

Surf Life Saving Australia

Champion Lifesaver 2009

Under 17 and Under 15 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. What is the hazard rating associated with a longshore trough beach type?
 - a. Low danger
 - b. Low to moderate danger
 - c. Moderate danger
 - d. Moderate to high danger
 - e. High danger
2. What is the highest risk method of rescue?
 - a. One person rescue
 - b. Contact
 - c. Unconscious
 - d. Swimming
3. In the "Response" phase of DRABCD, how should response be assessed?
 - a. Shout at the patient and watch for a reaction
 - b. Shake the patient gently by the shoulder
 - c. Squeeze the patient's shoulders
 - d. Ask the patient questions
4. When performing a board rescue, on which side of the patient should you keep the board?
 - a. Shoreward side
 - b. Seaward side
 - c. Upwind side
 - d. Downwind side
5. How many workers die each year due to workplace illness or injury?
 - a. Around 500
 - b. Around 700
 - c. Around 900
 - d. Around 1000

6. 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?
 - a. To prevent unnecessary rescues and reduce the risk of drownings
 - b. To raise club funds for lifesaving patrols
 - c. To maintain a high public profile, which assists in gaining local government support
 - d. To foster good community relations and surfing education
7. Most deaths from heart attack occur within what time period?
 - a. 24 hours
 - b. 30 minutes
 - c. 1 hour
 - d. 4 hours
8. Under what circumstances can a patrol member leave the patrol area?
 - a. Under no circumstances
 - b. When relieved by another club member
 - c. In order to perform a rescue
 - d. To avoid excessive sun exposure
9. Which scanning method follows a particular moving target for a set period?
 - a. Fixed focus
 - b. Wide focus
 - c. Moving focus
 - d. Tracking
10. Effective communicators use different language in different situations. Language changes depending on:
 - a. *What* we are communicating about
 - b. *Where* we are communicating
 - c. *When* we are communicating
 - d. *Why* we are communicating
11. Which of the following is **not** a method of controlling workplace hazards?
 - a. Eliminate
 - b. Isolation
 - c. Work organisation
 - d. Report
12. Under what beach hazard rating is supervision of children and poor swimmers required?
 - a. Low danger
 - b. Moderate danger
 - c. High danger
 - d. Extreme danger
13. What is the carotid pulse?
 - a. The pulse found in the wrist
 - b. The pulse found in the groin
 - c. The pulse found in the neck
 - d. The pulse found in the upper arm
14. Smoking is not allowed within what distance of a helicopter?
 - a. 10 metres
 - b. 15 metres
 - c. 20 metres
 - d. 30 metres

15. The blood vessels which carry blood back to the heart from the organs and muscles are called what?
- Veins
 - Arteries
 - Capillaries
 - Aorta
16. 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
17. What is the minimum age requirement for the Defibrillation Certificate?
- 15 years
 - 16 years
 - 17 years
 - 18 years
18. When launching an IRB, where will the crewperson stand?
- As directed by the driver
 - The port (left) side
 - The starboard (right) side
 - In front of the boat, holding the bow handle
19. What is the number of people required for straight lifting and short carry of an outboard motor?
- One
 - Two
 - Three
 - The motor should only be transported by trolley
20. What is the "tamoya" also known as?
- Bluebottle
 - Jimble
 - Irukandji
 - Fire jelly
21. Hypothermia occurs when the body core temperature falls below:
- 35 degrees Celsius
 - 35.5 degrees Celsius
 - 36 degrees Celsius
 - 37 degrees Celsius
22. To achieve optimum efficiency in scanning, lifesavers should be rotated at regular intervals of:
- 20 minutes
 - 30 minutes
 - 40 minutes
 - 60 minutes
23. For which patients should gloves be worn?
- Patients known to carry HIV or Hepatitis C
 - Patients who use intravenous drugs
 - All patients
 - Patients who are bleeding

24. Who should normally assume responsibility for managing a situation until an ambulance or medical assistance arrives?
- The Patrol Captain
 - The oldest lifesaver present
 - The most qualified lifesaver present
 - The most experienced lifesaver present
25. Who decides who is to help the IRB drive prepare the craft for patrol?
- The patrol captain
 - The IRB driver
 - The club IRB officer
 - The qualified IRB crewperson
26. What is the "hip carry"?
- A method of carrying used for infants or small children
 - A method of rescue without equipment, suitable for taking a conscious patient back to shallow water
 - A method of rescue which can be used for taking conscious or unconscious patients back to shallow water
 - A method of taking a patient through the break while ensuring absolute control and contact is maintained
27. Other than rip currents, what is one of the biggest problems for unsuspecting bathers?
- Stingers
 - Littoral currents
 - Sunburn
 - Inshore holes
28. 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
29. How is the word "SURF" spelled using the phonetic alphabet?
- September, Uniform, Radar, Foxtrot
 - Sierra, Uniform, Romeo, Foxtrot
 - Sierra, Uniform, Radar, Foxtrot
 - September, Uniform, Romeo, Foxtrot
30. What is the concentration of sodium chloride in saline?
- Zero
 - Higher than that normally found in the body
 - Lower than that normally found in the body
 - Approximately the same as that normally found in the body
31. A basic principle of scanning is:
- Practise to develop and improve perceptual skills
 - Measure what you see against the characteristic profiles of potential trouble
 - Use peripheral vision to detect movement and notice activity
 - Counting the number of people in your area on each scan

32. The patrol method in which observation points are erected at intervals along the beach is called:
- Traditional
 - Roving
 - Outpost
 - Open Beach
 - Surveillance
33. 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
34. When breathing and the heart both stop, how long is it before damage to the brain begins?
- Less than one minute
 - Less than two minutes
 - Less than three minutes
 - Less than four minutes
35. 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
36. A sprain is an injury relating to:
- Ligaments
 - Muscles and tendons
 - Bones
 - Joints
37. A lifesaving incident debriefing session generally requires:
- Assessment of the reactions and welfare of the lifesavers and others involved
 - Returning equipment used to a state of readiness and replenishing First Aid supplies
 - Counseling sessions for all lifesavers involved, conducted by a qualified psychologist or trauma counselor
 - Investigation of the circumstances which led to the incident
38. Which of the following is **not** an aim of the Australian Qualifications Framework?
- To maintain industry best-practice standards in qualifications
 - To provide flexible pathways for achieving qualifications
 - To provide consistent qualifications
 - To encourage easier access to qualifications
39. What is the purpose of "cracking" an oxygen cylinder?
- It checks that the bottle contains oxygen
 - It removes any foreign matter from the valve opening
 - It removes the protective wrapping from around the oxygen outlet
 - It tests the contents gauge on the oxygen resuscitation unit
40. 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

UNDER 17

AND

UNDER 15