

NCRC Instructor Test Practice Questions v140314

Policy:

1. Explain the role of an NCRC instructor in a real rescue incident NOT associated with an NCRC training event.
2. Where does one find information about the approval process for Regional seminars?
3. What is the process for seeking approval for an NCRC regional seminar?
4. What are the recertification requirements for NCRC instructors that must be fulfilled every three years, in addition to maintaining NSS membership?

Leadership / Followership:

5. What is the two-part definition of the concept of teamwork the NCRC uses:

Medical:

6. What is the primary goal of cave rescue?
7. Discuss 3 major differences between underground and above ground medical care.
8. List the four questions you should ask yourself when you approach a potential patient in a cave.

9. What are the 4 stages of an initial medical assessment?
10. What do the letters stand for in the acronym SAMPLE, which is used when taking a medical history?
11. During what type of exam should vital signs be initially taken, and what 5 components make up an evaluation of vital signs?
12. Proper splinting requires immobilization _____ & _____ the injured joint or bone.
13. What should be done before and after splinting?
14. List 4 mechanisms of heat loss, and describe how to prevent them in the cave environment.
15. List 4 risk factors that make it more likely a person will get hypothermia.

16. Contrast the symptoms seen in mild and severe hypothermia.

17. What is the appropriate word for referring to the person being rescued?

18. Identify at least 4 groups (not including yourself) with psychological investments in cave rescue situations.

19. Describe 3 forms of post-trauma mental health services, and discuss their application to cave rescue linked trauma:

Patient Packaging and Transport:

20. List the five critical components for attaching a patient to a Ferno for vertical transport.

21. What are 3 reasons why patient access must be maintained when patients are packaged?

Cave Environment, Water, and Atmosphere:

22. What is the Cavers' Motto?
23. Discuss 4 rescue strategies for water-entrapped cavers, and identify which is generally the best strategy.
24. Of the three types of divers mentioned in the water problems LP, which would be most appropriate for accessing dry cavers stranded in a recently flooded cave? Why?
25. List and describe 3 ways that water can infiltrate a karst landscape, and identify the most dangerous one from a cave rescue standpoint.

Search:

26. What is one of the first tasks that should be performed immediately when a cave search is initiated?
27. Concerning Search Theory, what does $P_a \times P_d = P_s$ mean?

28. Discuss 3 ways to limit your search area.

Communications:

29. Give one example of direct communication in a cave rescue

30. **What information should be included with every message sent by runner?**

31. **DRAW** a picture of a proper splice of communications line? Add any pertinent details to picture.

32. Describe 4 rules for communicating effectively by phone or radio.

ICS:

33. To whom does the IC in an ICS system report?

34. List seven elements of a task force briefing.

35. What is the primary role of an Initial Response Task Force?

SRT:

36. What are the five requirements of a personal SRT system as per NCRC entrance materials?

37. Describe one way of using personal vertical gear that utilizes good fall prevention practices

38. Describe 3 situations in which it would be appropriate for a solo rescuer to attempt a single rope rescue of a person stuck on rope.

39. What is the medical emergency concerning a person stuck on rope?

Technical Rigging:

40. What type and size of rope is used for typical cave rescue applications?

41. Describe 3 reasons dynamic rope is not appropriate for cave rescue use.

42. What are 2 ways rope might be damaged?

43. List at least 3 criteria when deciding whether to use steel or aluminum carabiners for a specific application?

44. What is generally the strongest shape carabiner?

45. What is the recommended size cord to create prusiks for 11mm rope?

46. **DRAW** a picture of a prusik minding pulley and a regular pulley and explain the difference between them.

47. Draw or describe the brake tender's positioning in a lowering system.

48. Describe 3 commonly used artificial anchoring systems.

49. Can a single bomb-proof anchor support an independent mainline and belay system?

50. Give an example of an appropriate application for each of the following:

- Tensionless anchor

- W3P2

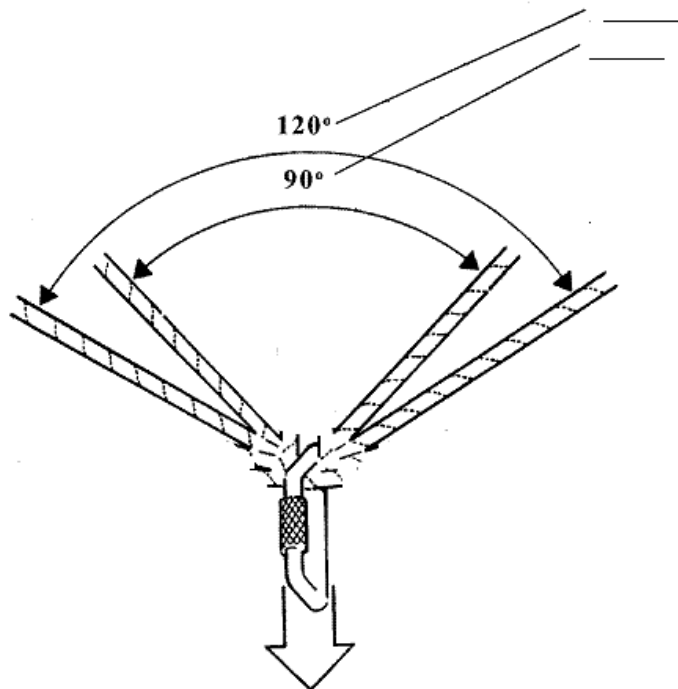
- Basket rigging

51. What is the difference between Load Sharing and Load Distributing anchors?

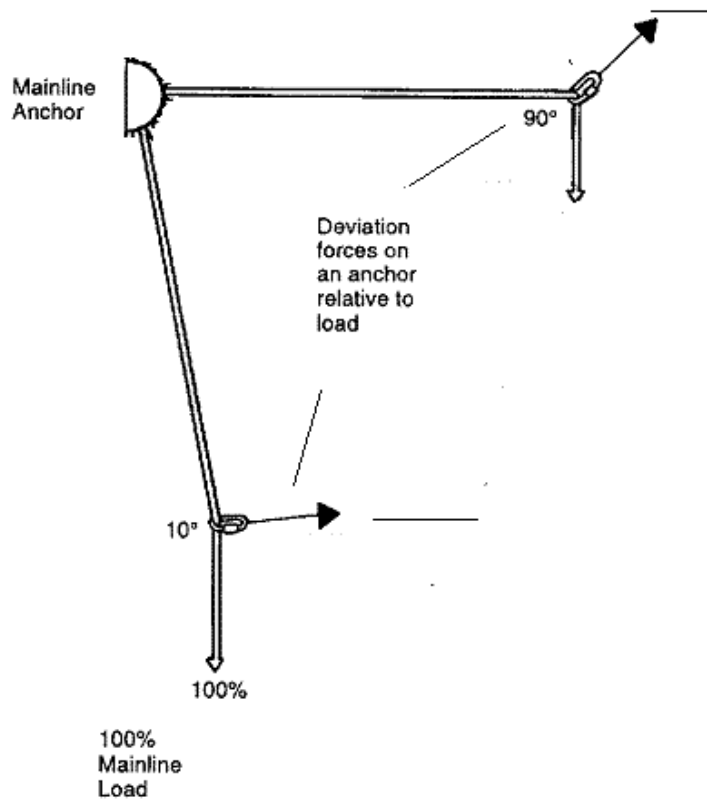
52. How many toothed ascenders be used in haul systems?

53. When used for progress capture, how many prusiks are required?

54. Fill in blanks on diagram below with the approximate percentage seen by each leg?



55. In the diagram below put in the percent force seen for each blank



56. When would you use a 1:1 haul system? When operating a 1:1, be alert for what?

57. When using a non-piggyback 2:1 haul, what is a concern to watch out for?

58. State 3 advantages of a 3:1 Haul System with internal progress capture?

59. When you convert a 1:1 to a 3:1, is the ideal amount of work accomplished the same, given the equation: $Work = Force \times Distance$?

60. Contrast Ideal, Theoretical, and Actual mechanical advantage.

61. Define the term “belay.”

62. Contrast climbing and rescue belays in 3 different ways.

63. In NCRC what type of belay is used on Level 1 for single-person loads being lifted/lowered on rope? Draw it and label the components when used in a hauling situation.

64. In NCRC what preferred type of belay for use with 2-person loads being lifted/lowered on rope? Draw it and label the components when used in a hauling situation.

65. When should a PMP be used in a T3WP belay? When may it be excluded?

66. *What is the appropriate use of personal ascenders in rescue belay applications?*

67. How is a packaged patient attached to the belay system?

68. What is the main advantage of rigging a litter in a horizontal configuration? What is the main disadvantage?

69. What is the main advantage of rigging a litter in a vertical configuration? What is the main disadvantage?

70. Discuss considerations for rigging tag lines on a vertical litter.

71. What is the main advantage of using a high change of direction at an edge.

72. Name at least two knots that may be used to rig a litter focal point.

73. When are the advantages of using both high and low bridles on a litter

74. Draw the recommended high and low litter bridles for rigging vertical basket litter.

Drawing Systems: Diagrams should be complete, safe, working systems, and must include:

- Anchors
- Belays
- Edge solution
- *All components should be labeled.*

75. Draw a Tandem Triple Wrap Prusik Belay with Radium Load Release Hitch.
Configure for hauling. Include anchors and edge solutions; Label all components.

76. DRAW a complete system using 3:1 including progress capture.

77. DRAW a complete system using 4:1 piggybacked onto a mainline with progress capture.

78. DRAW and label a climbing or rappelling counterbalance haul system (and identify which type you have drawn).