

HIKE LEADER REVIEW QUESTIONS

1. Plastic trash bags are useful for: p.50
 - a. pack covers
 - b. rain protection
 - c. water collection
 - d. construction of an emergency shelter
 - e. all of the above

2. The Ten Essentials refers to: p.48, 49,50
 - a. the GO code of conduct
 - b. items necessary for backpacking only
 - c. "leave no trace" rules
 - d. Items to take on every hike for safety and emergencies

3. What is not the job of the hike leader? p.17, 44
 - a. screening hikers for water, ability and equipment
 - b. ensuring all have signed the sign-in waiver
 - c. organizing and assigning everyone to carpool
 - d. identifying a trail sweep

4. Which of the following is not part of a scouting trip: p.8, 9
 - a. determine time and distance
 - b. total elevation gain/loss
 - c. identify nearby gift shops
 - d. Identify trailhead parking and points of interest
 - e. identify potential hazards

5. What is the smallest recommended hiking group size for safety? p.21
 - a. one
 - b. two
 - c. three
 - d. four
 - e. depends on leader

6. Why are frequent and regular water stops necessary? p.21
 - a. to rest tired legs
 - b. allow additional time to adjust clothing
 - c. create additional photos opportunities
 - d. to keep your body properly hydrated

7. Reading Topo maps will allow you to do all these things except: p.40-42
- locate interesting things to explore
 - plan a hiking route
 - identify flora and fauna
 - allow you to figure distance between land features
 - help you find your way if lost
8. Which of the following is not an option if someone says they want to go back? p.24
- have qualified escort(s) take the hiker back to the cars
 - terminate the hike and return the group to cars
 - convince the hiker to continue with motivation encouragement
 - leave the hiker alone and continue the hike
9. What is the optimum time for a rest break? P.21
- 3 to 6 minutes
 - 1 minute
 - 15 minutes
 - group consensus
10. Which of the following is incorrect: p.25
- horse traffic always has the right of way
 - hikers should follow instructions from horse rider
 - hikers have the right of way over bikers
 - bikers should give right of way to all other traffic
 - downhill traffic has the right of way
11. The details you provide in the hike description about the demands and risks of the hike are essential to the self-screening and preparedness of your participants. These include all except one of the following: p.12-14
- very steep climb or descent
 - moving at a brisk pace
 - off-trail route, bouldering, stream crossing
 - scrambling involves use of hands and feet to overcome rocky obstacles.
 - after hike options
12. The “degree of difficulty” for a particular hike may include all but one of the following: p. 12-14
- difficult footing or involves climbing boulders, sandy washes, or vegetation
 - steepness and the natural obstacles (boulder field, creek crossings, etc.)
 - distance to drive to trailhead
 - high or low temperatures and climatic conditions
 - steep narrow drop-off or exposure

13. Most people's average pace is about 2 mph. p.8, 12
- true
 - false
14. What is the estimated time for an average group to hike round trip 4 miles with 1,000 feet elevation gain? P.12, 8
- 3 hours
 - 2 hours
 - 3.5 hours
 - 4 hours
15. Screening participants helps mitigate potential problems on the trail. p.18-19
- true
 - false
16. Hike rules include all except one of the following: p 23
- no one left behind
 - stop at all trail junctions, creek crossings, and landmarks
 - identify a "sweep" nobody gets behind this person
 - identify a "lead" nobody gets in front of this person
 - always reach the peak before turning around
17. The Ten Essentials are items that encompass all except: p.48,49
- to help find your way
 - for your protection
 - identifying flora and fauna
 - for emergencies
18. What should hike leader and sweep do if someone is struggling to keep up? P.22 ¶3
- use motivational skills for encouragement
 - sign them out and continue with the group
 - tell them they must turn around and go back alone
 - move the person to the back of the group
19. What is the minimum "ending-time-before-sunset" for an all day hike? P.23 ¶4
- 30 minutes before sunset
 - 1 hour before sunset
 - 2 hours before sunset
 - 30 minutes after sunset
20. What is average water consumption needed for adequate hydration? P.32 ¶2
- 2 liters per hour
 - half liter per hour
 - 3 liters every two hours
 - drink when thirsty

21. Which of the following is not a criteria for hiking group size? P.8, 9
- land agency rules
 - safety issues
 - number of leaders
 - environmental impact
 - cell reception
22. Take the following actions for snakebite except: p.36
- call 911. Time is Tissue! Get victim to the Emergency Room
 - remove constrictions - jewelry, tight clothes, shoes
 - take photos to track the spread of venom - new photo every 15 minutes
 - apply cold packs or ice
 - keep victim as still as possible
23. Emergency Management Guidelines include all except one of the following: p.28
- Stop
 - Think
 - Plan
 - Observe
 - Accountability
24. The hike leader may do all the following except: p.23 ¶ 4
- limit the number of hikers
 - exclude those who are not properly clothed and equipped for the hike
 - add an additional side trip if majority agrees
 - change the hike from announced description if trail conditions have changed
25. Can you ask about medical conditions as part of screening? 18-19, 20
- yes
 - no