



INSTRUCTOR TRAINING PRE-COURSE TEST  
Test as revised May 2011

---

1. Which of the following increases your chances of surviving a potential drowning?
    - a. Very short submerged time
    - b. Low body fat
    - c. Cold water
    - d. Clear, unpolluted water
  
  2. Assume a person can be resuscitated even if completely submerged in cold water for up to:
    - a. 4 minutes
    - b. 15 minutes
    - c. 30 minutes
    - d. 60 minutes
  
  3. Which type of personal flotation device (PFD) provides the most buoyancy and self-righting ability?
    - a. Type I
    - b. Type II
    - c. Type IV
    - d. Type III
  
  4. The proper way to don an immersion suit is:
    - a. Remove clothing, enter legs first, followed by arms
    - b. Keep clothing on, arms and hood first, enter legs last
    - c. Keep clothing on, don legs first, followed by weak arm then hood, then strong arm
    - d. Keep clothing on, don legs first, followed by arms and hood, but leave zipper open near the neck to allow air to escape
  
  5. When alone and in cold water, one should assume which position?
    - a. Huddle
    - b. Drown-proofing
    - c. Backstroke
    - d. H.E.L.P. (Heat Escape Lessening Position)
  
  6. All of the following are necessary to survive a cold-water emergency *except*:
    - a. Removal of excess clothing
    - b. Will to live
    - c. Flotation
    - d. Heat retention
  
  7. The high heat loss areas of the body are:
    - a. Head, neck, armpits, sides, groin
    - b. Neck, feet, legs, hands
    - c. Hands, feet, face, kidney areas
    - d. Groin, legs, neck
-

8. You have flipped your skiff which, although upside down, still floats. The water temperature is 48 degrees F. The air temperature is 30 degrees F with a 40 mph wind speed producing a wind chill of -16 degrees. Your chances for survival are best if you:

- a. Stay in the water of 48 degrees
- b. Stay on top of the boat with the -16 degree wind chill

9. Proper treatment for severe hypothermia includes:

- a. Treating patient gently and preventing further heat loss
- b. Giving hot drinks and preventing further heat loss
- c. Rapid rewarming
- d. Rapid rewarming *and* providing hot drinks

10. To be effective a signal must:

- a. Be loud
- b. Attract attention
- c. Convey a message
- d. Attract attention and convey a message

11. At what point should you abandon ship?

- a. When you first hear the order "abandon ship" by someone
- b. Once you lose radio contact and no help is nearby
- c. When being on the boat is more dangerous than being in the water

12. What is NOT one of the four essential elements of a MAYDAY message?

- a. Location
- b. Equipment on board
- c. Description of the vessel
- d. Nature of the problem
- e. Number of people on board

13. You should get away from a sinking vessel as rapidly as possible because:

- a. Exploding air pockets could send dangerous debris flying
- b. The vortex created by the sinking ship can suck you under
- c. Waves generated by the downward motion could drown you
- d. None of the options listed here pose a realistic potential threat

14. Your primary source of shelter is:

- a. Boat
- b. Tent or burrow
- c. Clothing
- d. Heat

15. Emergency signals come in groups of:

- a. 2
- b. 3
- c. 4
- d. 5

16. What is the correct way to fire a meteor flare?

- a. Turn face away and point straight up to fire
- b. Turn face away, aim 60 to 80 degrees from horizon, with wind at back and fire
- c. Turn face away, aim 60 to 80 degrees from horizon, with wind in face and fire
- d. Turn face away, aim meteor at aircraft and fire

17. On a clear day what is the most effective means of signaling an aircraft when the wind is blowing hard?

- A. A fire with heavy smoke
- b. Debris on a beach
- c. A signal mirror
- d. A handheld flare

18. Which of the following is true about liferafts

- a. They should be readily accessible for launching or be stowed to float free if the vessel sinks
- b. They should be repacked every few years
- c. Their canisters should be opened once every year and the contents inspected
- d. They should be inflated in the harbor before they are sent in for repack

19. A Category 1, 406 EPIRB has the following advantage(s) over older types of EPIRBs:

- a. Its signal can be located with better accuracy
- b. Description of the vessel is specific to the EPIRB signal
- c. It has worldwide coverage
- d. All of the above

20. The Seven Steps to Survival, in the proper priority order, are:

- a. 1. Inventory, 2. Shelter, 3. Fire, 4. Signals, 5. Water, 6. Food, 7. Sleep
- b. 1. Recognition, 2. Inventory, 3. Shelter, 4. Signals, 5. Water, 6. Food, 7. Play
- c. 1. Recognition, 2. Shelter, 3. Water, 4. Fire, 5. Signals, 6. Food, 7. Play
- d. 1. Inventory, 2. Shelter, 3. Fire, 4. Water, 5. Food, 6. Sleep, 7. Play