



## Coastal Kayak Day Trip Leading Assessment Exam

*Please do not mark on this test. Note your answers on the attached answer sheet and submit both to the Instructor Trainer upon completion of the exam.*

### Boat Handling

1. The power face of the blade is used on the reverse sweep.  
TRUE            FALSE
2. Weather-cocking occurs most often when:
  - A. Paddling a boat that is overloaded
  - B. Paddling in beam winds
  - C. Paddling into the wind
  - D. Paddling a boat that is too light in weight
3. A participant wants a sea-worthy sea kayak that will maneuver well. Which boat would you suggest:
  - A. 18 foot long, no rocker
  - B. 16 foot long, with rocker
  - C. 17'-6" long, hard chine, straight keel, Swede form
  - D. 12' Recreational kayak
4. The widest part of a kayak is called:
  - A. Freeboard
  - B. Draft
  - C. Bilge
  - D. Beam
  - E. None of the above
5. Your participant has trouble paddling in the wind. What method/technique would you suggest to compensate for weather-cocking with the wind coming from the starboard beam?
  - A. Edging your boat by lifting with the left knee while paddling forward
  - B. Executing a strong sweep stroke on the down-wind side every other stroke
  - C. Executing a strong sweep stroke on the up-wind side every few strokes
  - D. Both A and C
6. What stroke moves/slips the boat sideways while underway?
  - A. Duffek
  - B. Cross-bow draw
  - C. Stationary draw
  - D. Low brace on the move

7. You want to turn your kayak left. Which of the following would be the best choice?
  - A. Sweep on the right, J-lean by lifting the right knee up
  - B. Sweep on the left, J-lean by lifting the left knee up
  - C. Sweep on the right, J-lean by lifting the left knee up
  - D. Sweep on the left, J-lean by lifting the right knee up
  
8. Feathering your paddle offers more resistance when paddling into a headwind
 

TRUE                      FALSE
  
9. For maximum support and stability in beam seas, make sure you:
  - A. Lean into the waves and time your stroke or brace to coincide with an approaching wave crest
  - B. Lean away from the wave and lift your paddle into the air
  - C. Lean away from the approaching waves and time your stroke to coincide with an approaching trough
  - D. Keep your boat flat and paddle with a higher shaft angle
  
10. On the recovery phase of the in-water draw stroke, how should your powerface be oriented?
  - A. Facing the bow of the boat
  - B. Facing your hip
  - C. Facing the stern of the boat
  - D. Facing away from the boat
  
11. With no wind or current, if your kayak is tracking perfectly straight and you edge your kayak by J-leaning and lifting your right knee, which way will the kayak turn
  - A. To the right
  - B. To the left
  - C. Depends on how your blade is feathered
  - D. It won't turn at all
  
12. On a high brace, your hands and arms should be positioned as follows:
  - A. Hands up near shoulders, elbows down
  - B. Hands up above shoulders, elbows down
  - C. Hands down near cockpit, elbows up
  - D. Hands up near shoulders, arms out from body
  
13. A skeg may do all of the following except:
  - A. Aid in tracking in beam seas
  - B. Enhance turning capabilities
  - C. Retract into a skeg box
  - D. Allow your boat to have solid foot braces

### **Marine Environment**

1. A moderate tidal current running against an onshore breeze can:
  - A. Smooth the sea surface
  - B. Create steeper waves and rougher sea conditions
  - C. Cause whirlpools and overfalls
  - D. Reverse the apparent tidal current direction

2. Which of the following coastal features/condition would pose the greatest hazard to a sea kayaker?
  - A. Crossing a river mouth during an ebb tide and an onshore breeze
  - B. Crossing a river mouth during a flood tide and an onshore breeze
  - C. Crossing a river mouth at slack tide and a full moon
  - D. Crossing a sand bar during slack tide
  
3. What combination of characteristics determines wave height?
  - A. Wind speed, depth of water and water temperature
  - B. Wind speed, wind velocity and fetch
  - C. Wind speed, duration and fetch
  - D. Wind speed, barometric pressure and duration
  
4. How many hours are there between high and low tide, in an area with a semidiurnal tide cycle?
  - A. 5  $\frac{3}{4}$  hours
  - B. 6  $\frac{3}{4}$  hours
  - C. 6  $\frac{1}{4}$  hours
  - D. 12 hours
  
5. Slack tide generally occurs:
  - A. Half-way between high and low tide
  - B. Half-way between low and high tide
  - C. About 1 hour before, to 1 hour after, a high or low tide
  - D. 3 hours after a high or low tide
  
6. During which phase of the moon is a spring tide commonly associated with?
  - A. Waning lunar gibbous
  - B. Full moon
  - C. Full and new moon
  - D. None of the above, it depends on the time of the year
  
7. A thunderstorm is associated with which cloud type?
  - A. Cirrus
  - B. Stratocumulus
  - C. Cirrostratus
  - D. Cumulonimbus
  - E. Altocumulus
  
8. What would be the safest place to seek shelter during a storm with lightning?
  - A. In a sparsely wooded area
  - B. In an area of low trees near an area of high trees
  - C. In an open field at its highest point
  - D. In an old reinforced concrete bunker along the shore
  
9. The time that has lapsed between seeing lightning and hearing thunder is 15 seconds. How far off is the storm?
  - A. 15 miles
  - B. 5 miles
  - C. 3 miles
  - D. 1 mile

10. What wind speed would you expect to start seeing whitecaps?
  - A. 1-3 knots (Force 1)
  - B. 4-6 knots (Force 2)
  - C. 7-10 knots (Force 3)
  - D. 22-27 knots (Force 6)
  - E. 28-33 knots (Force 7)
  
11. A 3-foot wave is headed toward a gradually sloping beach. At what water depth will the wave break?
  - A. 1 foot
  - B. 4 ½ feet
  - C. 6 feet
  - D. 7 ½ feet
  - E. None of the above
  
12. What hazard is most often associated with shallow, rocky shoals?
  - A. Marine life
  - B. Fog development
  - C. Whirlpools
  - D. Breaking waves
  - E. None of the above
  
13. Generally speaking, your greatest environmental hazard would be:
  - A. Steep beaches causing large dumping waves
  - B. Cold water
  - C. Fog
  - D. Sharks
  - E. Strong tidal currents

### **Safety and Rescue**

1. What does the U.S. Coast Guard require of all manually propelled craft when paddling on U.S. waters between sunset and sunrise?
  - A. No requirements
  - B. Type I, II or III PFD, audible signal, some form of night distress signal (i.e. 3 aerial flares), and a white light
  - C. Type IV PFD, orange smoke and a strobe light
  - D. Type I, II, or III PFD with attached whistle, white light and a VHF radio
  
2. When paddling in foggy conditions or limited visibility, you should always:
  - A. Set up tow-lines between clients
  - B. Maintain voice contact with your clients
  - C. Spread your group out to avoid collisions
  - D. Keep your group tight in order to maintain both visual and verbal contact with all of your clients
  
3. The Coast Guard always monitors VHF channel:
  - A. 22
  - B. 12
  - C. 16
  - D. 1

4. A hand-held VHF marine radio could allow you to:
  - A. Contact the Coast Guard
  - B. Contact another vessel within line of sight
  - C. Obtain a NOAA weather report
  - D. Both A and B
  - E. All of the above
  
5. What sea kayak rescue would be the most effective for someone with a shoulder injury or suffering from exhaustion?
  - A. Paddle-float self rescue
  - B. T-Rescue
  - C. Scoop Rescue
  - D. Cleopatra's Needle Rescue
  - E. Re-enter and roll
  
6. When would you use a "cow tail" tow over a long tow line in a towing situation?
  - A. Never, using a "cow tail", it is considered an animal cruelty issue.
  - B. Only in following seas.
  - C. When you have an incapacitated paddler and no one else to help with an assisted tow.
  - D. For short distances.
  - E. C and D
  
7. Which of the following is not the preferred sea kayak rescue?
  - A. T-Rescue
  - B. H-I Rescue
  - C. Bow Rescue
  - D. Capistrano Flip
  - E. T-X Rescue
  - F. Paddle float self rescue
  
8. Which of the following factors listed below will affect your choice of rescue?
  - A. Water temperature
  - B. Sea state
  - C. Kayak Buoyancy
  - D. Amount of equipment on/in swamped boats
  - E. All of the above.
  
9. PFD's should be:
  - A. Safely secured on deck and quickly accessible
  - B. Used as a cushion for seating on shore
  - C. Worn and zipped at all times
  - D. Used at the end of a paddle during a paddle-float self rescue
  - E. Both A and D

10. What type of PFD are sea kayakers required to carry on coastal waters according to the Coast Guard?
- A. Type I
  - B. Type II
  - C. Type III
  - D. Type IV
  - E. Both A and B
  - F. Either A, B or C
11. What wind speed is typically the maximum you would expect a complete beginner to be able to handle without too much frustration or risk of accident on their first day of instruction? Which kind of boat?
- A. 5 knots
  - B. 10 knots
  - C. 15 knots
  - D. 20 knots
  - E. 25 knots
12. To determine if you are on a collision course with another vessel (assuming you are maintaining the same course and heading), you can use the following technique:
- A. Watch the vessel's angle relative to your bow – if it does not change over time, you are on a collision course
  - B. Watch the vessel's angle relative to your bow – if it moves forward over time, you are on a collision course
  - C. Watch the vessel's angle relative to your bow – if it moves aft over time, you are on a collision course
  - D. None of the above will work
13. When paddling in a shipping lane:
- A. Assume the right-of-way, as manually propelled craft have right-of-way over all other vessels
  - B. Give way only to vessels under sail, as manually propelled craft have right-of-way over all motorized vessels
  - C. Stay clear of all vessels, as manually propelled craft do not have right-of-way in shipping lanes
  - D. Stay clear of shipping lanes at all times and if you must cross them, do so at right angles with utmost haste and caution
  - E. Both C and D
14. What sea kayak rescue would be most effective for someone on a guided tour in good physical condition, in warm water and this is their first experience?
- A. Paddle-float self rescue
  - B. T or TX Rescue
  - C. Scoop Rescue
  - D. Re-enter and roll



## Coastal Kayak Day Trip Leading Assessment Exam ANSWER SHEET

Candidate \_\_\_\_\_ ACA Number \_\_\_\_\_

Workshop Date(s) \_\_\_\_\_ Instructor Trainer/Assessor : \_\_\_\_\_

*Please circle your answers*

<b>BOAT HANDLING</b>						<b>SAFETY AND RESCUE</b>					
1.	TRUE		FALSE			1.	A	B	C	D	
2.	A	B	C	D		2.	A	B	C	D	
3.	A	B	C	D		3.	A	B	C	D	
4.	A	B	C	D	E	4.	A	B	C	D	E
5.	A	B	C	D		5.	A	B	C	D	E
6.	A	B	C	D		6.	A	B	C	D	E
7.	A	B	C	D		7.	A	B	C	D	E F
8.	TRUE		FALSE			8.	A	B	C	D	E
9.	A	B	C	D		9.	A	B	C	D	E
10.	A	B	C	D		10.	A	B	C	D	E F
11.	A	B	C	D		11.	A	B	C	D	E
12.	A	B	C	D		12.	A	B	C	D	
13.	A	B	C	D		13.	A	B	C	D	E
						14.	A	B	C	D	
<b>MARINE ENVIRONMENT</b>						<b>Test Scoring</b>					
1.	A	B	C	D		Boat Handling: ____ / 13					
2.	A	B	C	D		Marine Environment: ____ / 13					
3.	A	B	C	D		Safety & Rescue: ____ / 14					
4.	A	B	C	D		<b>Total Score: ____ / 40</b>					
5.	A	B	C	D		<b>36 / 40 = Passing</b>					
6.	A	B	C	D		This answer sheet is to be submitted, by the facilitating Instructor Trainer, in conjunction with the Certification Course report form.					
7.	A	B	C	D	E						
8.	A	B	C	D							
9.	A	B	C	D							
10.	A	B	C	D	E						
11.	A	B	C	D	E						
12.	A	B	C	D	E						
13.	A	B	C	D	E						