



**NLCC C.B. Hill # 55
Able Cadet Review Package**

Worth 5% of Final Grade

Cadet's Name: _____ Date: _____

Completed	Yes <input type="checkbox"/> No <input type="checkbox"/>
Mark	_____ %

1. Name 4 activities that may be considered eligible examples of community involvement:

2. What 2 sizes does the standard lifejacket come in?

- a) One for people over 90 kg, and one for people less than 90 kg
- b) One for people over 40 kg, and one for people less than 40 kg
- c) One for people over 40 lb, and one for people less than 40 lb
- d) Neither of the above

3. What three colours are lifejackets available in?

4. What is the main difference between lifejackets and PFDs?

5. How many PFD's are required on board a boat?

6. In Canada, there are no approved flotation devices for children weighing 20 pounds and under.

a) True

b) False

7. In the space below, draw both a paddle and an oar to show the difference between each:

Paddle

Oar

8. Which of the following would be considered essential safety equipment when boating? Place a check mark beside all correct answers.

_____ Flashlight

_____ First Aid Kit

_____ Binoculars

_____ Whistle

_____ Extra Clothing

_____ Lifejacket

_____ Camera

_____ Extra Fuel

_____ Signalling Mirror

_____ Compass

9. What is the internationally recognized boating distress signal?

(a) SOS

(b) Ship's bell rung vigorously

(c) Distress cloth

(d) Distress flares

10. Define Hypothermia:

11. What is the normal body temperature in degrees Celsius?

- (a) 38.6
- (b) 98.6
- (c) 37
- (d) 35

12. Name four signs or symptoms of hypothermia:

13. You put yourself at risk of hypothermia if the room temperature is below:

- (a) 70 deg F
- (b) 98.6 deg F
- (c) 37 deg F
- (d) 90 deg F

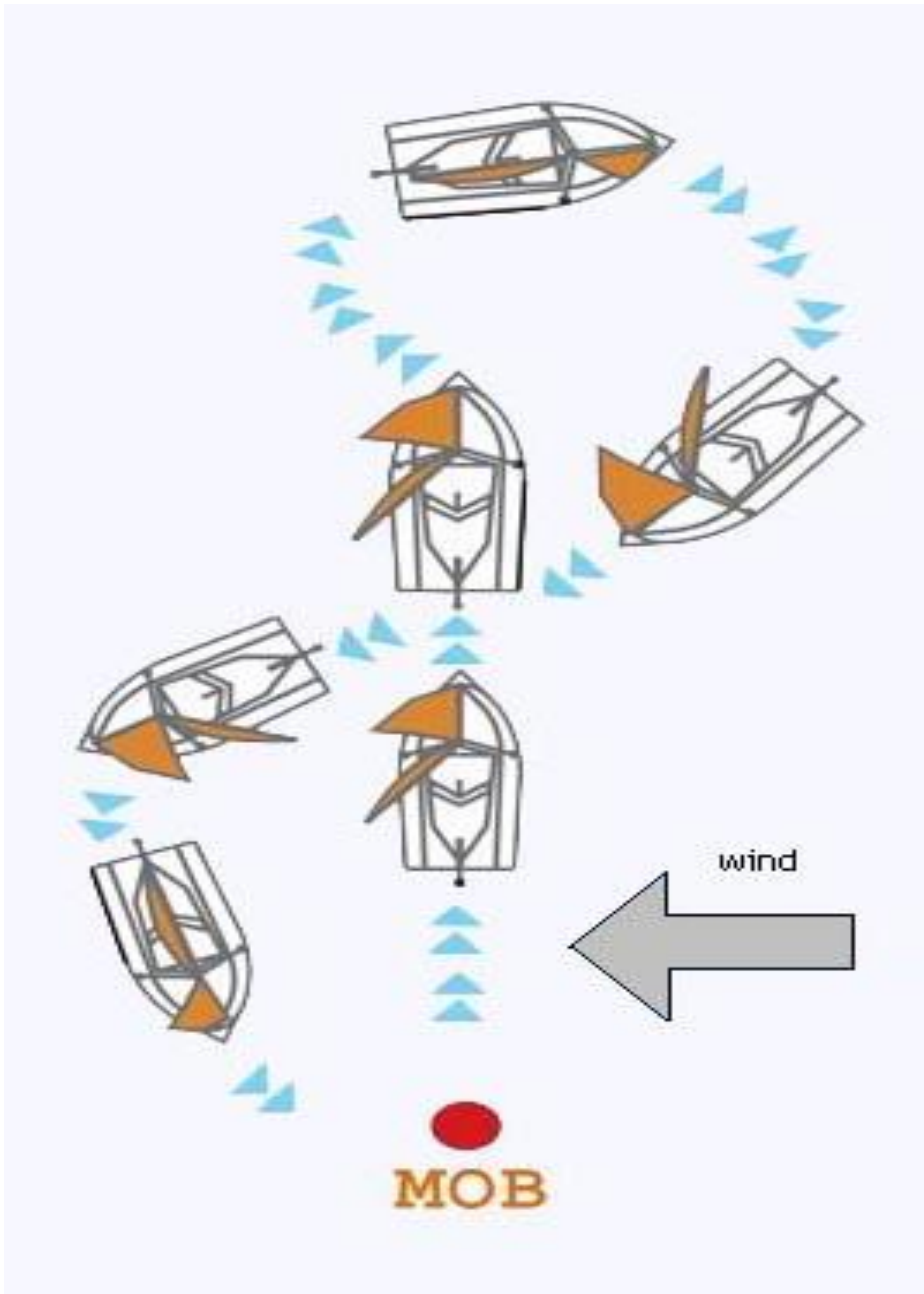
14. Name 4 risk factors associated with hypothermia:

15. Which division always leads Ship's Company during a march past?

16. From the digram below:

(a) What does MOB stand for?

(b) What procedure is being carried out?



17. Which of the following information is found on a capacity plate? Place a check mark beside all correct answers.

- _____ Name of manufacturer
- _____ Type of engine
- _____ Model type or number, or both
- _____ Manufacturer's identification code
- _____ Fuel capacity of vessel
- _____ Maximum number of occupants

18. Define the following pleasure craft terms:

- Abaft - _____
- Ahead - _____
- Beam - _____
- Draft - _____
- Hull - _____
- Stern - _____
- Moderate Winds - _____
- Wash - _____

19. Name 4 Canadian boating laws:

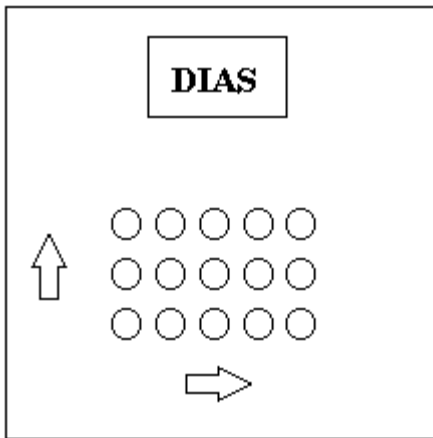
20. Name 3 rules that apply to mess dinners:

21. What is the count for the open order march?

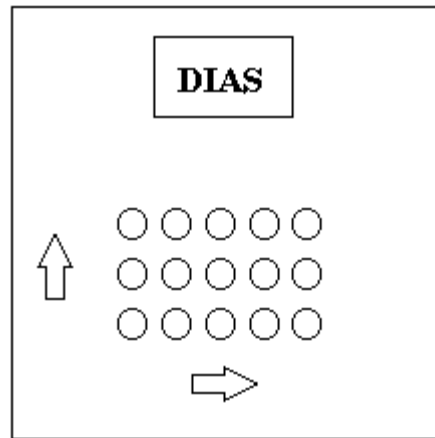
- (a) one two one one (b) one one two one
(c) one two one two (d) one one one two

22. The following 2 diagrams shows one division advancing inline, and the other marching in column of route. Circle the arrow in each diagram that correctly identifies its direction of travel:

Advance inline



Column of route



23. Secure two poles together using a square lashing.