



Swiftwater Rescue Course

EXAMINATION QUESTIONS

HELICOPTER RESCUE

1. The following are multiple choice questions. Please write the correct response on the blank in front of the question. (1.25 pts each)

- _____ 1) As a rule always wear a life jacket (PFD) within 10 feet of the water. (p: 1.1)
 a) true
 b) false
- _____ 2) It is okay to loop the rope around your wrist to increase your grip on the rope. (p: 1.2)
 a) true
 b) false
- _____ 3) Deploying upstream spotters is necessary. However, deploying downstream rescuers is not necessary. (p: 1.2)
 a) true
 b) false
- _____ 4) What you bring with you is what you have for the rescue. (p: 1.2)
 a) true
 b) false
- _____ 5) "Rescuers first, victims second" means that the safety of the rescuer comes first. If a rescuer becomes a victim, you now have two victims to deal with. (p: 1.2)
 a) true
 b) false
- _____ 6) Coming onto the scene of an incident, paddlers in a recreational group have several important differences from a rescue squad. All items listed below are true regarding this difference except one. Which is it? (p: 1.3)
 a) Generally, paddlers have fewer *people* to assist in the rescue than the rescue squad.
 b) Generally, paddlers have less *rescue equipment* on hand to effect a rescue than a rescue squad.
 c) Generally, paddlers reach the incident site before the rescue squad (*time*).
 d) In a heads down rescue, paddlers generally have the best opportunity to effect the rescue (*type of rescue*).
 e) All of the above items are true.
- _____ 7) The Swiftwater Rescue Technician (SRT I/II) course by Rescue 3 (*rescue squads*) is designed for rescuers operating in which phase of the rescue curve? (p: 1.3)
 a) prevention/safety
 b) self-rescue
 c) rescue by others in your group
 d) rescue by others outside your group
- _____ 8) According to the rescue curve, your first line of defense is which of the following? (p: 1.1)
 a) prevention/safety
 b) self-rescue
 c) rescue by others in your group
 d) rescue by others outside your group
 e) injury, damage or loss

- _____ 9) In terms of the rescue curve, a victim swims to shore unaided is an example of which of the following? (p: 1.1)
- a) prevention/safety
 - b) self-rescue
 - c) rescue by others in your group
 - d) rescue by others outside your group
 - e) injury, damage or loss
- _____ 10) A rescuer on your trip throws a rope to the victim. The victim grabs a hold of the rope. In terms of the rescue curve, the victim is now in which phase? (p: 1.1)
- a) prevention/safety
 - b) self-rescue
 - c) rescue by others in your group
 - d) rescue by others outside your group
 - e) injury, damage or loss
- _____ 11) There is no relationship between a roller coaster and providing the experience to the participant. (p: 1.9)
- a) true
 - b) false
- _____ 12) An adventure sports programmer seeks to increase actual risks and reduce perceived risks. (p: 1.9)
- a) true
 - b) false
- _____ 13) The *solo wading with a paddle* technique doesn't work very well on rocky and uneven bottoms. (p: 2.1)
- a) true
 - b) false
- _____ 14) The heart of the two person wading technique is the use of the paddle to stabilize the waders. (p: 2.2)
- a) true
 - b) false
- _____ 15) The huddle is really a variation of the solo wading with a paddle wading technique except with multiple people. (p: 2.2)
- a) true
 - b) false
- _____ 16) The pyramid can be used to alter the current above a victim. (p: 2.3)
- a) true
 - b) false
- _____ 17) The pyramid uses the solo wading with a paddle technique for the point person. (p: 2.3)
- a) true
 - b) false
- _____ 18) The text suggests the point person in the pyramid should be the leader and call out the commands. (p: 2.3)
- a) true
 - b) false
- _____ 19) The in-line crossing is designed to move a small group through deep water. (p: 2.4)
- a) true
 - b) false

- _____ 20) Aggressive swimming is essentially the same thing as the crawl stroke. (p: 2.5)
a) true
b) false
- _____ 21) The barrel roll is used by a swimmer to exit an eddy. (p: 2.5)
a) true
b) false
- _____ 22) Aggressive swimming is a technique that uses the extensive use of the back ferry. (p: 2.6)
a) true
b) false
- _____ 23) When packing the rope into the throw bag, the rope should be neatly coiled in the bag so that it comes out easily. (p: 3.1)
a) true
b) false
- _____ 24) When coiling the rope for the second throw, count the number of coils you make so that you can estimate the amount of rope you have to throw. (p: 3.2)
a) true
b) false
- _____ 25) The victim should place the throw rope over which shoulder to help ferry (move) the victim over to the shore. Which shoulder should it go over. (p: 3.3)
a) Place the rope over the shoulder **away from** the shore you want to go toward.
This points the head to the shore where you want to go.
b) Place the rope over the shoulder **nearest** to the shore you want to go toward.
This points the head away from the shore where you want to go.
- _____ 26) When entering the water, the rescuer does a shallow water dive with his hands over his chest to protect the chest. (p: 3.3)
a) true
b) false
- _____ 27) After throwing the bag, the text recommends that the belayer immediately go into a sitting belay. (p: 3.5)
a) true
b) false
- _____ 28) The 120 degree rule has little or no applicability to how you set up a stabilization line. (p: 3.6)
a) true
b) false
- _____ 29) The purpose of the stabilization line is to cinch and extricate the victim. (p: 3.6)
a) true
b) false
- _____ 30) When backing up a belay, the backup pulls backwards but not downward. (p: 3.7)
a) true
b) false
- _____ 31) The Inverted Paddle Snag Line is used to rescue paddles and equipment. . (p: 3.7)
a) true
b) false

- _____ 32) In the *simple rope tether*, the rescuer uses a belayed line for stability. (p: 3.8)
a) true
b) false
- _____ 33) In the tethered swimmer rescue, clip the line with a carabiner into the back of the rescuer's shoulder strap. (p: 3.8)
a) true
b) false
- _____ 34) In the tethered swimmer rescue, the rescuer grabs the shoulder straps of the victim's life jacket. (p: 3.9)
a) true
b) false
- _____ 35) (p: 3.9) In the V-lower, the rescuer pendulums outward on a line belayed from the shore.
a) true
b) false
- _____ 36) Turbulent water can often disconnect two locking carabiners fastened together that are left unlocked. (p: 3.9)
a) true
b) false
- _____ 37) A simple cinch converts a stabilization line into a cinch. (p: 3.10)
a) true
b) false
- _____ 38) The Kiwi Cinch requires a minimum of four people to implement the cinch. (p: 3.12)
a) true
b) false
- _____ 39) The Carlson Cinch can damage the internal organs of the victim. (p: 3.12)
a) true
b) false
- _____ 40) When looking upstream, river right is on the right shore. (p: 4.1)
a) true
b) false
- _____ 41) The principle of laminar flow is that the deeper the water the faster the water near the surface flows. (p: 4.1)
a) true
b) false
- _____ 42) A rock or other obstruction causes the upstream-V. (p: 4.2)
a) true
b) false
- _____ 43) There is no vertical height differences between the upstream and downstream-Vs? (p: 4.2)
a) true
b) false
- _____ 44) The chute formed between two rocks forms an "upstream-V." (p: 4.2)
a) true
b) false
- _____ 45) The water travels faster on the inside of a bend. (p: 4.3)
a) true
b) false

- _____ 46) A pillow is created by a rock underneath the water. (p: 4.4)
a) true
b) false
- _____ 47) Which of the following is **not** part of an eddy. (p: 4.4)
a) An area where the water is flowing back upstream
b) A current differential
c) An eddy line
d) A downstream current that moves more slowly than the main current.
e) All of the above are part of an eddy
- _____ 48) Which of the following is not part of a *hole or hydraulic*. (p: 4.5)
a) A backwash where the water is flowing back upstream to fill the hole
b) A boil
c) An eddy line
d) A downstream current that moves more slowly than the main current.
- _____ 49) Conceptually, a hydraulic is an eddy turned on its side. (p: 4.5)
a) true
b) false
- _____ 50) Which of the following is part of a “*smiling*” hole. (p: 4.6)
a) The center of the hole is downstream of the sides.
b) The energy of the hole tends to force things to the center of the hole.
c) Generally, they are to be avoided. It is a superficial smile.
- _____ 51) A downed tree in the river current where the water flows through the tree is an example of a *pillow*. (p: 4.7)
a) true
b) false
- _____ 52) A **knot** is a group of wraps in the rope that require an external object for the knot to maintain its structural integrity. (p: 5.2)
a) true
b) false
- _____ 53) A **hitch** is a group of wraps in the rope where the wraps themselves maintains its structural integrity (p: 5.2)
a) true
b) false
- _____ 54) The “**running end**” of the rope is the end of the rope that is used to rig with or tie off to something. (p: 5.2)
a) true
b) false
- _____ 55) The “**working end**” of the rope is the free end or the end of the rope that is not rigged. (p: 5.2)
a) true
b) false
- _____ 56) A “**bight**” is a double back section of a rope somewhere in the center of the rope that does not cross over itself. (p: 5.2)
a) true
b) false
- _____ 57) In general, a bowline is a relative easy knot to untie after being placed on load. (p: 5.2)
a) true
b) false

- _____ 58) When tying a knot it is important to “set” the knot where all the parts of the knot are tighten together to maintain the knot’s configuration. (p: 5.4)
a) true
b) false
- _____ 59) *Dynamic kernmantle rope* rather than *static kernmantle rope* should be used in rescue work. (p: 5.4)
a) true
b) false
- _____ 60) The double fishermans knot is part of the figure-8 family of knots. (p: 5.5)
a) true
b) false
- _____ 61) The *directional figure-8 follow through knot* can also be used as a self-equalizing anchor. (p: 5.5)
a) true
b) false
- _____ 62) A prusik knot slips at between 900 to 1,200 lbs of tension. Hence, using a prusik knot used in a hauling system provides a built-in safety check since the system will slip before the rope breaks. (p: 5.9)
a) true
b) false
- _____ 63) A rigger’s knot (i.e. trucker’s knot) is really a Z-rig. (p: 5.10)
a) true
b) false
- _____ 64) The double fisherman’s knot is really a hitch. (p: 5.10)
a) true
b) false
- _____ 65) The double fisherman is chosen because it is an easy knot to untie after being under load. (p: 5.10)
a) true
b) false
- _____ 66) A bend is used to tie two ropes together. (p: 5.13)
a) true
b) false
- _____ 67) There are three basic pulley systems. These are the block and tackle, 4:1, and 3:1 systems. (p: 6.1)
a) true
b) false
- _____ 68) Counting the number of supporting lines in a pulley system will always indicate the mechanical advantage of the system. (p: 6.1)
a) true
b) false
- _____ 69) The range of the pulley system is the length of the hauling system before it needs to be readjusted. (p: 6.2)
a) true
b) false
- _____ 70) The concept of throw is synonymous with the mechanical advantage of the system. (p: 6.3)
a) true
b) false

- _____ 71) A 2:1 pulley system pulled at an angle of 120 degrees essentially has a practical or actual mechanical advantage of 1:1. (p: 6.4)
a) true
b) false
- _____ 72) The 120 degree rule has little or no impact on how you tie a double fisherman knot. (p: 6.4)
a) true
b) false
- _____ 73) One of the following statements is false regarding why you would put a *directional pulley* on a mechanical hauling system. Which is it?
a) It helps to optimize the mechanical advantage of the system.
b) It minimizes or reduces the impact of the 120 degree rule.
c) It provides a degree of safety for the rescuer in case the system breaks.
d) It adds considerable friction to the system and should be avoided.
- _____ 74) Under the right conditions, a 9:1 Z-drag can lead to the failure of the system including the ropes.
a) true
b) false
- _____ 75) All of the following can be used as anchors except one? Which one is it?
a) You can loop webbing around the horn or protrusion on a submerged rock.
b) You can use the water knot on a loop of webbing as a chock wedged into a small crack in the rocks.
c) You can girth hitch a piece of webbing around a small rock and "chock" or wedge it into a crack.
d) You can wrap the webbing around the spot where two rocks join or press together.
e) All of the above can be used as anchors.
- _____ 76) Which of the mechanical advantage systems is incorrect or doesn't exist in the packet?
a) C-rig; 7:1
b) Z-drag; 3:1
c) piggy-back; 4:1
d) double Z-drag; 9:1
- _____ 77) When using a haul system (e.g. piggy-back, Z-drag), all of the following items except one is recommended to increase the safety of the haulers.
a) hang an object on the line to absorb and redirect kickback if the line breaks
b) redirect the line so the haul team is out of the way
c) stand behind the anchor (e.g. rock or tree) for protection while pulling
d) have someone off to the side to check your progress and forewarn you of problems
e) All of the above may be done to increase safety.
- _____ 78) A 5:1 system is really two Z-rigs pulling on each other. (p: 6.7)
a) true
b) false
- _____ 79) Compared with a Z-rig, the piggy-back system has much better throw. (p: 6.3)
a) true
b) false
- _____ 80) The 5:1 system can easily be converted to a 9:1 system if needed. (p: 6.7)
a) true
b) false