

# Raft Instructor Course – Examination

Student's Name \_\_\_\_\_

Date: \_\_\_\_\_

1. The following multiple choice questions. Please write the correct response on the blank in front of the question. (2.0 points each)

- \_\_\_\_\_ 1) As a raft guide, your number one objective is to get all your passengers safely down the river. (Note: *Do we really need to give you a hint on this one?*)
- a) true
  - b) false

## Chapter 1: Demonstrate a knowledge of ACA paperwork

- \_\_\_\_\_ 2) Having a properly signed waiver will make the activity safer by reducing the likelihood of an accident occurring? [nope]
- a) true
  - b) false
- \_\_\_\_\_ 3) The purpose of a waiver is to transfer the actual costs of the injury, damage, or loss to someone else, the victim.
- a) true
  - b) false
- \_\_\_\_\_ 4) A waiver will protect you against nearly all instances of negligence.
- a) true
  - b) false
- \_\_\_\_\_ 5) When the parent signs a waiver on behalf of a minor, the parent signs away the rights of the child to sue. [only sign their right to sue]
- a) true
  - b) false

## Chapter 2: Equipment and Repairs

- \_\_\_\_\_ 6) All of the following are typical paddle terms except one. What is it?
- a) blade
  - b) shaft
  - c) throat
  - d) broom
  - e) handle/grip

## Chapter 3: River Dynamics

- \_\_\_\_\_ 7) Which of the following best describes what a tongue is?
- a) upstream V
  - b) downstream V
  - c) pillow
  - d) standing wave
  - e) hydraulic
- \_\_\_\_\_ 8) Looking downstream, the water flowing between two rock creates which of the following?
- a) upstream V
  - b) downstream V
- \_\_\_\_\_ 9) In Figure 1, the eddy line is found in which of the segments?
- a) In segment (5a) only
  - b) In segments (5a) and (5b) only
  - c) In segments (5a), (5b), and (5c)
  - d) In segment (5b) only
  - e) In segment (5b) and (5c) only

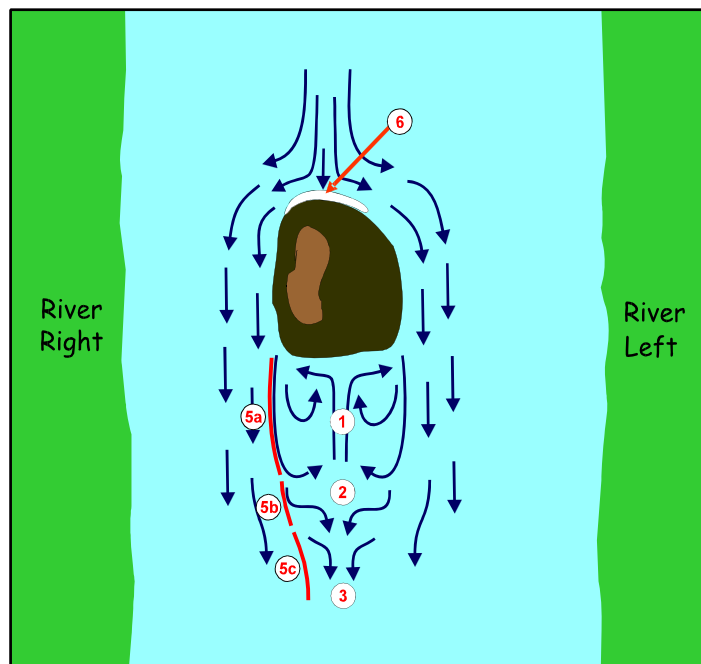


Figure 1

- \_\_\_\_\_ 10) In Figure 1, a student's boat eddies out in section (3). The group cheers and applauds on how great their eddy turn was. As the instructor, which of the following commands is most appropriate?
- take a rest, you are in the eddy... good eddy turn
  - you missed the eddy, try again
  - paddle forward, or you will drift out of the eddy
- \_\_\_\_\_ 11) In Figure 2, location (1) is called which of the following?
- boil
  - hole
  - current moving downstream
  - rooster tail
  - eddy

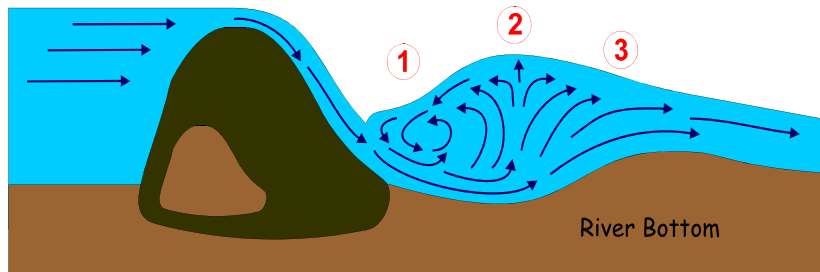


Figure 2.

- \_\_\_\_\_ 12) In Figure 2, location (2) is called which of the following?
- boil
  - hole
  - current moving downstream
  - rooster tail
  - eddy
- \_\_\_\_\_ 13) In Figure 2, if your raft is sitting at point (2) which of the following will occur?
- you will be sucked back into the hole
  - you will float downstream
  - you will neither be sucked into the hole or float downstream
  - you will explode

## Chapter 4: Stokes and Maneuvers

- \_\_\_\_\_ 14) As the raft is propelled forward, the turning circle moves toward the stern or rear of the raft. This is why it is easier for the bow paddlers to turn the raft. [moves forward; easier for stern paddlers]
- true
  - false
- \_\_\_\_\_ 15) In a forward ferry, the bow of the raft is pointing downstream. [upstream]
- true
  - false
- \_\_\_\_\_ 16) If the raft is going the same speed as the current, you can't ferry the raft. [must be different speed]
- true
  - false

## Chapter 5: Safety

- \_\_\_\_\_ 17) Man is a tropical animal.
- true
  - false
- \_\_\_\_\_ 18) Radiation is the transfer of thermal energy through a solid or between two solids in contact with each other. [conduction]
- true
  - false
- \_\_\_\_\_ 19) Convection is the transfer of thermal energy by the circulation of a fluid.
- true
  - false
- \_\_\_\_\_ 20) Against **convection** loses, a cubic foot of steel wool will do just about as well as goose down.
- true
  - false

- \_\_\_\_\_ 21) Against **conduction** loses, a cubic foot of steel wool will do just about as well as goose down.  
a) true  
b) false
- \_\_\_\_\_ 22) There are three ways that the body can warm itself. These are it can receive heat from an external heat source, it can generate heat itself, or it can insulate itself and reduce the loss of heat.  
a) true  
b) false
- \_\_\_\_\_ 23) For negligence to occur, there are four components that must be fulfilled. All but one of the following are one of those components. Which is it?  
a) duty  
b) breach of duty  
c) proximal cause  
d) injury, damage, or loss  
e) All of the components above are components necessary for negligence.
- \_\_\_\_\_ 24) If it is established that you don't have a duty to the plaintiff, you can still be negligent.  
a) true  
b) false
- \_\_\_\_\_ 25) Commission is an example of doing something you should have done but you have done it incorrectly. [omission]  
a) true  
b) false
- \_\_\_\_\_ 26) The **gag reflex** occurs when a person comes into contact with warm water. [quick cold water]  
a) true  
b) false
- \_\_\_\_\_ 27) The key symptom of hypothermia is shivering while the person is sitting down or at rest.  
a) true  
b) false
- \_\_\_\_\_ 28) The easiest way to tell when a person has totally rewarmed is that they will develop beads of sweat on their forehead.  
a) true  
b) false
- \_\_\_\_\_ 29) Someone throws you a rope while you are swimming a rapids. You grab it and swing into the shore. After grabbing onto the rope, you are still self-rescuing.  
a) true  
b) false
- \_\_\_\_\_ 30) In terms of the rescue curve, your first line of defense is safety and prevention.  
a) true  
b) false
- \_\_\_\_\_ 31) In terms of the rescue curve, your second line of defense is to call the rescue squad.  
a) true  
b) false
- \_\_\_\_\_ 32) The 120 degree rule states the following. If the load on a normally 2:1 pulley system is 100 pounds and if the angle made between the anchor side and the pulling side is 120 degrees, the force on the anchor is 50 pounds and on the pulling side is also 50 pounds. The system is still a 2:1 mechanical advantage.  
a) true  
b) false
- \_\_\_\_\_ 33) Dressing a knot is tying the knot so that all the parts of the knot look as if they were in a textbook.  
a) true  
b) false
- \_\_\_\_\_ 34) In a pulley system, the "**throw**" is defined as how far the system moves before the pulleys have to be readjusted.  
a) true  
b) false
- \_\_\_\_\_ 35) In terms of "**throw**," a double-Z drag has more throw than a 5:1 system.  
a) true  
b) false
- \_\_\_\_\_ 36) A double Z drag has a six to one mechanical advantage.  
a) true  
b) false

## Chapter 6: Raft Rescue

- \_\_\_\_\_ 37) PLS stands for Point Last Seen.  
a) true  
b) false
- \_\_\_\_\_ 38) The proper method of storing a rope in the throw bag is to neatly coil the rope in the throw bag.  
a) true  
b) false
- \_\_\_\_\_ 39) Spectra is not a good rope to use in throw bags because it has a low tensile strength and it doesn't float.  
a) true  
b) false
- \_\_\_\_\_ 40) Using a crawl stroke is an example of defensive swimming.  
a) true  
b) false
- \_\_\_\_\_ 41) High siding is making sure everyone sits high and upright on the tubes of the raft.  
a) true  
b) false
- \_\_\_\_\_ 42) When pulling a person back into the raft with an assisted rescue, as a practical matter, it is okay to grab the shoulder straps of the life jacket to make it easier to pull the person into the raft.  
a) true  
b) false
- \_\_\_\_\_ 43) The purpose of the stabilization line is to snag the victim and extricate them from the river.  
a) true  
b) false
- \_\_\_\_\_ 44) The author suggests that the Z-rig by itself is of little use because of frictional losses and because a theoretical 3:1 advantage is not really that much of an advantage.  
a) true  
b) false

## Chapter 7: Trip Leadership

- \_\_\_\_\_ 45) As a leader, it is axiomatic (a rule) that you seek to provide activities that match the challenges of the activity with the skills of the group.  
a) true  
b) false
- \_\_\_\_\_ 46) There are three types of supervision: group, individual and transitional. [general, specific and transitional]  
a) true  
b) false
- \_\_\_\_\_ 47) In the **Adventure Experience Paradigm**, if you provide a “**devastation and disaster**” experience, you have increased the likelihood of being sued.  
a) true  
b) false
- \_\_\_\_\_ 48) The **roller coaster** experience is a high actual risk and high perceived risk activity. [low actual risk]  
a) true  
b) false
- \_\_\_\_\_ 49) As a raft guide, a good strategy is to create high perceived risk and low actual risk activities.  
a) true  
b) false
- \_\_\_\_\_ 50) In the talk-up you would include all of the following items except one. Which of the following items would you not normally be included.  
a) introduce the crew  
b) describe the equipment they will need including life jackets and paddles  
c) paddle strokes and commands  
d) rescue and how to swim with the feet up  
e) All of the above would be included

- \_\_\_\_\_ 51) You can use different commands than the ones recommended in the text. However, whatever commands that you use should be simple to understand and that you be consistent in their use.  
a) true  
b) false
- \_\_\_\_\_ 52) For negligence to occur, there are four components that must be fulfilled. All but one of the following are one of those components. Which is it?  
a) duty  
b) breach of duty  
c) proximal cause  
d) injury, damage, or loss  
e) All of the components above are components necessary for negligence.
- \_\_\_\_\_ 53) It is established that you **don't** have a duty to the plaintiff and you take no action. You can still be negligent?  
a) true  
b) false
- \_\_\_\_\_ 54) Commission is an example of doing something you should have done but you have done it incorrectly. [omission]  
a) true  
b) false
- \_\_\_\_\_ 55) "Follow the leader" is the normal method to run the rapids.  
a) true  
b) false
- \_\_\_\_\_ 56) In the "Leap Frog Method," the sweep runs first, eddies out to set up rescue and then brings up the rear when all the rafts have passed by.  
a) true  
b) false

## Chapter 8: IDW – Teaching and Learning Processes

- \_\_\_\_\_ 57) "Selling" the skill includes indicating when it is used, why it is used, how it is used and where it will be used.  
a) true  
b) false
- \_\_\_\_\_ 58) The progression of instruction is normally to do it first, followed by showing it, and then selling it. [reverse order]  
a) true  
b) false
- \_\_\_\_\_ 59) The following is a teaching tip. When speaking to a group, select three people in the group and talk to them. Anyone can easily speak to a group of three people.  
a) true  
b) false
- \_\_\_\_\_ 60) When teaching a group outdoors, normally place the sun behind you (i.e. the instructor) so that you can easily see the eyes and facial expressions of your students. [place sun behind group]  
a) true  
b) false