

少年獨木舟海星章

訓練環境：平靜的水域，(泳池、湖泊或海上內灣)

訓練日數：一天

訓練器材：獨木舟(少年型號)、槳(少年型號)及救生衣/助浮衣(少年尺碼)

參加資格：1.年齡 8-11 歲的少年

2.能夠在沒有救生衣/助浮衣的輔助下游泳約 50 米

訓練內容：(理論) 1. 穿著合適的保護衣物及救生衣

2. 認識合適自己的獨木舟及槳

(實習) 1. 雙人或多人搬運艇隻

2. 近岸上落艇

3. 前槳及後槳

4. 停船

5. 划行一段短距離(有槳及沒有槳)

6. 簡單的轉向(有槳及沒有槳)

7. 球類遊戲(傳球、射球)

考核：1. 上落艇

2. 在沒有槳的情況下划行 10 米〔1 分鐘內完成〕

3. 在有槳的情況下划行 10 米〔半分鐘內完成〕

4. 停船〔指定 2 米內停下〕

5. 傳球及射球 10 次〔須有 3 次中目標〕

Starfish Award

Environment: Simple Coastal Water

Duration: 1 Day

Equipment: Junior Kayak, paddle and life-jacket / buoyancy aid

Requirement: 1. Aged 8-11

2. Able to swim with light clothing for at least 50m

Content: (Theory) 1. Knowledge of protection gear and life-jacket

2. Knowledge of kayak and paddle

(Practical) 1. Launching the kayak into water in pairs

2. Embarking and disembarking

3. Forward and backward paddling

4. Stopping

5. Paddle for a Short distance (with and without paddle)

6. Basic directional control (with and without paddle)

7. Ball games (passing and shooting)

Assessment: 1. Embarking

2. Paddling without paddle for 10m in 1 minute

3. Paddling for 10m in 30 second

4. Stop the Kayak in 2m distance

5. Passing and shooting ball to the target at least 3 times out of 10 trials