



# Paddlesports Safety Facilitator Exam

## Trip Preparation and Planning

1. You can leave a boat or board on the roof of your car unsecured as long as you plan to come back
  - a. True
  - b. False
  - c. It doesn't matter
2. How do you test that your boat is securely strapped / tied down to your car?
  - a. Make sure the straps are tight
  - b. Make sure the ends of the straps are tied off
  - c. Push the side of the boat and rock it back and forth
  - d. All of the above
3. Planning the paddling route for a trip involves:
  - a. Obtaining the weather forecast
  - b. Deciding on a distance the group can paddle
  - c. Discussing local water hazards
  - d. Establishing intermediate meeting points on the route
  - e. All of the above
4. What information should **NOT** be included in a float plan?
  - a. The local weather forecast for the day
  - b. Local flora and fauna found in the region

- c. Phone number of local emergency services
  - d. People going on the trip and the gear they brought
  - e. Timeline of when group will depart and when they plan to be back
5. Prior to each paddling trip, a float plan should be:
- a. Filed with the S. Coast Guard
  - b. Mailed to the state police
  - c. Given to a local marine patrol officer
  - d. Left with a relative or friend
  - e. Kept only in the trip leader's pocket
6. When dressing for paddling, in which order should environmental factors be considered:
- a. Current weather conditions, water temperature, weather forecast
  - b. Weather forecast, current weather conditions, water temperature
  - c. Water temperature, weather forecast, current weather conditions
  - d. Water temperature, current weather conditions, weather forecast
7. It is safe to paddle \_\_\_\_\_.
- a. While drinking alcohol
  - b. Alone
  - c. In the dark
  - d. While wearing a properly fitted life jacket
  - e. All of the above
8. Paddlers should \_\_\_\_\_.
- a. Take a water bottle and drink rarely
  - b. Take a water bottle for emergencies only
  - c. Take a water bottle and drink from it frequently
  - d. Not drink water while boating

9. To avoid hypothermia
  - a. Dress in wool or synthetic layers
  - b. Wear tight fitting cotton clothing
  - c. Drink lots of hot coffee or tea
  - d. Insulate your head, neck, and hands
  - e. Both A and D

## **Life Jacket Knowledge**

10. All group members should be wearing life jackets. A life jacket should fit:
  - a. Loosely so swimming is easier
  - b. Casually to keep from overheating
  - c. Snugly and securely
  - d. Lightly it can be pulled overhead easily
11. A threadbare, worn or discolored life jacket should be \_\_\_\_\_.
  - a. Washed and repaired
  - b. Destroyed and disposed of
  - c. Given away
  - d. Returned to manufacturer
12. What are U.S. Coast Guard life jacket requirements for adult paddlers?
  - a. One per boat
  - b. One per occupant
  - c. Two per boat
  - d. This regulations does not apply to paddlers

## **General Paddling Knowledge**

13. When entering or exiting a kayak or a canoe, or getting onto and moving to a standing position on a SUP, \_\_\_\_\_.

- a. Keep your upper body centered over the craft
  - b. Float the craft in the water
  - c. Use the paddle for secondary support
  - d. All of the Above
14. To increase stability while paddling
- a. Point your craft into the wave or wake
  - b. Keep your weight centered and craft appropriately trimmed
  - c. Continue to paddle smoothly
  - d. All of the above
15. When you hear thunder:
- a. Wait to see if there is any lightning before getting off the water
  - b. Get off the water and monitor the weather
  - c. Seek shelter underneath a tall tree, or in a gulley shallow cave
  - d. Remove your life jacket in case you need to dive into the water
16. How will a boat or board perform if it is loaded beyond its capacity?
- a. It will be easier to stop
  - b. It will have better steering
  - c. It will be harder to control
  - d. It will be faster
17. Which of the following is true about low head dams?
- a. They are easily spotted from upstream
  - b. They can be safely approached from downstream
  - c. They should be avoided both above and below
  - d. They have a strong backwash above the dam
18. Which of the following is most likely to occur during the initial shock when falling into cold water?

- a. Immediate, sudden gasping
  - b. Loss of feeling in the legs and arms
  - c. Fainting or loss of consciousness
  - d. None of the above
19. When should a paddler dress for immersion?
- a. When there is rain in the weather forecast
  - b. When it is cold outside
  - c. When paddling in an environment above their skill level/experience
  - d. When paddling in any situation
20. When paddling around other recreational boaters and vessels:
- a. Stay visible and vigilant
  - b. Paddle craft always have the right of way
  - c. Change your direction of travel often
  - d. Stop paddling when you see other boats
21. When traveling in a group you should maintain \_\_\_\_\_.
- a. Clear communication
  - b. In line of sight of group members
  - c. Awareness of your surroundings including hazards
  - d. A position of usefulness to your fellow paddlers
  - e. All of the above
22. When planning a journey with the same launch and take out, it is best to:
- a. Paddle against the wind and current first
  - b. Paddle with the wind and current to cover as much ground as possible
  - c. Consider bail out point if the weather should turn on you
  - d. Both A and C

## **Rescue Knowledge**

23. In a rescue scenario, which do you rescue first?
- Boat / board and paddle
  - Paddler
  - Gear
  - Closest thing in proximity to you as the rescuer
24. If you capsize or fall while paddling, you should do all of the following **EXCEPT:**
- Hold onto your craft and your paddle
  - Stand up and attempt to slowly walk to shore
  - Stay calm and listen to instructions given by the rescuer
  - Tie a rope around your waist and attach yourself to the rescuer's boat
  - Be an active participant in your rescue
  - None of the above
25. When throwing a throw bag to a swimmer, it's important to:
- Make eye contact
  - Yell, "Rope!"
  - Throw the rope within an arms length of the swimmer
  - All of the above

## **Debriefing**

26. When preparing for or debriefing after a paddling trip, it is important to:
- Understand your limits
  - Seek training from a certified instructor
  - Learn from your shared experiences and make informed decisions
  - All of the above
27. After the conclusion of a paddling trip, you should do all of the following **EXCEPT:**

- a. Reflect on the trip, what you have learned, and how to better prepare for next time
- b. Check in with friends and family the next day
- c. Inspect gear and equipment for damage or needed repair
- d. Properly clean and store gear for future use

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| <b>Paddlesports Safety Facilitator Candidate Name:</b> |   |
| <b>ACA Certified Instructor Name:</b>                  |   |
| <b>Course Completion Date:</b>                         |   |
| <b>Test Score: _____ / 27</b>                          | <b>*22 / 27 (or higher) is passing.</b> |

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