



# Friends of Allonby Liverpool Canoe Club



## Canoe Safety Test Questions

**To help you with your preparation for the assessment session you should research and prepare answers to the following questions. The answers can be in any form (Cassette tape, written, diagrams, notes etc)**

- 1/ What are the main safety features you should look for when buying a set of canoeing equipment (boats and clothing) suitable for the `docks`? Try to prioritise your answer.
- 2/ What are the main hazards or dangers to a group of 3 paddlers at Queens Dock in May? Again try and prioritise your answers.
- 3/ What is immersion hypothermia?
- 4/ How can you tell if someone is suffering from hypothermia?
- 5/ Where and when is the next First Aid course available to you?
- 6/ You are in a group of 3 paddling at Queens Dock. One of your friends capsizes and bangs their head. They are unconscious and in the water. What action plan do you follow? Divide your answer into 3 sections: Immediate response, Transport to shore, Summoning medical help.