩定的季節必須保持警覺，遇有天文台發出強烈季候風信號、雷暴或暴雨警告，又或是3號或以上的熱帶氣旋警告信號，應立刻停止所有形式的龍舟活動。若上述警告信號在活動開始後才發出，所有參加者應即時離開活動地點，或立即返回所屬的水上活動基地，又或是前往最近的安全地點。
4. 每名教練不應督導超過10名參加者(小龍)或20名參加者(中龍)。
5. 教練須於出發前檢查龍舟及配件，例如槳、舵和其他所需裝備均符合安全標準。每次長距離活動須備有適用的工具及急救箱，包括救生衣／助浮衣、防水電筒、哨子、地圖、拋繩、指南針、工具箱及錨具。工具可存放於防水袋內以避免沾濕。
6. 每隻龍舟本身應具有足夠的浮力。即使龍舟傾覆時，仍足以令龍舟和划手浮於水面。
7. 教練須帶備認可的救生衣或助浮衣，以供參加者進行外海或長距離訓練之用。
8. 教練應教導參加者遵守各項龍舟的安全守則，並於備有合適及足夠安全裝備下練習處理覆舟的技巧和拯救程序。
9. 提醒參加者切勿獨自划龍舟。
10. 教練應注意活動範圍內的空氣質素健康指數。如活動地區的空气質素健康指數8或以上，教練應按當時情況，決定中止、取消或延期舉行龍舟活動。
11. 教練須留意天氣預測及新聞報導，如情況有任何變化，應及早制定應變計劃。
12. 教練必須留意各參加者的健康情況，以決定應否讓參加者參與當日的活動，並適時就個別情況作出妥善安排。
13. 教練宜每間一段時期點算人數一次，確保所有參加者仍齊集在活動水域。
14. 教練應採用簡單的訊號系統，確保所有參加者均明白及懂得使用。
15. 教練不應在繁忙的水域內進行龍舟活動，並嚴守海事條例。
16. 如在黑夜活動或遇風勢強勁，活動範圍不宜離岸太遠。黑夜活動時，亦應亮著適當的號燈。
17. 不應非法進入任何禁區，亦不應接近其他機動船。同時，提醒參加者及舵手划離海上游泳者和潛水員。
18. 在天氣炎熱的季節，教練應採取適當措施，慎防參加者中暑。
19. 如龍舟中心或附近沙灘掛起紅旗，應即時取消活動。
20. 龍舟切勿超載。

### III. 參加者

1. 參加者下水前須穿著適合當時天氣的衣服及包趾和包跟的鞋履。拖鞋或笨重衣履，均不適合。在冬季應穿著保暖的衣服，在夏季則應穿著防曬的衣服。
2. 參加龍舟活動前，參加者應通過游泳測試，可穿著輕便衣服游五十米。
3. 未得教練批准，任何參加者不得擅離隊伍。
4. 參加者須帶備合適的衣物，在炎夏可以防曬，在寒冬可以保暖。若有需要，參加者宜攜帶防蚊及防曬等用品，以避免蚊蟲叮咬及烈日曝曬。
5. 參加者須注意作息時間，以保持體力，並補充足夠的水份，以應付全程活動。
6. 如參加者感到身體不適，必須立刻通知教練並停止活動。

### IV. 應付緊急事故的方法

教練又或是小組組長須在面對緊急事故時負起領導工作。若負責教練受傷，領導工作則由舵手擔任，其他參加者應服從指示，同心協力，解決困難。

1. 覆舟
  - 採取應付覆舟的適當步驟；
  - 除非遇到危險的障礙物，否則參加者不應棄舟而去；
  - 如風浪難於應付，參加者應順著風勢或水流飄浮，直至安全著陸。
2. 遇有意外發生
  - 立即召援或因應自己的能力施救；
  - 設法拋給遇險者一條繩索、一個救生圈或助浮物，以幫助他/她繼續浮在水面；或
  - 涉水把一枝長棒伸給他/她抓緊；或
  - 如遇險者距岸太遠應乘坐小艇前往救助

# General Safety Measures for Dragon Boating

## I. Organization / Team

1. Prior to organizing dragon boat activities, the organization / team should first make a comprehensive and detailed plan taking into account factors like manpower, resources, budget, dates of event, relevant safety measures and risk assessment.
2. The person(s) in charge of the activity should envisage the possible difficulties encountered and devise solutions to the problems. They should draw up feasible contingency measures, and an emergency contact list to handle unexpected changes.
3. The activity is appropriate to be supervised by a coach holding valid coach certificate issued by the relevant organization.
4. Select carefully **the venue / destination of the activity** and take into account the ability, physical strength and skills of the participants so as to ensure that all of them are well experienced and physically fit to cope with the weather and water conditions at sea. Moreover, dangerous waters or coasts should be avoided.
5. Draw up **contingency plans** (e.g. procedures to deal with delay or cancellation of the activity in response to changes in weather conditions or transportation, and to handle withdrawals of team members or accidents) before the activity begins, and inform the participants and their parents of the plans. The organizer should also set up an emergency contact system with the participants and the collaborators to facilitate communication with different parties.
6. Organize a **briefing session** before the trip for all the participants, representatives of collaborators or accompanying members. They must thoroughly understand their responsibility and what action to take in the event of an emergency.
7. Arrange an assistant knowing rescue to the group during the dragon boat activity.

## II. Coach

1. The coaches should be familiar with the environment of the water area where the activity is held. They should take note of the currents, tides, wind directions and any of potential hazards in the water areas. They should also pay attention to the weather conditions so as to decide what safety measures are to be adopted during the activity.
2. Should there be a change in the weather conditions or physical environment, the coaches should give full attention to the safety of participants and make a prompt decision as to whether it is necessary to change the Program or format of the training, or to postpone or cancel the activity.
3. Be alert to any **changes in weather** of the place where the activity is held, particularly in seasons of unstable weather. All water activities must be stopped when a strong monsoon signal, thunderstorm or rainstorm warning, or tropical cyclone warning signal no.1 or a higher signal is issued. If the activity has started before these signals are issued, all participants should leave the area where the activity is held or return to the respective base, or immediately head for the nearest place of safety.
4. Each coach should not supervise more than 10 or 20 participants in small boat or standard boat respectively.
5. The coaches should **check all the equipment**, such as paddles, steering oar and other necessary gears etc. before the activity, and to make sure they are up to safety standards and suitable for use. For long distance journey, the coaches should bring with suitable use gears and first aid bow, including lifejackets / buoyancy aids, waterproof torch, whistle, map, throw line, compass, gear box and anchor. Put gears into the

- waterproof bag to avoid get wet.
6. Each dragon boat should have enough buoyancy aids that can keep itself and paddlers to float during capsize.
  7. The coach should bring along recognized lifejackets or buoyancy aids for participants used on the training at open sea or long distance.
  8. The coach should teach participants to follow all safety code of dragon boating, and let participants to practice capsize recovery under a suitable and safe environment.
  9. The coach should remind participants that paddling alone is danger, and don't show off personal skill and experience too much.
  10. The coach should aware the Air Quality Health Index in the activity area. If the Air Quality Health Index reaches 8 or above in the activity area, the coach should decide whether suspension, cancellation or postponement depends on the situation.
  11. The coach should **pay attention to the weather forecasts** and news broadcasts. If there is any change in weather or other conditions, a contingency plan should be worked out as soon as possible.
  12. The coaches should have **full knowledge of the health condition of each participant** in order to determine whether specific participant(s) should not be allowed to take part in the activities of the day. Timely and appropriate action should be taken having regard to the situation of individual cases.
  13. It is advisable to do a **head count** at a regular interval to ensure that all participants are present.
  14. A **simple signaling system** should be adopted to ensure that all participants understand and know how to send signals.
  15. Water activities should not be conducted in waters of heavy traffic. **Regulations for the prevention of collisions at sea should be strictly observed.**
  16. Avoid being too far away from the shore when it is at night or windy. Bring a suitable light for navigation at night
  17. Don't let dragon boats to enter into any prohibit entry area according local ordinances, to make close other power driven vessels. Remind paddlers and helms, keep clear swimmers and divers.
  18. Avoiding participants to get sunstroke, the coach should take precautions in the hot season.
  19. Cancellation should be made instantly, if the red flag is hoisted at the dragon boat centre or the beach nearby.
  20. Don't allow overload.

### III. Participant

1. The participants should wear appropriate clothing suitable to the weather and shoes covered toes and heel before going aboard. Sandals or bulky clothing is not suitable. Clothing for keeping warm in winter and for sun protection in summer.
2. The participants should pass the following water test before dragon boat activity. Swim 50 metres with light clothing.
3. No participant should leave the group without the prior approval of the coaches.
4. The participants should also bring along appropriate clothing to protect them against direct exposure to sunlight in summer and to keep their body warm in winter. They should bring along mosquito repellent and sun block to help prevent mosquito or insect bites and sunburn when necessary.
5. The participants should make sure they have sufficient rest and drink sufficient water so as to maintain physical fitness to engage in all the activities.
6. Inform the coach and suspension the activity instantly, if participant get physical unwell.

#### **IV. Measures to Deal with Emergencies**

The coach or group leader should take the role of a leader in an emergency. If the instructor in charge is injured, another instructor in the group should take up this role. All the participants should follow the instructions of the leader and the whole team should work together to overcome the difficulty.

1. Capsizing or Boat Swamping

- Follow appropriate procedures in dealing with capsizing or boat swamping;
- Do not abandon the boat unless it is drifting towards a dangerous obstacle;
- Drift along with the direction of the winds or water currents if the wind and tides are too strong and severe until you reach land safely.

2. In the case of an accident

- Call for help or offer assistance if you can;
- Throw a rope, a buoy, or a floatable assist aid to keep the victim afloat; or
- Wade out and reach for him/her with a long stick; or
- Go out in a boat to rescue the victim far away from the shore.

## 備註 Remarks



