
STUDY QUESTIONS FOR LEVEL 1 INSTRUCTOR

RESOURCES

1. Where can you get hydrographic charts and topographic maps? Tide and current charts?
2. What is the purpose of Paddle Canada?

EQUIPMENT

1. Explain how length, beam, rocker, chine affect how a boat handles?
2. Explain the continuum between primary and secondary stability as it refers to the hull of a kayak.
3. What are considerations in choosing paddle length? Shaft width?
4. Explain the differences in function of a skeg and a rudder.
5. Why does weather cocking occur and how can it be reduced?

SAFETY & RESCUE

1. What are coast guard requirements for kayaks under 6m?
2. What are the features of a safe and effective line tow system? contact tow system?
3. Somebody capsizes while you are teaching a Level 1 Skills Course - who are your three priorities (for ensuring safety) in order?
4. Explain Jim Raffan's model of lemons in risk management/ assessment?
5. A swimmer is separated from their kayak and you are the rescuer - what actions would you take?
7. Discuss 3 methods of signalling/flares.
8. What are good ways of keeping a group together in calm waters? Rough seas?

WEATHER INTERPRETATION

1. What are three ways to obtain a weather forecast?
2. What observations can you make to help you predict weather changes in your immediate area?
3. What are the characteristic signs of an approaching warm front? Approaching cold front?
4. Explain using a diagram how a low pressure system develops?
5. Where would the strongest winds be found in low pressure system? High pressure?
6. What are units of measurement used in a marine forecast vs land forecast re wind speed?
7. Explain: storm surge, backing and veering winds.



COMMUNICATION & LEADERSHIP

1. Poor communication is the root of most problems. Before heading out on the water with your group what communication strategies would you want to discuss and have in place with the group? In your answer, include specific visual / audio signals.
2. What techniques would you use to stabilize / manage your group on water while co-ordinating a capsized rescue?
3. What channels do marinas listen to on a vhf radio? What is calling and distress channel?
4. You want to do a radio check with the Coast Guard on your vhf-explain how to do that?

FIRST AID & INJURY PREVENTION

1. You have a student complaining of lower back pain while paddling. What suggestions would you offer to help?
2. What are the signs and symptoms of mild hypothermia? And how would you treat for this?
3. Describe three good warm up or stretching exercises for kayakers prior to launching.

TIDES AND CURRENTS

1. Become familiar with a tide table and understand how to interpret it for a particular area. Do the same for current table.
2. Explain how current speed and tidal height can be affected by geography.

NAVIGATION/ TRIP PLANNING

1. What is piloting? Ded reckoning?
2. What are the differences and similarities between topo maps and hydrographic charts?
3. What is declination? variation? deviation?
4. Using a top map / compass take any two points and determine the bearing including declination. Do the same using a hydrographic chart.
5. Give an example of a backstop? handrail?
6. What are transits or ranges and how can they be helpful when piloting.
7. What are the necessary components of a float plan? Where should that plan be registered?
8. What information would you need to plan a trip to a new paddling area?
9. What is an average paddling speed for an intermediate solo paddler? and beginner group?

