

## PEHD 252-001 Outdoor Education

Maymester 2014

Answer each question completely. This is not a group project. Do your own research and work. Do not cut and paste information from electronic sources.

### Sea Kayaking

1. Name 10 parts of the sea kayak. List 7 items of personal equipment that a paddler will have.
2. What are some common materials used in sea kayak construction, and what are the advantages and disadvantages of each?
3. How do you perform the paddle brace entry?
4. Good paddling technique involves two movements that are consistent in all strokes and three variables. Name them.
5. List and describe the three parts of a stroke. Why is torso rotation important?
6. Name two different bracing strokes and explain how to execute them.
7. According to the rule of 12ths, when is the tidal current the strongest? How is this information helpful to a paddler?
8. What are the ebb and flood tides? Neap and spring tides?
9. What is weather cocking?
10. Describe the roles of the rescuer and the overturned paddler as both engage in a T-rescue.
11. What things would you take on an overnight sea kayak trip? How would your kayak be loaded with this equipment for best results?
12. What formation would the group assume and how would you lead the group's movement across an open channel of water used by many different vessels?
13. What are the signals for "stop paddling" and for "emergency"?
14. **Hypothermia** is a major concern for kayakers. What is it and how can you prevent it? Signs and symptoms of hypothermia? Treatment?

### Leave No Trace (LNT)

1. What is the philosophy of the Leave No Trace program? Explain the seven LNT principles and give examples of how to follow each principle.
2. How successful were you in following these Leave No Trace principles during the two overnight trips you took? What could you do differently or improve upon? What did you notice about others who camped on the island before us?
3. List three reasons according to LNT why trip planning is important. List seven elements to consider when trip planning.
4. Campfires, though not essential to successful camping, are nonetheless an integral part of many persons' camp experience. What considerations should be made whether or not to have a campfire? What can be done to minimize the impact if a fire is used in camp? List the rules that pertain to campfire safety.

### Camping

1. When setting up a camp, the analogy of the rooms in a house is often used. Explain.
2. To insure safety when cooking outdoors, name some points to consider. What are some other things that you learned about camp cooking?
3. **Hyperthermia** is another life threatening problem for persons traveling in the great outdoors. Explain what it is, the signs and symptoms associated with it, the timeframe for those symptoms, and the correct course of action for treatment.
4. Lightning is cause for serious concern when outdoors. Explain what steps you can take to minimize your risk as you consider these lightning situations: getting caught on the open water

in a sea kayak, on the mountain top climbing rocks, at the campsite, or in a large group hiking under a forested area.

5. What are the ten essentials according to Backpacker magazine that one must bring on any trip?
6. What is the first thing the group must do when returning from an outdoors trip?
7. Why is it important to have a trip leader or to designate someone for that responsibility?

### Climbing

1. Name three things that are essential when correctly putting on the harness.
2. What knot is used when tying-in to the harness and what part(s) of the harness does the rope connect?
3. As the final check, what four things do both the climber and the belayer recheck?
4. Explain the movements of the guide and brake hands as the individual works the belay. What is the most important rule concerning the brake hand?
5. List the typical climbing calls used by the climber and their meanings. List the response given by the belayer.
6. There is more than one style or type of climbing. Name three and give a brief description.
7. Explain what features make a good climbing shoe.
8. What is a kernmantle rope? Name several ways to protect its lifespan.
9. A carabiner can withstand force in two directions. List a typical range of force for each axis.
10. Name three different belay devices. What is the principle behind how they work?
11. What is a typical range of force that a dynamic rope can withstand?
12. Name four types of hand placements and describe how each is performed.
13. Name three foot placements and describe how each is performed.
14. What are four movement principles used when climbing?
15. Name two types of injuries that rock climbers face and how to prevent them. Do not consider injuries related to climbers falling.
16. How can bouldering improve your climbing?

### High Ropes Course

1. List the various elements on the high ropes course and briefly explain the challenge presented by each.
2. Explain how the self-belay system is used and what training was required before you began the course..
3. What standard safety precautions were enforced on the course to protect you? Equipment, voice commands, partner work, belay equipment, etc.
4. What was the most difficult obstacle that you encountered? The easiest?
5. What things did you learn about yourself, others, and about the group?
6. What physical and mental skills were required to complete the course?

### Knots

1. What is the name of the classification of knots whereby two different ropes are joined together to make one longer length? Name two such knots.
2. Hitches are another classification of knots and are used for what purpose? Point out an instance where you might use the clove hitch and another example for a tautline hitch.
3. Why is the bowline an indispensable knot for you to know?
4. What is a prussik used for? What is the double or triple fisherman's knot good for?
5. Why is the trucker's hitch such a good choice for tie down applications?
6. The square knot is a poor choice for joining two ropes together. Why?

7. Name two different knots that can be tied in the middle of the line, in other words, without access to either end of the rope.
8. A knot can reduce the strength of a rope by what percentage?

### Geocaching

1. What is the meaning of the word "geocaching"?
2. What is geocaching and are there any rules you are expected to observe?
3. Provide a brief history of the beginnings of this activity?
4. What does a geocache look like and explain some of the size differences.
5. What is a Trackable and what are the three main types of Trackables? Explain.
6. Charleston Under Siege! is the name of the geocache that our class completed. Who established this geocache? What comments have your instructor and others posted online?
7. Name one other geocache found in Charleston and provide some details about it. Do not include any of the caches used in our class exercise.
8. What is the symbol for geocaching?
9. Provide the details of one piece of information related to a technical aspect of GPS found on the [gps.gov](http://gps.gov) site. Explain what you found interesting about this item.
10. What benefits are possible from participating in geocaching as a hobby?

### Orienteering

1. What is the difference between a map and a chart?
2. How long is a nautical mile? What is the significance of this distance?
3. What map scale gives a greater degree of detail about an area – 1:80,000 or 1:20,000?
4. What is the name of the section of the map where items such as photo revisions, declination, and contour intervals are listed? Name three other items of information contained in that section.
5. How many degrees are there in a compass rose?
6. Assign a number in degrees to the following: NE, E, NW, W, SE, NNE.
7. Why are true and magnetic north not the same?
8. What is the magnetic declination on the Charleston peninsula?
9. To travel true north in Charleston Harbor, what magnetic course must you use?
10. Describe how to take a bearing using the waist high sighting method.
11. Describe how to take a bearing using a map.
12. If your target is 3000 feet ahead and your compass error is 4 degrees, how far from your target will you find yourself?
13. Why would the error encountered in question 12 not be a problem in orienteering? What is the purpose of aiming off?
14. What is the Universal Transverse Mercator (UTM) grid?
15. What is the back bearing for a course of 125 degrees?
16. Describe the procedure for finding your position on a map by means of triangulation.