

## 少年獨木舟海馬章

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：少年獨木舟所用的設備

參加資格：凡持有海星章的少年

訓練內容：(理論)1.哨子訊號的認識

(實習) 1.雙人搬運艇隻

2.雙人近岸清理艇隻

3.前槳、後槳及停船重溫

4.翻艇後處理

5.掃槳(前掃槳及後掃槳)

6.划行 20 米

7.球類遊戲(傳球、拋球)

考核：1. 停船〔指定 1.5 米內停下〕

2. 傳球及射球 10 次〔須有 4 次中目標〕

3. 划行 20 米〔1 分鐘內完成〕

4. 翻艇後處理〔10 分鐘內完成〕

5. 掃槳(前掃槳及後掃槳)

## Sea Horse Award

Environment: Simple Coastal Water

Duration: 1 Day

Equipment: Junior Kayaking equipment

Requirement: Holders of Starfish Award

Content: (Theory) 1. Use of whistle

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

2. Emptying of water in pairs

3. Revision of forward paddling, backward paddling and stopping

4. Capsizing

5. Sweep stroke (forward stroke and back stroke)

6. Paddle for 20m

7. Ball games (passing and shooting)

Assessment: 1. Stop the kayak in 1.5m distance

2. Passing and shooting ball to the target at least 4 times out of 10 trials

3. Paddling for 20m in 1 minute

4. Capsizing (Exiting kayak emptying of water in 10 minutes)

5. Sweep stroke (forward stroke and back stroke)