

**UNIT 7: EXTREME SITUATION**  
**CLOSE UP TEXTBOOK, PAGE 94**



# 7 Coast Guard School

## Before you watch

### A Match the words with their meanings.

- |                |                          |   |
|----------------|--------------------------|---|
| 1 adrenaline   | <input type="checkbox"/> | a a feeling of excitement about something nice that is going to happen  |
| 2 anticipation | <input type="checkbox"/> | b how often your heart beats  |
| 3 limitation   | <input type="checkbox"/> | c something that prevents you going past a certain point  |
| 4 pulse rate   | <input type="checkbox"/> | d something your body produces when you are scared, angry or excited that makes your heart beat faster and gives you energy |

## While you watch

### B Watch the video and decide if these statements are T (True) or F (False).

- |   |                          |
|---|--------------------------|
| 1 Many ships sink in the rough waters where the Columbia River empties into the ocean.                              | <input type="checkbox"/> |
| 2 The skills taught at the Coast Guard's national motor lifeboat school can't be used to drive any other boat.      | <input type="checkbox"/> |
| 3 Aaron Ferguson has been a driver here for over two years.   | <input type="checkbox"/> |
| 4 For students only, pulse rates accelerate and heart rates rise as soon as the sea becomes more dangerous.         | <input type="checkbox"/> |
| 5 Student, Ralph Johnston, needs to learn to control the elements.  | <input type="checkbox"/> |
| 6 If drivers are comfortable in bad weather, then the crew is also more comfortable, and they'll be more effective. | <input type="checkbox"/> |

**As your reference, you may find the answers of each statement in B by focussing to these clues:**

1. You may watch at minute 00:44
2. You may watch at minute 00:56
3. You may watch at minute 01:17
4. You may watch at minute 02:02
5. You may watch at minute 02:47
6. You may watch at minute 03:06

## After you watch

**C** Complete the summary of the video below using these words.

convinced   mercy   missions   prove   satisfaction   tragedy   training   violent

In the US Coast Guard's national motor lifeboat school, trainee boat drivers often find themselves at the (1) \_\_\_\_\_ of waves that can kill them. They must face some of the most (2) \_\_\_\_\_ and unpredictable seas. In an area known as the 'Graveyard of the Pacific', drivers learn how to cope with the kind of rough conditions that they will frequently face in their job, battling against severe weather.

The (3) \_\_\_\_\_ is important as these skills will help them to perform their dangerous life-saving (4) \_\_\_\_\_. Instructor Aaron Ferguson is (5) \_\_\_\_\_ that the motor lifeboat school gives the students the best kind of training.

The two-week class ends with the students ready to do the 'man-overboard drill'. For student, Ralph Johnston, this is the chance to (6) \_\_\_\_\_ that he can move the lifeboat through huge waves while keeping it steady. The rescue attempt succeeds and he passes the test. For the instructors, there is (7) \_\_\_\_\_ in knowing that the skills students learn here might one day prevent a terrible (8) \_\_\_\_\_.

Rough seas crash over the ship  
*National Geographic Endeavour*  
in the Atlantic

