

Surf Life Saving Australia

Champion Lifesaver 2009

Open and Under 19 Competition Theory Paper

Mark the best answer to each question on the answer sheet. The best answer is the one that can be found in the current edition of the SLSA training manual. As far as possible, the questions and answers have been written in the same words as in the manual.

If you wish to change an answer, cross out your first answer then clearly mark your final answer.

Time allowed: 30 minutes

1. Who should normally assume responsibility for managing a situation until an ambulance or medical assistance arrives?
 - a. The Patrol Captain
 - b. The oldest lifesaver present
 - c. The most qualified lifesaver present
 - d. The most experienced lifesaver present
2. Financial burden on another member of an injured worker's family is an example of:
 - a. Human cost
 - b. Social cost
 - c. Economic cost
 - d. Organisational cost
3. When launching an IRB, where will the crewperson stand?
 - a. The port (left) side
 - b. As directed by the driver
 - c. The starboard (right) side
 - d. In front of the boat, holding the bow handle
4. Hypothermia occurs when the body core temperature falls below:
 - a. 35 degrees Celsius
 - b. 35.5 degrees Celsius
 - c. 36 degrees Celsius
 - d. 37 degrees Celsius
5. When breathing and the heart both stop, how long is it before damage to the brain begins?
 - a. Less than one minute
 - b. Less than two minutes
 - c. Less than three minutes
 - d. Less than four minutes

6. A basic principle of scanning is:
 - a. Measure what you see against the characteristic profiles of potential trouble
 - b. Use peripheral vision to detect movement and notice activity
 - c. Practise to develop and improve perceptual skills
 - d. Counting the number of people in your area on each scan
7. A lifesaving incident debriefing session generally requires:
 - a. Assessment of the reactions and welfare of the lifesavers and others involved
 - b. Returning equipment used to a state of readiness and replenishing First Aid supplies
 - c. Counseling sessions for all lifesavers involved, conducted by a qualified psychologist or trauma counselor
 - d. Investigation of the circumstances which led to the incident
8. What is the hazard rating associated with a bar and rip beach type?
 - a. Low danger
 - b. Low to moderate danger
 - c. Moderate danger
 - d. Moderate to high danger
 - e. High danger
9. What is the xiphisternum?
 - a. A small bony portion attached to the lower end of the sternum
 - b. The full medical name for the sternum
 - c. The lining inside the sternum which separates the bone from the organs behind
 - d. The name used to refer to the sternum and ribcage taken together
10. What is the concentration of sodium chloride in saline?
 - a. Zero
 - b. Higher than that normally found in the body
 - c. Lower than that normally found in the body
 - d. Approximately the same as that normally found in the body
11. Other than rip currents, what is one of the biggest problems for unsuspecting bathers?
 - a. Stingers
 - b. Inshore holes
 - c. Littoral currents
 - d. Sunburn
12. What does "DRABCD" stand for?
 - a. Danger, Response, Airway, Breathing, Compressions, Defibrillation
 - b. Danger, Response, Airway, Breathing, Circulation, Debriefing
 - c. Danger, Response, Airway, Breathing, Circulation, Defibrillation
 - d. Danger, Response, Airway, Breathing, Compressions, Debriefing
13. To achieve optimum efficiency in scanning, lifesavers should be rotated at regular intervals of:
 - a. 20 minutes
 - b. 30 minutes
 - c. 40 minutes
 - d. 60 minutes
14. A strain is an injury relating to:
 - a. Ligaments
 - b. Muscles and tendons
 - c. Bones
 - d. Joints

15. What is the average rate of breathing for an adult?
- 12 breaths per minute
 - 15 breaths per minute
 - 18 breaths per minute
 - 20 breaths per minute
16. In what year did The Surf Life Saving Association of Australia change its name to Surf Life Saving Australia?
- 1956
 - 1971
 - 1991
 - 1993
17. What is the minimum number of people required for straight lifting and short carry of an unladen IRB?
- Two
 - Three
 - Four
 - Five
18. What does ECC stand for?
- External chest compression
 - External cardiac compression
 - Extensive chest compression
 - Extensive cardiac compression
19. What is the "tamoya" also known as?
- Bluebottle
 - Fire jelly
 - Jimble
 - Irukandji
20. Which of the following is **not** an aim of the Australian Qualifications Framework?
- To provide flexible pathways for achieving qualifications
 - To provide consistent qualifications
 - To encourage easier access to qualifications
 - To maintain industry best-practice standards in qualifications
21. The heart's primary function is to pump blood to two main areas:
- The brain and the lungs
 - The brain and vital organs
 - The lungs and the body
 - The lungs and vital organs
22. What is the minimum age requirement for the Defibrillation Certificate?
- 15 years
 - 16 years
 - 17 years
 - 18 years
23. What is the preferred method of moving a suspected spinal patient from the water?
- Spinal injury carry
 - Spinal stretcher carry
 - The spinal injury carry and spinal stretcher carry are equally preferred
 - The patient should be supported in the water until the arrival of ambulance personnel

24. A fresh oxygen bottle will usually have a protective wrapping of blue or white plastic around the oxygen outlet. Why?
- To identify it as medical oxygen
 - To identify it as a full bottle
 - As a reminder to “crack” the bottle before fitting it into the oxygen unit
 - To prevent dust and dirt from entering
25. Effective communicators use different language in different situations. Language changes depending on:
- What* we are communicating about
 - Where* we are communicating
 - When* we are communicating
 - Why* we are communicating
26. What is the ECC compression point for children and infants?
- The lower part of the sternum
 - The centre of the sternum
 - Over the xiphisternum
 - Between the nipples
27. Which of the following is **not** a method of controlling workplace hazards?
- Report
 - Eliminate
 - Isolation
 - Work organisation
28. Which is **not** a factor affecting scanning requirements and techniques on patrol?
- The beach layout and any geographical features
 - The level of experience and training of the lifesavers on duty
 - The availability of raised observation points
 - The number of lifesavers and their location
29. What are the five skills to ensure effective communication?
- Observe, Listen, Summarise, Process, Respond
 - Pay attention, Observe, Listen, Process, Respond
 - Pay attention, Observe, Listen, Summarise, Respond
 - Observe, Attend, Summarise, Process, Respond
30. Smoking is not allowed within what distance of a helicopter?
- 10 metres
 - 15 metres
 - 20 metres
 - 30 metres
31. Under what beach hazard rating does the level of safety depend on wave and weather conditions?
- Low danger
 - Moderate danger
 - High danger
 - Extreme danger
32. Most deaths from heart attack occur within what time period?
- 24 hours
 - 30 minutes
 - 1 hour
 - 4 hours

33. Anything that places a person at risk is called:
- A risk
 - A danger
 - Jeopardy
 - A hazard
34. What percentage of the normal diet should be made up of protein in the form of fish, meat, poultry and milk and egg products?
- 9-12 per cent
 - 12-15 per cent
 - 15-18 per cent
 - 18-21 per cent
35. What is the treatment for hypothermia?
- Prevent further heat loss, give warm sweet or alcoholic drinks, curl into a ball, use a companion for body warmth
 - Prevent further heat loss, massage limbs, give warm sweet drinks, curl into a ball, use a companion for body warmth
 - Prevent further heat loss, give warm sweet drinks, curl into a ball, use a companion for body warmth
 - Prevent further heat loss, give warm sweet drinks or warm coffee, massage limbs, use a companion for body warmth
36. What is the appropriate treatment for a stonefish sting?
- Ice packs
 - Hot water
 - Compression bandaging
 - Vinegar
37. What percentage of a message is made up of words?
- 7%
 - 15%
 - 22%
 - 38%
38. What is the "hip carry"?
- A method of carrying used for infants or small children
 - A method of rescue which can be used for taking conscious or unconscious patients back to shallow water
 - A method of rescue without equipment, suitable for taking a conscious patient back to shallow water
 - A method of taking a patient through the break while ensuring absolute control and contact is maintained
39. Under what circumstances can a patrol member leave the patrol area?
- Under no circumstances
 - In order to perform a rescue
 - To avoid excessive sun exposure
 - When relieved by another club member
40. Clubs should try to organise programs such as CPR demonstrations and lectures, simulated rescues, open days, courses and social functions in their local area. Why should they do this?
- To prevent unnecessary rescues and reduce the risk of drownings
 - To raise club funds for lifesaving patrols
 - To maintain a high public profile, which assists in gaining local government support
 - To foster good community relations and surfing education

OPEN

AND

UNDER 19