UNIT 7 – COAST GUARD SCHOOL

Before you watch

Exercise A – Match the words with their meanings.

1.	adrenaline	( )	a.	a feeling of excitement about something nice that is going to happen
2.	anticipation	( )	b.	how often your heart beats
3.	limitation	( )	c.	something that prevents you going past a certain point
4.	pulse rate	( )	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

Exercise 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. ( )
2. The skills taught at the Coast Guard's national motor lifeboat school can't be used to drive any other boat. ( )
3. Aaron Ferguson has been a driver here for over two years. ( )
4. For students only, pulse rate accelerate and heart rates rise as soon as the sea becomes more dangerous. ( )
5. Student, Ralph Johnston, needs to learn to control the elements. ( )
6. If drivers are comfortable in bad weather, then the crew is also more comfortable, and they'll be more effective. ( )

LIVEWORKSHEETS

After you watch

Exercise 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 sea. 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)** _____.

LIVEWORKSHEETS