

# Surf Life Saving Australia

## Champion Lifesaver 2010

### Theory Paper – Under 17 & Under 15

Mark the best answer to each question on the answer sheet. The best answer is the one that can be found in the 33<sup>rd</sup> 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 aim when escaping from a panicking patient?
  - a. To lift the patient out of the water
  - b. To force the patient to release their grip
  - c. To push yourself below the surface and away from the patient
  - d. To provide the patient with a floatation device
2. If the AED gives the prompt "No shock advised", what does this mean?
  - a. A non-shockable rhythm is present
  - b. A normal heartbeat has returned
  - c. The ECG signal is unsatisfactory
  - d. An arrhythmia has been detected
3. Which is a sign of distress in a swimmer?
  - a. Flailing of the arms in an attempt to keep the head above water
  - b. Bobbing up and down in water over their head with an obvious attempt to get air
  - c. "Climbing the ladder" motion with the head tilted back
  - d. The person's face shows wide-eyed fearful look
4. Which is **not** a strategy identified in the ILS "Drowning Prevention Strategies" document?
  - a. Education and information
  - b. Denial of access, improvement of infrastructure and/or provision of warnings
  - c. Acquisition of survival skills
  - d. Development of well-resourced aquatic rescue organisations
5. The time taken to train a new person as a result of workplace injuries is an example of:
  - a. Human cost
  - b. Organisational cost
  - c. Social cost
  - d. Economic cost
6. When is it recommended to use the resuscitation setting rather than the therapy setting for adding oxygen to mouth-to-mask rescue breathing?
  - a. Never
  - b. Always
  - c. When there is enough oxygen available
  - d. When an AED is to be used
7. When rolling a patient on their side, you use the hip and shoulder. For what type of patient, instead of using the hip to roll the patient, you may put one arm under the patient's raised knee to provide extra leverage?
  - a. Children aged 8 and under
  - b. Larger patients
  - c. Patients with abdominal injuries
  - d. Patients with stomach distension

8. A basic principle of scanning is:
  - a. Be positioned to maintain clear, unobstructed sight-lines
  - b. Counting the number of people in your area on each scan
  - c. Look and listen for the unusual
  - d. Maintain focus and avoid turning your back to the sea
9. When should the wrist tow method be used?
  - a. For taking a conscious or unconscious patient back to shallow water
  - b. When a conscious patient is able to maintain their body above the water
  - c. When a patient is suffering from multiple marine stings
  - d. For extra security when bring a patient in through the break in a rescue tube
10. Why is knowledge of rips particularly important?
  - a. Rips are the not well understood by beachgoers
  - b. Rips are the most dangerous hazard faced by beachgoers
  - c. Knowledge and understanding of rips helps lifesavers to combat them
  - d. Rips cause the largest number of rescues and coastal drownings in Australia
11. What determines how much energy you need from your diet?
  - a. The amount of physical activity you undertake in your daily life
  - b. The level of manifested physicality in your exercise schedule
  - c. Your height, weight, age and gender
  - d. Your BMI rating
12. What are the four stages of the "Chain of Survival"?
  - a. Early identification, early retrieval, early CPR and defibrillation, early advanced life support
  - b. Early access, early rescue, early CPR and defibrillation, early advanced life support
  - c. Early access, early CPR, early defibrillation, early advanced life support
  - d. Early identification, early CPR, early defibrillation, early advanced life support
13. Exposure to the ultraviolet (UV) rays in natural sunlight is a major cause of:
  - a. Heat exhaustion
  - b. General skin damage
  - c. Dehydration
  - d. Eye damage
14. What is the most common inshore current?
  - a. A rip
  - b. An undertow
  - c. A littoral current
  - d. A backwash
15. If inflation is not occurring during rescue breathing, the head is tilted back and the jaw is lifted correctly, the seal is firm and enough air is being blown in, what is the likely problem?
  - a. The airway is not sufficiently open
  - b. The stomach is distended
  - c. There is foreign material in the airway
  - d. Chest compressions are going too deep and not allowing the lungs to expand
16. What causes the tidal movement in the earth's oceans and seas?
  - a. The rotation of the earth
  - b. The gravitational pull of the moon
  - c. The gravitational pull of the sun
  - d. The gravitational pull of the moon and the sun
17. Which group of people needs to be watched with special attention at the beach?
  - a. Overweight people
  - b. Poor swimmers
  - c. Disabled people
  - d. Drug users

18. Muscles are attached to the bones by:
- Tendons
  - Ligaments
  - Capillaries
  - Cartilage
19. What is the mobile phone equivalent to the 000 emergency number?
- 123
  - 112
  - 911
  - 122
20. Which is the most severe heat-induced illness?
- Heat exhaustion
  - Heat stroke
  - Hyperglycaemia
  - Hypothermia
21. How should a patient who shows only a minor response, such as groaning without eye opening, be managed?
- With oxygen therapy
  - By placing into the lateral position
  - As if unconscious
  - All of the above
22. In the jaw thrust method of chin lift, which fingers are applied to the back part of the patient's jaw?
- Thumb and index finger
  - Index and middle fingers
  - Middle and ring fingers
  - Ring and pinky fingers
23. What scanning strategy involves sorting bathers by sex, age, risk potential and activity?
- Head counting
  - Grouping
  - Profile matching
  - Mental filing
24. Why is added care needed when the nostrils are sealed with thumb and forefinger during mouth-to-mouth rescue breathing?
- There is a tendency to lose head tilt
  - There is increased risk of fluid contact and infection
  - Damage can be caused to the nasal passages
  - It becomes more difficult for the rescuer to hear the air being breathed out by the patient
25. Poisonous gases are an example of what type of hazard?
- Potential
  - Hidden
  - Developing
  - Obvious
26. How should the airway be managed when performing rescue breathing on an infant?
- Using backward head tilt but taking care not to over-extend the neck
  - The head should be kept in the neutral position
  - As far as possible the head should be maintained in the position it was found
  - An oropharyngeal airway should be fitted as soon as possible

27. "HARM" stands for:
- Heat, Alcohol, Running, Massage
  - Heat, Alcohol, Rubbing, Movement
  - Heat, Activity, Risk, Motion
  - Heat, Activity, Running, Massage
28. To minimize the risk of infection, what disinfecting agent should manikin face pieces be soaked in?
- 15% bleach or 70% alcoholic chlorhexidine for at least 5 minutes
  - 15% bleach or 75% alcoholic chlorhexidine for at least 2 minutes
  - 10% bleach or 75% alcoholic chlorhexidine for at least 5 minutes
  - 10% bleach or 70% alcoholic chlorhexidine for at least 2 minutes
29. What is the survival rate for sudden cardiac arrest patients who receive defibrillation within 1-2 minutes?
- 95%
  - 90%
  - 80%
  - 70%
30. During CPR, how far is the sternum compressed on each compression?
- At least 4-5 cm
  - As far as the operator can comfortably maintain
  - Until the operator meets resistance
  - One third of the depth of the chest
31. Items that should be kept with the defibrillation unit include:
- Gloves
  - Spare electrode pads
  - Scissors
  - Adhesive tape
32. A function of the integumentary system is to:
- Relay impulses from the central nervous system
  - Contain nerves, blood vessels and fat tissue
  - Maintain and regulate body temperature
  - Break down and process food
33. PREVENTION includes:
- Verbal warnings
  - Appropriate signage
  - Use of whistles
  - Public address announcements
34. When is a double tube tow a very effective rescue method?
- Where the rescuers are not strong swimmers
  - In rough surf
  - Where the patient is unconscious
  - When the water is flat and the patient can "plane"
35. What attributes of the lifesaver can help prevent problems that lead to rescues?
- A sense of anticipation and an understanding of people's characteristic behaviour patterns
  - An ability to identify and predict characteristics of ocean behaviour and an understanding of people's behaviour patterns
  - A sense of anticipation and an understanding of the oceans characteristics
  - An understanding of people's characteristic behaviour patterns and a knowledge of scanning techniques

36. In what year were all surf lifesavers instructed to wear the red and yellow cap while on patrol?
- 1907
  - 1910
  - 1935
  - 1939
37. Which scenario can result in a mass rescue?
- A sandbank "collapses" leaving swimmers in deep water
  - A large surging wave engulfs swimmers and pulls them out of their depth
  - A large group of people swim outside the flagged area
  - Wind conditions change suddenly
38. What is the hazard rating associated with a reflective beach type?
- Low danger
  - Low to moderate danger
  - Moderate danger
  - Moderate to high danger
  - High danger
39. What should be done with oxygen equipment during defibrillation?
- Ensure that no oxygen equipment (air-bag, oxygen therapy) is in contact with the patient
  - All oxygen equipment should be moved a minimum of three metres away from the patient
  - Use of oxygen equipment should continue uninterrupted
  - Oxygen should be turned off
40. What may appear to be a simple rescue may become complex due to reasons including:
- A second patient not previously seen
  - The appearance of a flash rip
  - Equipment failure or loss
  - The rescuer themselves getting into trouble

**UNDER 17**

**AND**

**UNDER 15**