

Self-Assessment Quiz

This self-assessment quiz is designed to help test your knowledge after reading through the training manual

Demonstrate Simple Sit-on-Top Skills

Choose the one most appropriate answer

1: Rocker in a SOT is

- How curved the keel line is
- How much it rock side to side
- How well built it is

2: If you wish to paddle long distances you should choose a craft that is?

- Short and stable
- Long and narrow
- Either of the above, over a long distance they are the same

3: Why is a SOT craft normally wider than a Sit in kayak?

- Because your centre of gravity is higher, needs the width for stability
- So that they are more stable so most people can use them
- Because they do not need to be fast.

4: What is an item of clothing that should not be worn paddling?

- Jeans
- Wetsuit
- Warm hat

5: What is the order of the 3 phases of a forward paddle?

- Exit, power, catch
- Power, catch, exit
- Catch, power, exit

6: What is the ideal amount of forward lean for a forward paddle?

- 3 – 8 degrees
- 0 degrees
- 10 – 15 degrees

7: Which of the below is not a technique for improving paddling in a straight line?

- Practice
- Holding the paddle correctly
- Use a rudder

8: What are sweep strokes used for?

- Moving you kayak sideways
- Turning your kayak
- Stopping your kayak

9: What is a Draw stroke used for?

- Moving your kayak sideways
- Turning your kayak
- Stopping your kayak

10: Your first paddling is best on?

- The roughest waters you intend to paddle so you know you can handle it
- Sheltered flat water
- Any that you have close to you

Self-Assessment Quiz

Environmental Impact

Choose the one most appropriate answer

1: Why is the damage to national parks, wilderness areas and rivers increasing?

- More people are preferring to spend more time in nature
- We don't as much any more
- We produce more rubbish than we used to

2: Biodiversity is?

- Something that used to exist
- Vital in supporting human life
- Quality of life

3: A weed is?

- Something that is introduced
- Something that is generally considered to be a nuisance
- Any plant that has been removed or escaped from its natural habitat and has established itself in a new system

4: Which of the below is not a form of Impact on the environment?

- Physical
- Ecological
- Demanding

5: Use fuel stove on?

- A hard, flat surface
- Anywhere you can't light fires
- Vegetation that cannot burn

6: How many meters should you ideally camp from a river bank?

- 10 metres
- 30 metres
- 50 metres

7: How far away from rivers and water should things be washed

- 20 metres
- 50 metres
- 100 metres

8: Toilet pits should be ?cm deep

- 15cm
- 30cm
- 50cm

9: Toilet pits should be ? metres from water

- 20 metres
- 100 metres
- 50 metres

10: Water should be boiled for how long?

- 3 min
- 5 min
- 10 min

Self-Assessment Quiz

Undertake Risk Analysis of Activities

Choose the one most appropriate answer

1: A good deal of risk management is?

- Not important
- Common sense
- Very difficult

2: Hazard means?

- Anything that has the potential to harm the health or safety of a person
- The people around you
- The craft that you are using

3: Which of the below is not a concept of risk

- Real
- Perceived
- Pretend

4: In which year did Hebb suggest the concept called 'optimal arousal'?

- 2002
- 1955
- 1979

5: To measure a level of risk we use

- Likelihood vs Consequence
- Likelihood vs person
- Consequence vs group control

6: What level of risk should be managed?

- None
- All
- Only the major ones

7: Which of the below is not a way to treat a risk?

- Ignore it
- Avoid
- Accept

8: A certain amount of risk is?

- An important factor in the enjoyment of a paddling activity
- Not acceptable
- Should be eliminated

9: All Leaders of paddling activities should complete a ?

- Risk register
- Float plan
- Briefing

10: What is an EMP?

- Emergency management place
- Emergency management plan
- Episode management plan

Self-Assessment Quiz

Perform Deep Water Rescues

Choose the one most appropriate answer

1: What is the first priority in any rescue?

- Yourself
- Capsized person
- Other paddlers

2: What must any rescue do?

- Take as long as it takes
- Return paddler to the kayak
- Use 3 people to perform the rescue

3: To hold a raft steady your hands should be

- Both on the cockpit combing
- Only use one hand
- One over the top and under the kayak, the other on the cockpit combing

4: Which is an outdated rescue??

- W rescue
- H rescue
- A rescue

5: In which rescue does the victim not have to exit their kayak?

- T rescue
- Wedge rescue
- Eskimo Rescue

6: What is the fastest and safest rescue?

- Rolling
- T rescue
- Eskimo rescue

7: Which of the below is not a main form of tow system

- Attached to the paddler
- Attached to the boat
- Attached to both in case one fails

8: Which of the following is not a towing method?

- V tow
- Inline tow
- T Tow

9: Flatwater towlines may be as short as ? metres

- 10 metres
- 5 metres
- 50 metres

10: Single tows require the rescue to?

- Steer straight behind the towing kayak
- Keep paddling
- Relax and enjoy

Self-Assessment Quiz

Apply Weather Information

Choose the one most appropriate answer

1: Why do we have weather?

- Because the earth is not uniformly heated by the sun
- Because of earth is rotating
- All of the above

2: Wind is measured from? metres above sea level

- At sea level
- 10 m above
- 100 m above

3: What percentage may wind gusts be higher than the forecast

- 10%
- 25%
- 40%

4: Air in a high is?

- Ascending
- Descending
- Not moving

5: Cold fronts are associated with

- Highs
- Lows
- Isobars

6: Which way does the wind blow around a Low?

- Clockwise
- Anti-clockwise
- Depends on its position over Australia

7: Which way does the wind blow around a High?

- Clockwise
- Anti-clockwise
- Depends on its position over Australia

8: In a cold front where is the air cooler?

- Behind the front
- In front of the front
- There is no change in air temp

9: In the Beaufort scale what is the speed in km/h for a number 4

- 15 - 20
- 20 - 29
- 10 - 15

10: A Moderate breeze is how many knots

- 5 - 10
- 11 - 16
- 16 - 21

Self-Assessment Quiz

Leadership

Choose the one most appropriate answer

1: If you have the power to influence then you have?

- An easy trip ahead
- A duty of care
- No duty of care

2: What do the five P's stand for?

- Prevent planning promotes poor planning
- Proper planning prevents poor performance
- Poor performance promotes poor planning

3: Which of the following is not a quality of a good leader?

- Passion
- Communication
- Over confident

4: Which of the following is not a leadership style?

- Directive (autocratic)
- Consultative (democratic)
- Demanding

5: What type of leadership should be used at meet and great?

- Consultative
- Directive
- Participative

6: What has no place in a briefing?

- Food
- Sun glasses
- Animals

7: Where should a leader be positioned on the water?

- In the centre of the group
- At the back
- In a position that they can monitor the whole group and upcoming hazards

8: Feedback should be?

- Specific rather than general
- General rather than specific
- Kept to yourself

9: To help a group to begin to trust one another you can play what sort of games?

- Any that involves a ball
- Ice breakers
- No games will help with this it just takes time

10: Which of the below is not a kind of conflict?

- Substantive conflict
- Personalised conflict
- General conflict