

NAME _____

BLUE RIDGE MOUNTAIN RESCUE GROUP

FIELD TEAM LEADER CERTIFICATION TEST

This is a closed book, closed note test. Even though the ASRC commo crib sheet should be in your field pack, reference to the crib sheet is highly discouraged.

All questions on this test are subjective and are scored according to their depth and degree of difficulty. Please feel free to comment on any questions or to add any knowledge you may deem necessary.

You must attain a score of 75 or better to pass. However, a particularly poor score on one or more sections may also delay passing the test.

You have one week in which to complete and return this test after you pick it up. Good luck and be hard.

<u>Section</u>	<u>Points</u>	<u>Score</u>
1.	27	_____
2.	23	_____
3.	21	_____
4.	25	_____
5.	35	_____
6.	25	_____
7.	33	_____
8.	39	_____
Total	<u>228</u>	_____ %

Section 1. Wilderness Travel and Survival

1. Explain the three W's and their importance in selecting clothing for the outdoors. (5 pts.)

2. Of proteins, fats and carbohydrates, which gives you "quick energy"?

Which provides the greatest amount of energy?

Which are slow to digest but provide energy the longest?

Which of the three do you need more of in the winter? (4 pts.)

3. Of NiCad, Carbon, Lithium and Alkaline batteries, which last the longest in cold weather?

Which can be recharged? (2 pts.)

4. List the ten essentials, some other items we deem essential, and explain the rationale behind five items in your list. (10 pts.)

5. Briefly explain the STOP mnemonic and its usefulness in survival situations. (4 pts.)

6. Which of the following might be your first concern should you find yourself lost and unable to contact anyone. You may choose more than one. (2 pts.)

- a) water
- b) shelter
- c) fire
- d) food

- e) keep moving
- f) signalling for help
- g) companionship
- h) praying

Section 2. Communications

7. What is the ASRC VHF license call sign ? (2 pts.)

8. List the ITU-ICAO phonetic alphabet. (5 pts.)

9. List four ways to improve reception with your hand held radio. (4 pts.)

10. List four ways to improve transmission with your hand held radio. (4 pts.)

11. What are the frequencies in MHz of ASRC channels Alpha and Echo ? (2 pts.)

12. List three other methods of communication besides radios. (3 pts.)

13. Why does the antenna go on before the battery goes in ? (3 pts.)

Section 3. Land Navigation

14. What is the standard declination for Central Virginia ? (1 pt.)

15. Given the attached map, (last page), give magnetic degrees and approximate distances (in meters or kilometers) from point A to point E. Give ASRC coordinates for all points. (15 pts.)

16. You are instructed to proceed from base to point B by foot. Choose a route, trace it on the map and briefly explain your decision. (5 pts.)

Section 4. Base Operations for FTL's.

17. Which officer in Incident Base might you see:

for radio equipment ?

for team transportation ?

for task assignment ?

for field team personnel ? (4 pts.)

18. What is a TAF and what is it used for ? (4 pts.)

19. Number the following steps in the order that you would follow them after your field team's return to Incident Base. (5 pts.)

_____ Debrief with Operations Chief

_____ Return commo equipment

_____ Debrief field team and give any special instructions

_____ Account for all field team members

_____ Relax or prepare for the next task

20. List five points you will cover with your field team during your initial briefing. (10 pts.)

21. Two members of the media approach you and ask about the search operation. What do you do.? (2 pts.)

Section 5. Field Operations for FTL's

22. Briefly explain: hasty search, scratch search, sweep search, survey search, attraction and confinement. (12 pts.)

23. Diagram a line search including positions of searchers, FTL and flagmen, use of flags and all commands. (8 pts.)

24. Who may stop a line search ? (1 pt.)
25. Who may start it again ? (1 pt.)
26. How many strips of flagging tape are used for a clue? (1 pt.)
27. There are many things an FTL has to keep in mind during a task. List four of them. (8 pts.)

28. What is POD? How does it affect how thoroughly your field team searches an area? (4 pts.)

Section 6. Making a Find

29. What does Status 1 mean?

Status 2?

Status 3? (3 pts.)

30. When alerting Incident Base of the find, what three things should you be able to tell them? (3 pts.)

31. Your field team finds the subject Status 2 in a steep, heavily overgrown area. Your team consists of a local rescue squad medic, two CAP cadets, two ASRC trainees and yourself. Delineate responsibility among this group and explain your decision. (10 pts.)

32. What dangers are associated with a military aircraft crash? (3 pts.)

33. For what three reasons may you enter the scene of a downed aircraft sight? (3 pts.)

34.

34. If it is necessary to move wreckage in a crash sight, what should you do after you are finished? (3 pts.)

Section 7. Mountain Rescue

35. What knot do you use: (1 pt. each)

to form the leg loops of the ASRC seat harness?

to tie off the seat harness?

to make a tie-in?

to ascend a rope with perlon?

to attach yourself to the Stokes litter?

to tie two pieces of webbing together?

to make a loop in the middle of the rope without compromising the rope's linear strength?

to make a loop in the end of the rope?

36. What type of rope do rock climbers use? (2 pts.)

37. Cavers and mountain rescuers utilize what type of rope and for what three reasons? (4 pts.)

38. On the back, diagram the rotations for the belayer and the rope handlers in both uphill and downhill semitech evacuations. (6pts.)

39. On the back, list and explain the calls for uphill and downhill semitech. (8 pts.)

40. Describe the following items and their uses. Make a sketch if you want. (4 pts.)

carabiner

figure eight

brake bar or rappel rack

Münter hitch

Section 8. Wilderness First Aid

41. What is the normal range for an adult: (4 pts.)

blood pressure

pulse

respiration rate

temperature

42. What is the lowest the systolic BP can be if: (6 pts.)

the radial pulse is palpable?

the femoral pulse is palpable?

the carotid pulse is palpable?

43. You find the subject. It is 50° outside, windy and drizzly and the patient is wet. He is disoriented to time and place, he stumbles when he attempts to get up and his speech is slurred. He cannot grip your hand. The patient is a known alcoholic, you smell alcohol on his breath and there is an empty bottle of Midnight Express Fine Apple Wine nearby. Patient's vitals are: BP 100/50, P 110 slightly irregular and weak, R 12 regular and shallow. What is wrong with

this patient and how will you treat him? (6 pts.)

44. While on a task on a July search a member of your field team stops and says she is dizzy, weak and nauseous. Her skin appears pale, cool and moist. Vital signs are: BP 90/46, P 120 regular but very weak, R 28 regular and shallow. What is wrong with this patient and how will you treat her? (6 pts.)

45. You find the subject, a 66 year old male, on a hot August day. The patient appears very lethargic and weak and he has trouble speaking. His skin is hot, dry and somewhat red. Vital signs are: BP 200/110, P 90 regular and strong, R 20 regular and deep. What is wrong with this patient and how will you treat him? (6 pts.)

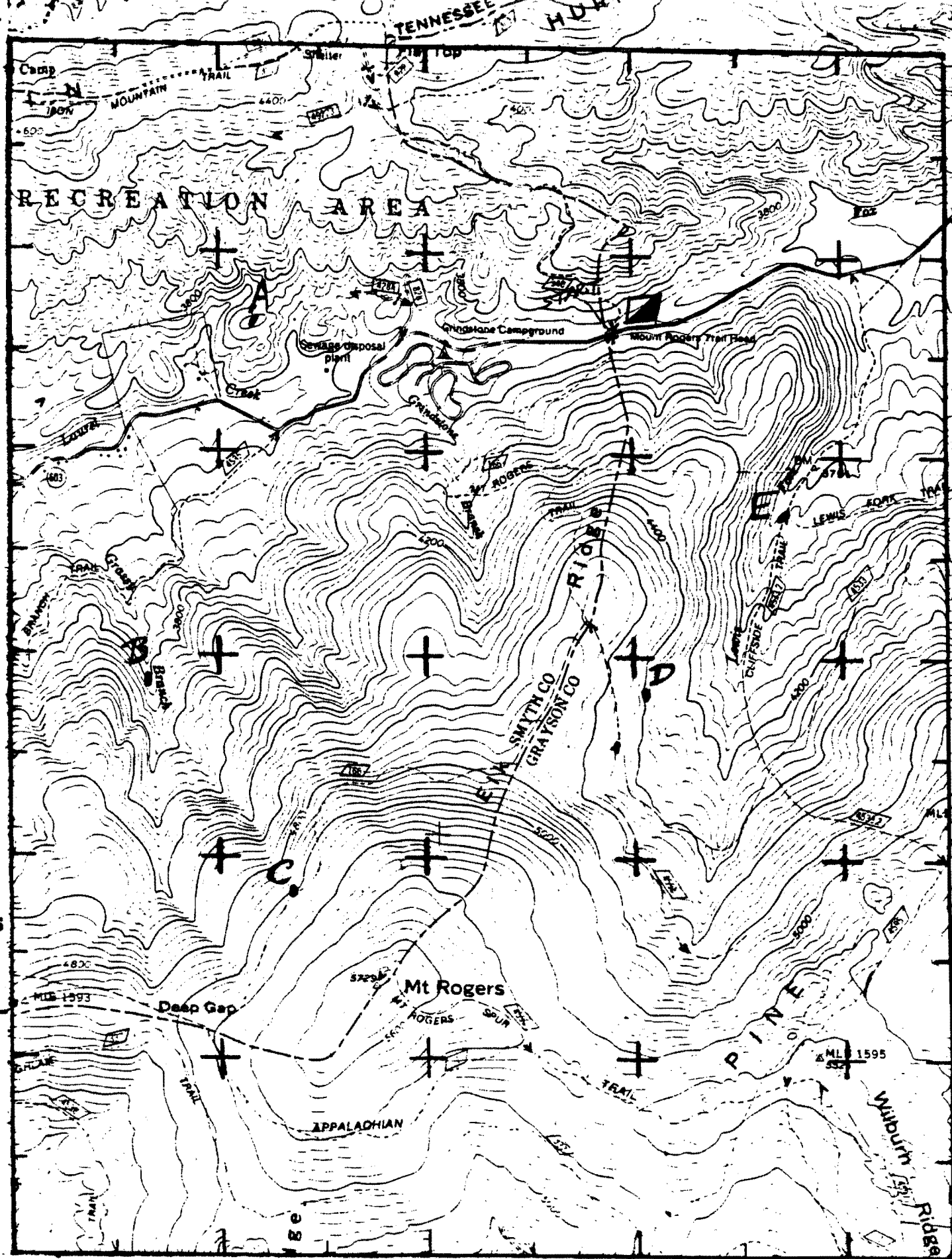
46. Describe the signs and symptoms of dehydration, including the cardinal sign. (6 pts.)

47. A member of your field team is bitten on the hand by what appears to be a poisonous snake. Describe proper treatment for this individual. (4pts.)

48. The best fluid to give a conscious dehydrated patient would be
- A. ice tea
 - B. half-strength Gatorade
 - C. regular Gatorade
 - D. lots of water
 - E. syrup of Ipecac
 - F. nothing by mouth

On my honor, I have been incapable of giving or unable to obtain aid on this exam.

6
5
4
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LETTER
OF THIS
MAP:

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