

NAME: _____

SSWAC THREE STAR KAYAK THEORY

SURREY SCOUT WATER ACTIVITIES CLUB

BCU 3 STAR WHITE WATER KAYAK THEORY PAPER

THIS THEORY PAPER IS TO BE COMPLETED PRIOR TO ATTENDING SURREY SCOUT WATER ACTIVITIES CLUB WHITE WATER KAYAK THREE STAR ASSESSMENT AND IS TO BE BROUGHT ALONG AND HANDED TO THE COACHING TEAM WHEN REQUESTED. IT IS ACCEPTABLE FOR CANDIDATES TO RESEARCH THEIR ANSWERS USING RESOURCES AVAILABLE TO THEM.

1. Name two variations of kayak paddle designs?
 - a.
 - b.
2. Modern White water kayaks are made from what material?
 - a.
3. As a member of a group paddling on a grade 2 river, name 5 essential items of kit you would ensure each member of the group was carrying?
 - a.
 - b.
 - c.
 - d.
 - e.

4. What would be the minimal acceptable kayaking clothing worn on a days grade 2 river trip in the middle of winter when conditions are cold?

a.

b.

c.

d.

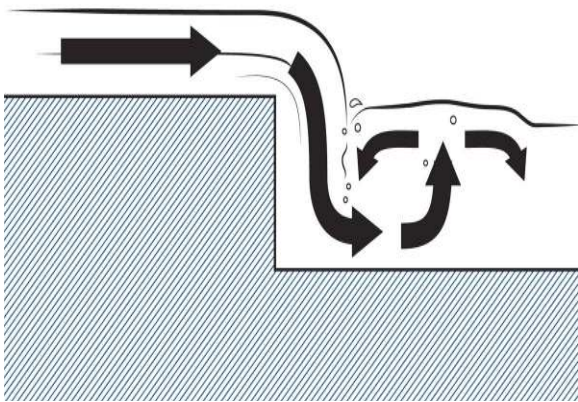
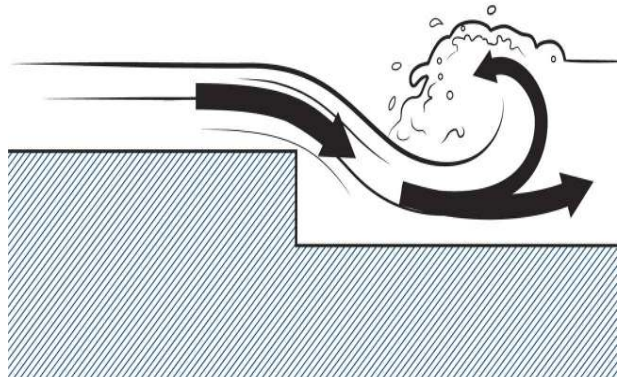
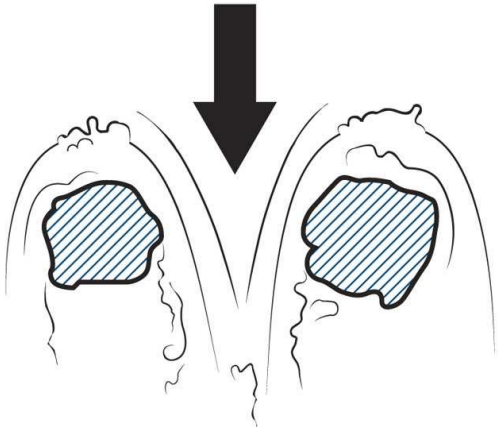
e.

f.

5. Describe what is meant by the term “strainer”?

6. Below are four different types of water features. Match the descriptions to the pictures:

- a. Surface Stopper
- b. Deep Recirculating Stopper
- c. Down Stream V
- d. Roosters Tail



7. Name two places you can find out the weather forecast prior to a kayaking trip?

a.

b.

8. Name three weather factors that would be important to know for a days kayaking trip?

a.

b.

c.

9. What is an “access agreement”?

10. Who would you contact to establish what access agreement is in place for the river you were planning on paddling on?

11. What does the term “riparian owner” mean?

12. You have been paddling on a stretch of grade 2 water and one of your group has a swim. It’s a cold day, the water temperature is low and they are not wearing the correct clothing. What medical condition may they soon develop?

13. You notice that whilst the member of your group has been swimming they have cut themselves badly to the hand. You are a long way from help, and have only the items you packed in your boat. Give 4 actions you will take to treat the victim?
- a.
 - b.
 - c.
 - d.
14. Whilst paddling on a day trip one of your group catches their arm on a rock causing their shoulder to dislocate. Circle which one of the following you would do?
- a. Allow them to continue paddling through the pain and sort it out at the end of the trip
 - b. Get that member of the group off the water and tell them to walk back to where they got in alone and meet them back there when you have finished paddling
 - c. Get the whole group off the water, give them a stick to bite on and pop their shoulder back into place
 - d. Get the injured person and another member of the group to walk to the nearest place of safety and seek professional medical advice
15. Give four signs that someone is suffering from hypothermia?
- a.
 - b.
 - c.
 - d.

16. Give four actions you would take to treat someone suffering from hypothermia?

- a.
- b.
- c.
- d.

17. Name two makes and models of kayaks sold in Britain?

- a.
- b.

18. What agency would you contact to report large quantities of oil in a river?

19. Who was Rob Roy MacGregor?

20. Name three benefits of being a member of the British Canoe Union?

- a.
- b.
- c.

21. On what type of journey may a compass be useful?

22. What sort of map is best to have on a journey on a river or canal?

23. What are the disadvantages of taking a Global Position System (GPS) on the water?

24. Who has right of way when descending a white water rapid?

25. Once you have entered an eddy that you know other people are intending to enter, what should you do?

26. What side of a navigable river or canal should you paddle on?

27. You see another group has a swimmer coming towards you down a rapid. You are standing on the bank with the rest of your group. What would you do?

28. If someone in your group capsized how would you raise the alarm?

29. What do you think your average speed is on a journey lasting 4 hours?

30. Give four factors that may affect your speed, and the speed of the rest of the group?

- a.
- b.
- c.
- d.