

ICS-200 Test Study Guide



Instructions: Match each term to its definition below by selecting the correct term from each dropdown list. Scroll down to see all of the definitions. When you are done, select Check.

1. _____ means that each individual has a designated supervisor to whom they report to at the scene of the incident.
2. _____ allows agencies with different legal, geographic, and functional authorities and responsibilities to work together effectively without affecting individual agency authority, responsibility, or accountability.
3. _____ refers to the orderly line of authority within the ranks of the incident management organization.

Unity of Command ▾

Unified Command ▾

Chain of Command ▾



Instructions: Select the correct answer below.

The command function must be clearly established from the beginning of an incident. When command is transferred, the process must include:

- ☐ A meeting of all Command and General Staff to communicate tactical direction.
- ☒ A briefing that captures all essential information for continuing safe and effective operations.
- ☐ A revision of the incident objectives and the development of a new Incident Action Plan.
- ☐ A listing of preferred terminology for organizational functions, incident facilities, resource descriptions, and position titles.



Instructions: Read the situation and question below, then select your answer.

Scenario: Heavy rains have caused flash flooding throughout the municipality. Response actions have begun with eight resources reporting to the Operations Section Chief (see the diagram). Is the situation consistent with the NIMS Management Characteristic of Manageable Span of Control?



Review each statement below and indicate if it is true or false. Select your answers from the dropdown lists for each item, then click on the Check button to check your work.

1. Accountability means that incident personnel adhere to check-in/check-out, incident action planning, unity of command, resource tracking, and other principles.
2. An Incident Action Plan is an oral or written plan containing objectives that address tactics and support activities for the planned operational period.
3. In a major incident, personnel and equipment should be dispatched even without being requested.

True ▾

True ▾

False ▾

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University of Virginia

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the University of Virginia text.

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web followed when building the content of sets and the practice the steps outlined below are appropriate for the sets and how those sets fit into the total time frame of a training session will be suggested four usrpt sets for four sessions and two sets per session for the remainder if the swimmers are judged to be adapting well increase

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in usrpt sets before extreme neural fatigue begins to crossover into the next fatigue stage the criteria to terminate participation in the set would have been reached therefore the criteria for failure are usrpt s

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web oct 23 2017 usrpt stands for ultra short race pace training this essentially means that in training you only swim at your goal race pace or faster this means no partial swimming no drills kicking or any of that technique focused work if you don t do in a race you don t do it in training you re only allowed to swim at race pace

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web usrpt set per session 9 years four sessions per week emphasizing fun and technique two usrpt sets for two sessions and one for each of the other two sessions 10 years five sessions per week emphasizing skills technique and fun two usrpt sets for two sessions and one for each of the other three sessions

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web two example sets are 112 x 25 fs at 200 pace on 30 seconds and within the usrpt set failed and recovery repetitions do not contribute to the total yardage at race pace but successful repetitions after a failed and recovery repetition do silverman 1996 summarized very useful guidelines for developing skilled behaviors within

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web jan 23 2020 type in the sets and intervals and then log it for free warm up 1 x 200 freestyle 8 x 25 kick optional try to keep your full body underwater as you kick breathing every few seconds main set 3x times 4 x 25 freestyle 1 x 50 freestyle cool down 6 x 25 freestyle related 4 week usrpt training plan

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web oct 23 2017 warm up pre set usrpt is about doing the absolute minimum possible that will take away from performing on the main set a shorter warmup and relatively light pre set allows for this golf is the method of counting the number of strokes you take in a length plus the time

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web apr 27 2017 it begins with a warm up and includes preparation to race prior to the main usrpt set the session focuses on the 50 frontcrawl event it begins with a warm up and includes preparation to race prior to the main usrpt set example 50m fc race time 28 5 seconds 15m pace time 28 5 10 2 85 per 5m 15m pace time 2 85 x 3 8 55

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web this short commentary covers an example of a usrpt item that was used by one of the original usrpt programmers in a highly successful swimming environment one set used in training was 20 x 50 m on 50 seconds holding race pace 200 m crawl stroke

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web dec 21 2022 citation 46 this is similar to ar within a usrpt set for example a set is terminated when an individual cannot sustain the prescribed swimming interval velocity on 2 3 occasions see figure 1 rushall citation 44 suggests that day to day life stressors influence a swimmer s ability during training thus the inclusion of ar within

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