

# Surf Life Saving Australia

## Champion Lifesaver 2014

### Theory Paper – 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 Public Safety and Aquatic Rescue 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. 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
2. Blue ground is the symbolic shape for what sign function?
  - a. Regulatory prohibition
  - b. Suggestion
  - c. Warning
  - d. Information or permissive
3. A function of the integumentary system is to:
  - a. Relay impulses from the central nervous system
  - b. Contain nerves, blood vessels and fat tissue
  - c. Produce and store Vitamin D
  - d. Help rid the body of waste products
4. What may appear to be a simple rescue may become complex due to reasons including:
  - a. Surf conditions changing
  - b. A second patient not previously seen
  - c. The appearance of a flash rip
  - d. The rescuer themselves getting into trouble
5. When performing a board rescue, when should you attempt to catch a green wave to the shore?
  - a. Never
  - b. Only if you are an experienced lifesaver
  - c. Only if the patient is not breathing and speed is essential
  - d. Only if the patient is conscious and can hold on to the straps on the board

6. A wave which may never actually break as it approaches the water's edge is called what?
  - a. Plunging wave
  - b. Spilling wave
  - c. Surging wave
  - d. Dissipative wave
7. Which scanning method uses peripheral vision to detect movement and notice activity?
  - a. Fixed focus
  - b. Wide focus
  - c. Moving focus
  - d. Tracking
8. When is a double tube tow a very effective rescue method?
  - a. With a heavy patient
  - b. Where the rescuers are not strong swimmers
  - c. Where the patient is unconscious
  - d. When the water is flat and the patient can "plane"
9. Which type of rip will remain in the same area for months or years, due to the ocean bottom and prevailing conditions changing very little?
  - a. Fixed
  - b. Flash
  - c. Permanent
  - d. Travelling
10. A dislocation is an injury relating to:
  - a. Ligaments
  - b. Muscles and tendons
  - c. Bones
  - d. Joints
11. What is the "hip carry"?
  - a. A method of carrying used for infants or small children
  - b. A method of rescue which can be used for taking conscious or unconscious patients back to shallow water
  - c. A method of rescue without equipment, suitable for taking a conscious patient back to shallow water
  - d. A method of taking a patient through the break while ensuring absolute control and contact is maintained
12. What is the third level of listening?
  - a. Paying attention
  - b. Hearing
  - c. Non-hearing
  - d. Listening and thinking
13. Which scenario can result in a mass rescue?
  - a. A sandbank "collapses" leaving swimmers in deep water
  - b. A large surging wave engulfs swimmers and pulls them out of their depth
  - c. A large group of people swim outside the flagged area
  - d. Wind conditions change suddenly

14. On which side of the patient should you be positioned to apply chest compressions?
- The patient's left side
  - The patient's right side
  - The ocean side
  - Either side
15. Pain, suffering and/or financial hardship as a result of an accident is an example of:
- Human cost
  - Social cost
  - Economic cost
  - Organisational cost
16. Sealing the patient's nose is necessary during mouth-to-mouth rescue breathing. How is this best done?
- By pinching the nose between the thumb and forefinger
  - By the rescuer's cheek
  - By using the jaw thrust method
  - By the rescuer placing their mouth over the patient's mouth and nose
17. The classic behaviour exhibited by drowning patients includes:
- Upright body position
  - They are unable to support themselves in water when out of their depth
  - Visibly holding their breath, cheeks puffed out and not looking comfortable
  - "Climbing the ladder" motion with the head tilted back
18. What is the manual handling risk for objects such as signs/poles, tents and rescue boards?
- Low
  - Low to moderate
  - Moderate
  - Moderate to high
19. What is a sprain?
- When ligaments are forced beyond their normal range
  - The tearing of a tendon
  - A soft tissue injury affecting muscle and tendons
  - When a tendon pulls away from the bone
20. What is the "physalia" also known as?
- Bluebottle
  - Hair jellyfish
  - Snotty
  - Fire jelly
21. Smoking is not allowed within what distance of a helicopter?
- 10 metres
  - 15 metres
  - 20 metres
  - 30 metres
22. Passive drowning may be caused by:
- Exhaustion
  - Stroke
  - Obesity
  - Muscle cramp

23. How is perfusion status measured?
- By measuring changes in blood pressure over time
  - By monitoring vital signs
  - By monitoring core body temperature
  - By asking the patient simple questions
24. What is the appropriate treatment for a carybdea rastoni sting?
- Cold packs
  - Heat packs
  - Immersion in hot water, or apply cold packs
  - Vinegar
25. Which beach type is characterised by deep water found in the trough close to shore and heavy surf on sand bars?
- Low tide terrace
  - Bar and rip
  - Longshore trough
  - Dissipative
26. What is the appropriate treatment for a sea urchin sting?
- Ice packs
  - Hot water
  - Compression bandaging
  - Vinegar
27. How do you manage someone who has fainted?
- Lie the patient flat, keep the head level with the heart, raise the legs
  - Lie the patient on a pillow, keep the head level with the heart, lower the legs
  - Lie the patient on a pillow, keep the head lower than the heart, raise the legs
  - Lie the patient flat, keep the head lower than the heart, lower the legs
28. Which group of people needs to be watched with special attention?
- Distressed people
  - People who have recently eaten
  - Drug users
  - Float users
29. For which of the following is it important that an ambulance is summoned as early as possible?
- A patient with major bleeding
  - A patient who has lost consciousness for a brief time
  - A patient suspected of having had a heart attack
  - A patient with a suspected spinal injury
30. Which is a sign of distress in a swimmer?
- Flailing of the arms in an attempt to keep the head above water
  - Facing toward shore with hair in the eyes and waves breaking over the head
  - Visibly holding their breath, cheeks puffed out and not looking comfortable
  - "Climbing the ladder" motion with the head tilted back
31. Which of the following persons should be sent to hospital as soon as possible?
- One who may have inhaled a significant amount of water
  - One who has had major bleeding
  - One who has lost feeling, even temporarily, to any part of their body
  - One who has a respiratory condition

32. Under what beach safety rating does the level of safety depend on wave and weather conditions?
- Low danger
  - Moderate danger
  - High danger
  - Extreme danger
33. If another lifesaver is available to assist with CPR, how often should operators change?
- At least every five minutes
  - Approximately every two minutes
  - Every 200 compressions
  - As often as can be achieved with the qualified operators available
34. How far into water can Ultraviolet (UV) rays in sunlight penetrate?
- At least 10 centimetres
  - At least 15 centimetres
  - At least 20 centimetres
  - At least 25 centimetres
35. The patrol method in which the Patrol Captain designates pairs of patrol members who move back and forth along the beach is called:
- Traditional
  - Roving
  - Outpost
  - Surveillance
36. Factors that may influence your course of action in a rescue may include:
- Weather conditions
  - The time of day
  - Availability of backup
  - The number of patients and their condition
37. How should ECC be performed on a child of 1-8 years?
- With two fingers
  - With one hand
  - With two hands
  - With one or two hands
38. RECOVERY includes:
- Completion of reports and debriefing
  - Repairing damaged equipment
  - Rotating patrol members between roles
  - Recalling all patrol members to the patrol shelter
39. Under what circumstances can a patrol member leave the patrol area?
- Under no circumstances
  - When relieved by another club member
  - In order to perform a rescue
  - To avoid excessive sun exposure
40. For how long should tap water generally be run over a burn injury?
- 5-10 minutes
  - 10-20 minutes
  - 20-30 minutes
  - At least 20 minutes