



PSUPA Flatwater Level 1 Written Exam – Answer Sheet

Question: Name two types of turns we covered.

Acceptable Answers – any 2 of the following: Forward Sweep –or– Reverse Sweep –or– Cross Bow –or– Pivot Turn

Question: What is one of the three PSUPA teacher-to-student ratios for a flatwater course?

Acceptable Answers – any 1 of the following: 1 to 6 –or– 2 to 10 –or– 3 to 15

Question: Name the 4 Different Learning Personalities.

Answer – all of the following – any similar wording: Visual or Watcher or Learning by Watching; Auditory or Listener or Learning by Listening; Tactile or Kinesthetic or Doer or Learning by Doing; Analytic or Learning by analyzing.

Question: Name 3 types of non-verbal communication.

Acceptable Answers – any 3 of the following: Eye Contact; Posture; Tone of Voice; Distance Instructor and Student; Humor. (And anything else that may come up in your class discussion.)

Question: Name up to 4 parts of a SUP board.

Acceptable Answers – any 4 of the following: Rails; Hull/Bottom; Nose/Bow; Tail/Stern; Rocker; Foil; Deck; Deck Pad; Handle; Vent Plug; Deck Screw; Leash Plug.

Question: What is one method of determining where your hands go on the paddle?

Answer: Paddlers Box (or any name you referred to in your class)

Question: Name the 4 parts of a forward stroke.

Answer – all of the following: Catch; Power Phase; Exit; Recovery.

Question: What are two common errors that keep paddlers from going straight?

Answer – both of the following: 1) Not keeping Catch position of paddle in the Forward Stroke in line with the rail. (Or, placing paddle at nose of board and not rails at start of forward stroke.) 2) Not keeping paddle shaft straight.

Question: What are two communication devices you should have in your classes?

Answers – any 2 of the following: Cell Phone; VHF Radio; Walkie Talkies or Family Radio Service Radio (FRS)

Question: What are 4 important items to include in your On-Water First Aid and Safety Kit?

Answers – any 4 of the following:

- Neosporin
- Ibuprofen, Aspirin (primarily for response to a heart attack)
- Benadryl / over-the-counter antihistamine (allergy medicine)
- White vinegar – for salt water sea creature stings
- Insect-sting relief treatment
- Antiseptic wipes or nonstick sterile pads
- Waterproof first aid tape
- Water
- Electrolytes (powdered)
- Energy bars or gels
- Mylar emergency blanket, pocket size
- Chemical heat packets, for cold water regions
- Extra warm hat or neoprene hood – colder environments
- Tweezers
- Waterproof flashlight or head lamp
- VHF radio, FRS, and/or cell phone in a waterproof bag – depending on location / make sure you have cell service if you do not have VHF or FRS
- Emergency list of numbers / EMS Provider numbers (stored in phone and water-proofed hard copy)
- Tow rope, tow bag, or tow system
- Signal device, such as rocket flare or orange smoke
- Waterproof notebook and pencil

Question: Name at least one component that you would include in your Risk Management Plan or do prior to class for your on-water safety plan.

Answer – any 1 of the following (or something discussed in your class)

Have correct instructor-to-student ratios for best risk management (1:6; 2:10; 3:15)}

Have appropriate insurance and liability forms.

Have adequate permits / permission for your teaching location.

Familiarize yourself with the location and identify potential hazards or possible risks (currents, rips, etc.)

Be aware of weather forecast.

Make sure you are prepared mentally and supply-wise for an injury or to take a student back to shore for any illness or injury.

Make sure you're prepared to deal with any disciplinary issues – possible expulsion from class.

Make sure to have a strong, thorough communication system – incorporating VHF / cell / hand signals / EMS call list.

Have a Float Plan saved with someone on shore (departure & return time; paddling locations; contact numbers for paddlers.)

Have First Aid and Safety Kit – instructors & co-instructors.

Have students' medical histories as applies to the class.

Ensure students skill level and age level is appropriate for the class.

Ensure your co-instructors or guides briefed on the location, hazards, communication system, and plan for the day.