

Print this sheet and bring answered quizzes to the course

Note: Quiz # relates to Chapters where answers can be found

**Quiz 1**

- a) A person may be qualified to lead an activity even though they are not certified to do so. You will know that you are qualified to lead an event into terrain you are not certified for when:
- 1)  You have led outdoor events for more than 10 years and feel you have the necessary experience.
  - 2)  You have 3 years experience and over 100 days in the field and you have not had an accident.
  - 3)  Other respected outdoor leaders with relevant qualifications agree that you have the required skills, experience and judgment.
  - 4)  Any of the above.
- b) Once completed, this course will prepare you to lead and oversee all aspects of an event on your own. True  False
- c) Check each element of the Scope of Practice for this course.
- 1)  Implementing industry standard hiking techniques.
  - 2)  Deliver day-long events in winter.
  - 3)  Be supervised by another, more experienced, outdoor leader.
  - 4)  Validate your experience with other competent leaders before going into more challenging terrain.
  - 5)  Document in triplicate, how each aspect of your event respects the scope of practice.

## Personal Motivations (quiz 2)

(Try to be as honest as you can. There is no right or wrong response)

Circle how much the following items motivate you to be an outdoor leader.

	Don't like			Love it	
	1	2	3	4	5
Being outdoors	1	2	3	4	5
Learning from others	1	2	3	4	5
Physical activity	1	2	3	4	5
Working with adults	1	2	3	4	5
Working with children	1	2	3	4	5
Sharing my knowledge	1	2	3	4	5
Being the center of attention	1	2	3	4	5
Role modeling	1	2	3	4	5
Facilitating group dynamics	1	2	3	4	5
Working within the policies of my organization	1	2	3	4	5
Playing a supporting role in a group	1	2	3	4	5
Making a difference in the lives of others	1	2	3	4	5
The freedom unplanned situations offer	1	2	3	4	5
New experiences	1	2	3	4	5
Being in familiar places	1	2	3	4	5
Risk taking	1	2	3	4	5
Quietly enjoying nature	1	2	3	4	5
Being alone, or with a few close friends	1	2	3	4	5
The respect of others	1	2	3	4	5
Being in charge	1	2	3	4	5
Leading friends and/or family	1	2	3	4	5

### Quiz 3

- a) What are the four elements that need to be integrated during the vision stage of event planning?
- 1) \_\_\_\_\_ 3) \_\_\_\_\_  
2) \_\_\_\_\_ 4) \_\_\_\_\_
- b) A poorly-planned event can erase the potential educational and health benefits of outdoor activity. True  False
- c) The better you know your participants, the more you will be able to plan an event that meets their needs. True  False
- d) A well-planned event does not need a back-up plan (Plan B). True  False
- e) Since outdoor events can have a strong physical and emotional impact on participants, it is important that they be positive experiences. True  False
- f) A group that performs well in a classroom setting can be expected to perform well in an outdoor setting. True  False
- g) Having a clear objective for your event will assist you in choosing an appropriate activity and venue. True  False

### Quiz 4

- a) You must be on a trail to be in class 1 terrain. True  False
- b) Water depth for class 1 terrain is \_\_\_\_\_ for slow moving and \_\_\_\_\_ for fast moving.
- c) Water depth is based on the \_\_\_\_\_ (choose: shortest, average, tallest) height found within the group.
- d) A sheltered area can only be a building. True  False
- e) With appropriate validation from respected outdoor leaders, you could lead events in class 4 terrain and still be covered by the Scope of Practice. True  False
- f) With appropriate validation from respected outdoor leaders, you could lead events in class 2 terrain and still be covered by the Scope of Practice. True  False

### Quiz 5.1

- a) Good planning will eliminate risk. True  False
- b) You should try to match the size of your defence to the size of the risk. True  False
- c) Many types of hazards do not exist in Class 1 hiking terrain, so you do not need to include risk management in your event planning. True  False
- d) What two factors are considered when measuring the size of a risk?
1. \_\_\_\_\_
2. \_\_\_\_\_
- e) A leader's action and preparation does not influence group resilience. People are either resilient, or they are not. True  False
- f) Complex situations are more challenging because it is easier to miss a developing issue until it is too late. True  False
- g) It is difficult to ensure both safety and quality as they require two separate processes. True  False

### Quiz 5.2

- a) Good defences against rain include boots with good tread, raingear, and synthetic or wool clothing. True  False
- b) If you are hiking in trees you do not need to worry about strong winds impacting your event. True  False
- c) High points and flat open areas are bad places to be in an electrical storm. True  False
- d) Sunscreen is not needed on cloudy days. True  False
- e) High temperatures are never a reason to cancel an event. True  False
- f) Extra layers of clothing are necessary in cold weather when one is not moving around. True  False

### Quiz 5.3

- a) Tight groups of four adults or more are an effective defence against bears; children should always have an adult in close proximity. True  False
- b) You should leave 100m. between you and large animals. True  False
- c) Poisonous animals and plants are not common in Canada, so you do not need to defend against them True  False
- d) Being aware of interactions between group members and cliques is one tool available to help outdoor leaders manage conflict. True  False
- e) The quality of your participants' outdoor equipment must be taken into account when planning your activity. True  False
- f) Knowing the medical conditions within your group and what to do in case of need is important. This may require first aid training. True  False
- g) Educating yourself about specific regional considerations and hazards is a prudent practice as an outdoor leader. True  False
- h) Identify one hazard that is specific to your region and identify an effective defence you would use as a Field Leader.

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### Quiz 6

- a) In the event of an accident your first concern should be the person hurt. True  False
- b) In the case of a minor injury, you may be able to continue with your main event if your team is strong enough to send a leader out with the injured person without compromising the safety of the main group. True  False
- c) You can avoid all serious accidents if you plan your event well. True  False
- d) For a large group, the site commander should only give instructions to the rescuers and should not get involved in the mechanics of the rescue. True  False
- e) Little planning is required in case of emergency. You can always call 911 and they will send a helicopter True  False
- f) It is a good idea to re-assess hazards after an incident occurs. True  False
- g) During an emergency, your organization plays an essential supporting role. It should have a plan in place for such instances. True  False
- h) Your organization's emergency plan does not need to be tailored for outdoor events. All emergencies are handled the exact same way. True  False

### Quiz 7

- a) Good team building increases commitment, quality, and safety. True  False
- b) Everybody on your team needs to have a clear understanding of their roles. True  False
- c) As you are the leader, it is your job to convince your participants to fit in with your plan to ensure the success of your event. True  False
- d) Effective communication with your sponsoring organization is an essential part of planning for your event. True  False
- e) Involving parents in your event is beneficial. True  False
- f) You do not need common understanding and clear communication with transportation companies. True  False
- g) Giving effective feedback is an easy process and does not require much thought. True  False
- h) Different land managers have different requirements. It is important to know what those are before going to a specific area. True  False
- i) Quality supervision promotes quality events. True  False
- j) Identify a stakeholder you work with regularly. Identify what their needs are and how you could address those needs as a Field Leader.

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### Quiz 8

- a) Teaching and practicing environmental responsibility is an essential part of our leadership role. True  False
- b) Making sure that you check weather forecasts and trail conditions ahead of time and making any necessary changes to your plans increases safety, quality, and helps you meet your responsibilities to the environment. True  False
- c) Keeping your distance from wildlife and keeping your food from them increases both your safety and theirs. True  False
- d) Established trails, dry grass, rock and gravel are all examples of durable surfaces. True  False
- e) If no bathroom facilities exist, it is acceptable to dispose of feces anywhere, and leave toilet paper hidden underneath a rock or dead leaves. True  False
- f) Flowers and other natural artifacts should be left where they are and observed without harm. True  False
- g) Fires can be lit anyplace, as long as you put stones around it. True  False
- h) If members of your hiking group are widely spaced, it is a good idea to yell back and forth as a means of communication. True  False
- i) In pristine areas, hikers should spread to reduce impact. True  False

### Quiz 9

- a) During the days prior to the event, you will need to keep a close eye on the weather because weather can be a powerful force, is highly variable, and can have a big impact on trail conditions. True  False
- b) Looking out of your window on the morning of your event will usually give you your most reliable indication about the weather for the day. True  False
- c) A solid back up plan can help you provide a good event even though the weather makes the main event unavailable to you. True  False
- d) When you have an experienced group and you have had excellent pre-event communication, you can skip the equipment check on the morning of the event to save time. True  False
- e) Last minute checks also include checking for recent injuries and sickness. True  False

### Quiz 10

- a) Over-communication will result in your group missing information, so a better strategy is to only give instructions when you see an issue. True  False
- b) While hiking, it is fine for older kids or adults to be out of sight from each other for quite long periods so long as they have verbal contact. True  False
- c) If you give people too much information it encourages too much independence and this makes it hard to keep the group together. True  False
- d) As a leader, it is important to be receiving information from your group, so that you can deal with issues as they develop. True  False
- e) A hike runs more smoothly if everyone times their personal care needs to scheduled stops. Communicating how long it will be until the next stop during the previous one will help people manage this. True  False
- f) Since you let everyone know when the next stop will be you can safely assume that the person asks "how long to the next stop" just wasn't listening. True  False
- g) Sometimes the people who are co-leading with you might not perform their role adequately. If a tactful reminder on the trail has no effect, there is nothing else you can or should do. True  False
- h) Encourage participants to speak up if they have an issue. However, also observe the behaviour of the group as some people may not speak up. True  False



### Quiz 11

- a) The better our situational awareness is about our group the more likely we are to have a safe, successful event. True  False
- b) Class 1 terrain is low risk, so you can concentrate on your activities without having to be on the lookout for potential hazards. True  False
- c) Familiarity with the route and knowing your group's location along it in relation to your event plan will help you stick to your planned schedule and/or respond effectively to the unexpected. True  False
- d) It is easy to neglect your own needs if your focus is always on your participants. Monitoring oneself is an important part of situational awareness. True  False
- e) Maintaining situational awareness requires constant alertness and asks us to keep track of our surroundings, listen as much as possible, recognize our internal state and remember our planned activities. True  False
- f) Name three elements that you want to be aware of at all times as a leader.

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- g) No matter what information you gather from the situation, you should never deviate from your plan. True  False
- h) Maintaining situational awareness is your responsibility. You should never rely on others to update your understanding of the situation. This is especially true of participants who are less experienced than you. True  False
- i) Choose an element that is challenging for you to maintain awareness about and identify strategies you can implement to make it easier for you to remain aware.

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### Quiz 12

- a) Debriefing is a structured process for deciding who should collect praise and who should take the blame for went right or wrong. True  False
- b) If nothing went wrong on your event, you can presume that you did everything right. True  False
- c) Reflection is best done over a few beers at supper time. True  False
- d) Good debriefing strengthens relationships and assists with learning. Poor debriefing may have the opposite effect. True  False
- e) Debriefing after an event helps both the leaders and the participants maximize their learning by reflecting on their experience during the event. True  False
- f) As an observant leader, you can always tell what other people are feeling by watching their behaviour during an event. True  False
- g) The information documented on various forms can be a valuable record that can help us work with our organizations to improve events. True  False
- h) Administrators have no idea what goes on in the field and so they tend to over-react to anything on a post-event form that could seem alarming. The best thing to do is to only pass on information that can't be hidden anyway. True  False
- i) Preparing your participants for a reflection by letting them know what to expect prior to the event can lead to better-quality discussions. True  False
- j) It is very difficult to be fully objective about our own performance. True  False
- k) Self-reflection can help us understand how our own personality influences our leadership style and these insights can help us maintain better situational awareness while in the field. True  False