

Kayak 1 Star Award Training

I) Programme Details

Programme Description:	A course specially designed for beginners, all instructors are registered coaches of the Hong Kong Canoe Union.		
	1. Whistle signals	1. The relevance of buoyancy aid	
	2. Appropriate attire	2. Forward and reverse paddle	
		3. Stopping	
		4. Lifting and carrying (2 people), embarking and disembarking	
		5. Sweep strokes	
		6. Raft-up	
		7. Capsize drill	
		8. Emptying of kayak	
Gather and Dismiss Point:	The Hong Kong Girl Guides Association Leung Sing Tak Sea Activities Training Centre		
Programme Times:	0930 - 1600	Age:	Aged 14 or above and able to swim at least 50 meters
Quota:	8-16 people		
Fees:	Member	\$1,000/8 head (Additional \$1,000/8 head)	
	Non-Member	\$1,400/8 head (Additional \$1,150/8 head)	

II) Registration

1. Please contact Campsites and Properties Department by 2359 6858 for reservation
2. Download Campsite Programme (For Girl Guides Unit, School and Organization) Application Form from <http://cnp.hkgga.org.hk/>, [Camps](#)→[Downloads](#)
3. For application guidelines, please refer to the application form
4. *This programme can only be used for non-profit making purposes. For other purposes, please reserve via campsite booking procedures. Details please refer to our website ([Camps](#)→[Booking Procedures](#))*

III) Points to note

1. Entry Requirement: **Aged 14 above**. Able to swim with clothes for **at least 50 meters**.
2. The **signed Declaration & Disclaimer Form** should be submitted to the staff before the programme.
3. \$45 will be charged for certificate.
4. When taking part in water activities, participants should wear suitable clothing and gear (such as swimming suits, swimming trunks, spectacle bands, sun caps, light, fit breathable long-sleeved clothes); and **toe and heel-protected rubber shoes suitable for water sports (slippers or sandals are not allowed)** and buoyancy aids provided by the centre.

5. Participants should **prepare water, sunscreen materials, shampoo/ shower gel, and spare clothes.**
6. Waterproof bag is preferred.
7. The schedule of itinerary may be changed if and when necessary.
8. Participants can bring their own lunch, or choose the restaurants which are nearby the activity centre.
9. Please arrive on time.
10. Photo or video-record of the programme will be taken for the purpose of publicity and programme promotion. Participant who do not wish to be captured by photo or to be shown in any other means, please kindly notify staff in advance.
11. The bad weather arrangements (Weather warning(s) in force at 7 am as announced by the Hong Kong Observatory)

Typhoon Signal No. 1/ Amber Rainstorm Warning Signal/ Strong Monsoon Signal	All programme will be cancelled
Thunderstorm Warning	Participants are still required to report to the centre. Instructor will decide whether or not the programme of the day should be held having regard to the prevailing weather conditions.