

BASIC CLASS

MIDTERM EXAMINATION: Survival, Wilderness Travel, Land Navigation, Ropework, Mountain Rescue, and the BRMRG and ASRC.

General

1. Every member of the ASRC is a member of a Group, and every member of a Group is a member of the ASRC.
 - a. true
 - b. false
2. Which of the following is not a service that the ASRC and BRMRG offer?
 - a. outdoor safety education
 - b. lost person search coordination
 - c. mountain rescue and evacuation teams
 - d. cave rescue teams
3. Trainees have the rights to vote and hold office in the Group, but may not vote in ASRC elections (e.g. for ASRC Board members), nor may they hold elected office in the ASRC.
 - a. true
 - b. false
4. The Training Committee as a whole is charged with evaluating the skills, knowledge, and competence of Basic members, and with serving as the executive agent of the ASRC Board of Directors in the certification of Basic members.
 - a. true
 - b. false
5. All SAR operations carried out by the BRMRG are considered ASRC missions; thus, the ASRC Mission Coordinator has control over all BRMRG personnel, even if the MC is from another Group.
 - a. true
 - b. false

Survival

6. Fatigue is:
 - a. the depletion of body energy reserves.
 - b. the buildup of waste products.
 - c. both a. and b.
 - d. neither a. nor b.
7. Which of the following is not a "high heat exchange area" for use in rewarming or cooling the core?
 - a. neck
 - b. groin
 - c. upper lateral chest
 - d. thighs
8. Which of the following does not directly predispose one to frostbite?
 - a. tobacco
 - b. alcohol
 - c. constrictive clothing
 - d. fatigue and exhaustion

Matching

9. Heat cramps a. electrolyte imbalance
10. Heat exhaustion b. fluid imbalance
11. Heatstroke c. neurologic disorder
 d. hematopoietic disorder
12. Of the following, which is the best reason for the use of cotton clothing?
a. cotton does not "wick" water by capillary action
b. cotton is warm when wet
c. cotton dries easily
d. cotton is wind-resistant and tough
13. A coated nylon outer shell (e.g. a cagoule) worn over several thin wool layers is ideal for dry, cold, windy conditions.
a. true
b. false
14. The saying "if your feet are cold, put on a hat" comes from:
a. Boots are notoriously poor insulators; a wool hat is much warmer on the feet (provided you don't try to hike with it on your feet!)
b. The human head and neck are high heat exchange areas, especially in a cold environment. A hat on the head cuts heat loss and allows the body to conserve heat and send some of it foot-wards.
c. Hats make people braver.
d. Helmets may save climber's lives in difficult climbing situations.
15. Of the following, which would be the most valuable in an overnight storm survival situation?
a. pocketknife
b. 2 large plastic garbage bags
c. large bag of potato chips
d. 1 liter water bottle $\frac{1}{2}$ full

Wilderness Travel

16. Blisters should be covered with moleskin as soon as they become evident.
a. true
b. false
17. In a backcountry area, cans should be buried as soon as they have been emptied.
a. true
b. false
18. When picking a place to wade a stream, pick the widest spot, in general.
a. true
b. false

19. Which of the following is the most difficult and time-consuming for foot travel?
- oak-hickory climax
 - rhododendron and laurel
 - greenbriar and blackberry in a cut-over area
 - stream-valley eastern hemlock climax
20. In backcountry areas, human excrement should be buried separately in the top layer of the soil, to promote quick decomposition.
- true
 - false
21. In general, river crossing belay points should be upstream from the crossing point.
- true
 - false
22. On sloping rock (friction climbing), the center of weight should be kept over the feet at all times.
- true
 - false
23. A pack with a high center of gravity is good for carrying heavy loads on an easy trail, but is not suited for rough terrain.
- true
 - false
24. Air mattresses are excellent for winter camping.
- true
 - false
25. Sleeping bags and tents should be well waterproofed.
- true
 - false

Land Navigation

(Refer to map on last page)

26. Which is higher?
- A
 - B
 - A and B are at the same elevation
 - can't tell from available information
27. Which way is downhill from the X?
- NE
 - NW
 - SE
 - SW

28. From the X, N and S are _____, W is _____, and E is _____.
 a. downhill, uphill, uphill steeply
 b. downhill, downhill, downhill steeply
 c. uphill, downhill, uphill steeply
 d. uphill, downhill, downhill steeply
29. From the X to the top of peak 1004 (to the W), there is a climb of about:
 a. 200'
 b. 100'
 c. 40'
 d. 20'
30. The magnetic bearing from Bear Den Mtn. to Newcomb Mtn. is about:
 a. 240°
 b. 54°
 c. 230°
 d. 49°
31. You are lost along Interstate 64. The true bearing to Britts Mtn. is 168° . You are at:
 a. A5210
 b. A5024
 c. A4824
 d. A5624

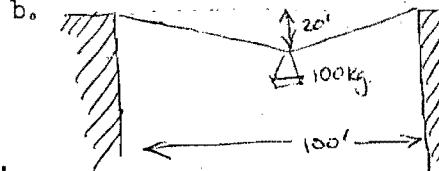
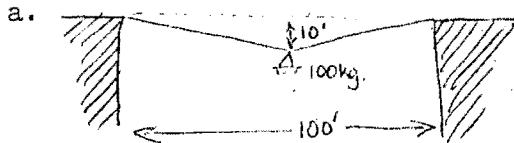
Matching

32. _____ a. aiming off
 33. _____ b. catching feature
 34. _____ c. attack point
 35. _____ (you may use one more than once)

RopeworkMatching

36. Kernmantel, parallel-fiber core a. Goldline
 37. Kernmantel, braided-fiber core b. Edelrid, Choinard
 38. Laid, tightly twisted c. Bluewater, PMI

39. Which system has the greater stress in the line?



40. One of the major dangers to rope is:

- a. mustard
 b. battery acid
 c. sunlight
 d. ice

41. Of the following, which is the strongest in rope?

- a. square knot (reef bend)
 b. water knot (ring bend, overhand out)
 c. grapevine knot (double fisherman's, barrel bend)

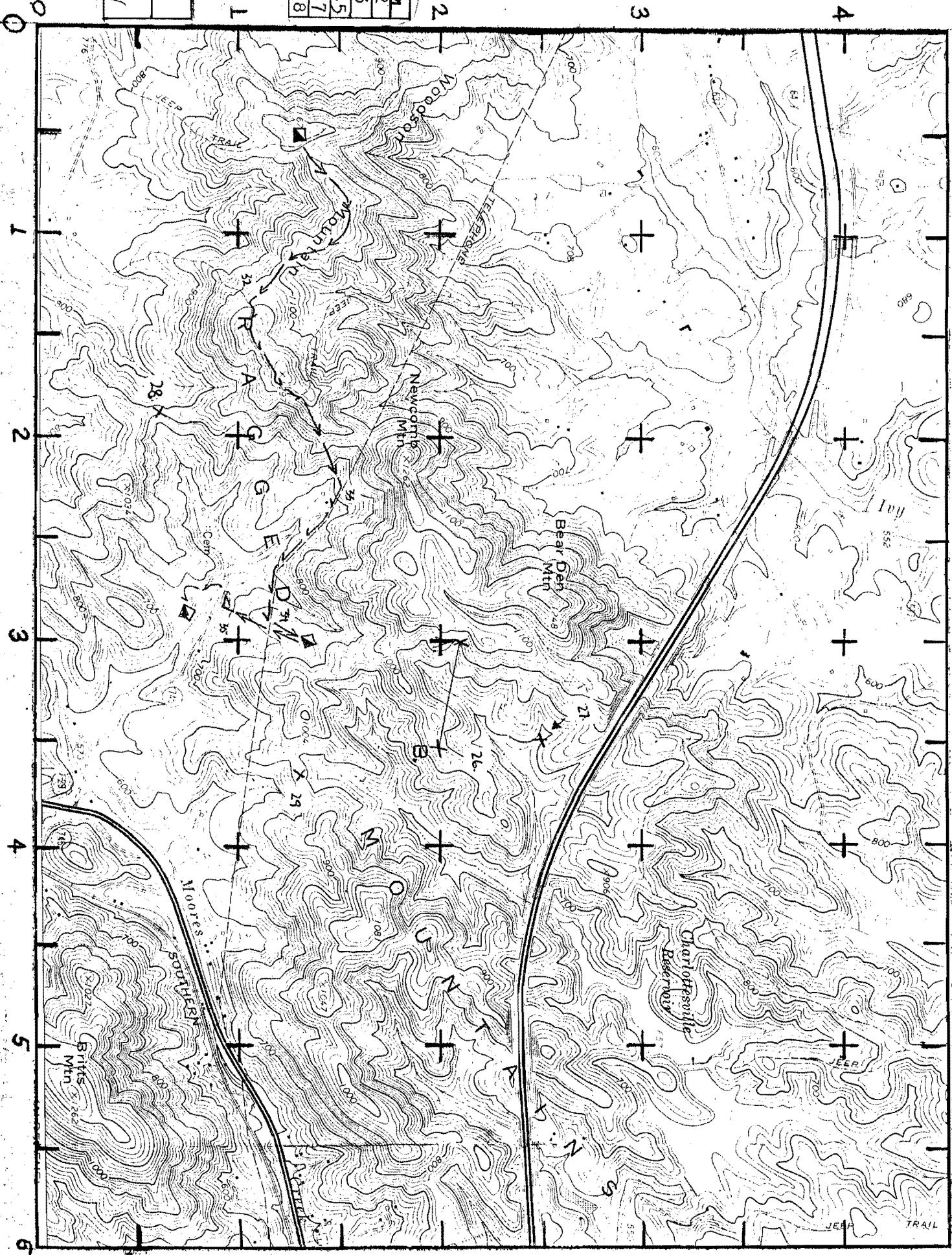
42. Of the following, which is least prone to jamming in rope?
- water knot
 - figure 8 bend
 - grapevine knot
43. Which of the following rappel methods has the greatest range of control during a rappel?
- Carabiner wrap
 - Double brake-bar
 - 6-carabiner
 - Rappel rack
44. Which of the following rappel methods requires the least equipment?
- Carabiner wrap
 - Double brake-bar
 - 6-carabiner
 - Rappel rack
45. Bottom belays are not effective for most mechanical rappel methods.
- true
 - false

Mountain Rescue

46. Which of the following is the strongest way to rig in a rope to a tree? (Assume that slings (runners) are long enough to ensure a small angle at the tie-in point).
- doubled runner with rope clipped in with figure 8 loop and high-strength carabiner
 - bowline-on-a-coil
 - tree wrap
 - girth hitched runner with rope clipped in with high-strength carabiner and bowline knot
47. Which of the following is a correct statement of the ascending rope team rotation for semi-technical evacuations?
- Uphill Ropehandler \rightarrow Downhill Ropehandler \rightarrow Belayer
 - Downhill Ropehandler \rightarrow Uphill Ropehandler \rightarrow Belayer
 - neither of the above
48. Which of the following is an accurate statement of the descending rope team rotation for semi-technical evacuations?
- Uphill Ropehandler \rightarrow Downhill Ropehandler \rightarrow Belayer
 - Downhill Ropehandler \rightarrow Uphill Ropehandler \rightarrow Belayer
49. The _____ is responsible for seeing that slack does not develop in the belay line during ascending semi-tech evacs.
- Belayer
 - Uphill Ropehandler
 - Litter Captain
50. Which is easier for semi-tech evacs?
- up
 - down

IAP
A
MCL
 $5\frac{1}{2}^{\circ}$ W

0.0	4.2
0.0	8.3
0.0	12.5
0.0	16.7
0.0	20.8



BLUE RIDGE MOUNTAIN RESCUE GROUP
MIDTERM EXAMINATION

Critique

The Basic Course is about half completed. In order to improve the remainder of this course, and to prepare for future courses, we need your help. Please write a brief (or longer if you wish) critical note on each of the sessions. Please consider the following:

- Was the instructor knowledgeable in the subject area?
- Was the presentation well thought out?
- Was there too much, or too little, material covered for the given time restriction?
- Was all of the required material (refer to the quizzes and the outline) covered by the instructor?
- Did the instructor make good use of AV aids and demonstrations to illustrate difficult points?
- Was it made clear to you exactly what you were responsible for learning?
- Were you provided with any form of evaluation of your performance?

Session #1: Introduction and Survival (Conover and Stubbs)

Session #2: Ropework (and personal equipment - Stubbs) Conover

Session #3: Land Navigation and Wilderness Travel (Mechtel)

Session #4: Mountain Rescue (Gregory)

Session A: Ropework foeld session (Conover)

Session B: Land Navigation (Mechtel)

Quizzes and Midterm (Conover)

(Continue on back where necessary; include general comments about the course)