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### CANOE SAFETY TEST AWARD

#### FIRST AID - Please be prepared to answer the following first aid questions:

##### **A. CARDIOPULMONARY RESUSCITATION**

- Q1 Who is the most important person in any first aid situation.
- Q2 How would you check for a response in a casualty?
- Q3 How would you check the airway?
- Q4 How would you check for signs of breathing?
- Q5 How would you locate the correct position for chest compressions?
- Q6 When performing CPR what rate of compressions per minute should use?
- Q7 What is the ratio of compressions to inflations you should use when performing CPR?
- Q8 What might cause the chest not to rise when performing CPR?
- Q9 If your casualty was breathing what would you do?
- Q10 How often should you check the vital signs of an unconscious casualty?

##### **B. MINOR FIRST AID AND THE TREATMENT FOR SHOCK.**

- Q1. How would you treat a bad cut?
- Q2. What would you do with a piece of glass imbedded in the hand?
- Q3. How would you treat a fracture?
- Q4. How would you treat a dislocated shoulder?
- Q5. How would you recognise medical shock?
- Q6. Would you give a medical shock victim a warm drink? Yes or no and why?

##### **C. HYPOTHERMIA**

- Q1. What is hypothermia?
- Q2. How would you recognise it?
- Q3 How would you treat hypothermia?
- Q4. How would you treat a hypothermic person who was unconscious?

#### The course also covers the following:

##### GENERAL THEORY AND SKILLS

- A. SAFETY FEATURES OF CANOES/KAYAKS AND CANOEING EQUIPMENT
- B. LIKELY HAZARDS ON GRADE 1 WATER/SHELTERED BAYS/ESTUARIES
- C. WEATHER CONDITIONS AND THE EFFECT ON THE PADDLER.
- D. THE USE OF SIGNALS AND HOW TO HANDLE A BASIC EMERGENCY
- E. THE EMERGENCY SERVICES
- F. GOOD LIFTING TECHNIQUE

##### LIFESAVING

- A. RESCUING A SWIMMER, INCLUDING USING A REACHING AID, THROWING A BUOYANT OBJECT AND WADING.
- B. USING A THROW LINE.
- C. RESCUING A SWIMMER FROM THE BOAT.

##### CANOE/KAYAK RESCUE SKILLS AND WHEN TO USE THEM

- A. 'X' RESCUES
- B. 'H' RESCUES
- C. 'T' RESCUES
- D. THE CURL