



IRF GTE – Theory Exam

1. What is the correct certification number for a watersports helmet?
 - A. ISO 445 988 446.
 - B. CE EN 1385.
 - C. USCG 7240.
 - D. BCU 8513.
2. What properties should a throwbag rope have (choose 2)
 - A. Bright coloured.
 - B. Have a maximum breaking strain of 9KN.
 - C. Be able to float.
 - D. Be able to use as an abseil rope.
3. What does 3 whistle blasts, which are then repeated continuously, mean
 - A. Emergency.
 - B. Look upstream.
 - C. Look downstream.
 - D. Attention.
4. What is the correct IRF award for a safety kayaker working on class 3 whitewater? (choose 2)
 - A. SK Level 4 award.
 - B. SK class 3 award.
 - C. SK Level 3 award.
 - D. SK Level 2 award.
5. What does the term R6 mean?
 - A. Class 6 rapid.
 - B. 6 people paddling in the raft.
 - C. Race number 6.
 - D. 6 rapids ahead.
6. How many years is an IRF GTE award valid for when supported by a valid first aid certificate?
 - A. 2
 - B. 1
 - C. 4
 - D. 3
7. What is the IRF signal for a missing swimmer?
 - A. Both arms out to the side making a shrugging motion.
 - B. Both hands covering your eyes.
 - C. Swimmer actions for 1 swimmer followed by a flat hand on the forehead whilst looking side to side.
 - D. Flat hands on the side of your face looking side to side.



8. What does PFD stand for?
 - A. Protective floating device.
 - B. People floating down.
 - C. People floating device.
 - D. **Personal floatation device.**

9. What are you likely to find on the inside of a bend on the river?
 - A. Undercut rocks.
 - B. Tree roots.
 - C. **Eddy.**
 - D. A hydraulic wave

10. Which is the correct description of Laminar flow?
 - A. **The speed of the water underneath the surface with the fastest water closest to the surface and the slowest water close to the river bed.**
 - B. The slowest water is closest to the surface of the river and the fast water is closest to the river bed.
 - C. The water on the river bank is where the fastest water on the river can be found.
 - D. The deepest water always has the fastest flow.

11. Why should plastic drinking bottles be secured into the raft and not left loose in the bottom of the raft?
 - A. It's dangerous and may cause an injury.
 - B. Somebody with an illness may drink from your water and make you ill too.
 - C. Your foot could get stuck in the raft.
 - D. **If you flip they will potentially increase plastic pollution in the river.**

12. Why are non-locking carabiners a potential hazard in a rafting environment?
 - A. Non-locking carabiners are not strong enough.
 - B. The gate will rust easily.
 - C. **You may become accidentally clipped to the raft without noticing.**
 - D. The gate freezes quicker in the cold.

13. How can you limit the possibility of your customers suffering from hyperthermia on a rafting trip? (choose 2)
 - A. **Make sure your customers have plenty of water to drink during the trip.**
 - B. Limit the time your customers spend in the direct sun light.
 - C. Make sure your customers have correct sunblock.
 - D. **Make sure your customers are not overdressed so that they don't over heat.**



14. What is the correct length of rope needed for a throwbag?
- A. 10M
 - B. 25FT
 - C. 20M
 - D. A length that you are able to throw effectively
15. How can you limit the possibility of your customers suffering from Hypothermia on a rafting trip? (Choose 2)
- A. Give them plenty of alcohol to keep them warm inside
 - B. Make sure they are wearing the correct clothing for the weather conditions.
 - C. Give them cotton baselayers to wear to keep them warm.
 - D. Prevent your customers from falling out of the raft.
16. Who is the correct person to be responsible for the smooth running of a commercial rafting trip?
- A. IRF class 5 guide.
 - B. IRF Inline class 3 guide.
 - C. The company owner.
 - D. IRF Trip leader.
17. What Items should be included in a commercial trip safety kit.
- A. Phone/Radio, first aid kit, pin kit, repair kit, spare clothing, pump
 - B. Camera, water-guns, alcohol,
 - C. Insurance papers, customers personal belongings, sunblock
 - D. Jewellery, passports, money, I-pads
18. What are the minimum requirements needed in an IRF standard pre-departure safety talk?
- A. Introduction, PPE, T-pieces, how to sit in the raft and paddle, how to get somebody back into a raft, whitewater swimming position, how to hold a throwbag, do not stand up, flips
 - B. Holding the outside line, get down command, signals, aggressive swimming.
 - C. How to paddle, foot positioning, smiling for the camera.
 - D. Name of the safety kayaker, how to paddle, aggressive swimming, and guide signals.
19. What must you provide the IRF or your IRF instructor when you wish to re-certify your IRF award?
- A. Valid first aid certificate.
 - B. A logbook with evidence of 5 trips as a guide in the past 3 years.
 - C. \$50 USD & picture or video of you rafting
 - D. \$30 USD, valid first aid certificate & up to date Logbook.



20. What can you do to increase customer safety on 1-boat rafting trips?
- A. Have 2 guides in the raft.
 - B. Take a trainee guide with you.
 - C. Teach your customers how to use a throwbag and reflip.
 - D. Use a safety trained kayaker.
21. What is the clean-line principle?
- A. The guide takes the best line down the river without making any mistakes.
 - B. You should have no handles or loops in your equipment or raft that may cause and entrapment hazard.
 - C. The rope on the outside line on your raft should not be knotted or damaged.
 - D. Any ropes in the raft should be left uncoiled so that you can access them easily in an emergency.
22. How can you limit the risk of your customers becoming panicked during a flip or a swim? (choose 2)
- A. Don't tell the customers when you are going to flip so not to make them nervous.
 - B. Give your customers a good safety talk tell them what to expect and what to do during a flip or swim.
 - C. Shout at them loudly while they are in the river.
 - D. Remind them above big rapids of what to do if they fall out or what to do if the raft flips.
23. How do you correctly fit a customer into a PFD?
- A. Clip up all of the buckles and make sure the pillow is on the outside.
 - B. Tighten the PFD straps from the bottom upwards to ensure the PFD will not rise over the rib cage.
 - C. Let the customer adjust their own PFD so that it does not feel uncomfortable.
 - D. Leave some of the straps open so that they can get to the things in their pockets easily.
24. What will you find on the up-stream side of a mid-stream rock?
- A. Eddy
 - B. Cushion wave.
 - C. Hydraulic wave.
 - D. Standing wave.
25. What does the term "self-bailing" mean?
- A. In the big rapids the raft will eject the customers out easier.
 - B. It's the customers' decision as to when they want to bail out of the raft.
 - C. Any water that enters the raft will drain out by the holes in the floor on the bottom of the raft.
 - D. The customers will need to get the water out of the raft themselves during the trip.