

# Surf Life Saving Australia

## Champion Lifesaver 2015

### 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 34<sup>th</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. Guiding principles that need to be taken into consideration when deciding whether to rescue someone include:
  - a. Are there other members of the public already assisting?
  - b. Does it appear that the person will probably get themselves out of trouble unassisted?
  - c. Is the beach closed?
  - d. Is the incident occurring between the flags?
2. What is a cause of shock?
  - a. Severe emotional trauma
  - b. Redistribution of fluids in the body
  - c. Heart failure
  - d. Low blood pressure
3. On average, how many fatal drownings occur on Australia's coast each year?
  - a. 65
  - b. 75
  - c. 85
  - d. 95
4. What may be the effect on waves of a falling to low tide?
  - a. Spilling waves, good for learning to surf and bodysurf
  - b. Plunging waves, dangerous for novice surfers and swimmers
  - c. Increased intensity of the bathymetry relating to the prevalent swell
  - d. A decrease in significant wave height as the water becomes deeper
5. What will generally be a normal breathing rate?
  - a. 12-20 breaths per minute
  - b. 14-16 breaths per minute
  - c. 14-18 breaths per minute
  - d. 18-20 breaths per minute

6. What are the key steps to performing a rescue?
  - a. Recognising the patient, communication, deciding on a course of action, retrieving and securing the patient, returning the patient to the beach
  - b. Recognising the patient, alerting the patrol captain, deciding on a course of action, retrieving the patient
  - c. Recognising the patient, calling for backup, deciding on a course of action, retrieving the patient, alerting the patrol captain
  - d. Recognising the patient, communication, deciding on a course of action, rescue
7. What is the significant wave height?
  - a. A measure of the crest to crest distance
  - b. A measure of the mean sea level to crest distance
  - c. A measure of the sea-floor to crest distance
  - d. A measure of the trough to crest distance
8. What is the primary communication tool for getting the attention of swimmers and surfcraft users?
  - a. Loudhailers
  - b. Whistles
  - c. Signal flags
  - d. Patrol information board
9. You should seek medical assistance for a burn bigger than what diameter?
  - a. 5 cm
  - b. 6 cm
  - c. 7 cm
  - d. 8 cm
10. Cramp most commonly involves which muscles?
  - a. Calf muscles
  - b. Foot muscles
  - c. Quadriceps
  - d. Hamstrings
11. Hypothermia occurs when the deep body temperature falls below:
  - a. 35 degrees C
  - b. 35.5 degrees C
  - c. 36 degrees C
  - d. 37 degrees C
12. Why is the cervical spine particularly vulnerable to injury?
  - a. The bones are thinner than the rest of the spine
  - b. It supports most of the weight of the body
  - c. The spinal cord is contained in a narrow canal
  - d. It is often the first point of contact when a swimmer is dumped by a wave
13. Which of the following is a way in which alcohol affects the body?
  - a. Heart-rate is increased
  - b. The integumentary system can break down
  - c. The body has less stamina
  - d. The body becomes dehydrated more quickly

14. Poorly stored fuel is an example of what type of hazard?
- Potential
  - Hidden
  - Developing
  - Obvious
15. What acronym describes how to perform a basic emergency care assessment of the patient and their surroundings?
- R.I.C.E.R.
  - F.A.S.T.
  - D.R.S.A.B.C.D.
  - H.E.L.P.
16. What is a safety point to emphasise for a bar and rip beach type?
- Supervision of children and poor swimmers is needed
  - Incoming tides may trap unsuspecting swimmers on sandbars
  - At high tide the sandbar may be covered by deep water, with rip currents and a shore break
  - A forceful shore break is common
17. People with large amounts of muscle mass and dense bones are typically:
- Poor swimmers
  - Drug users
  - More buoyant
  - Less buoyant
18. Which of the following is not a sign of critical incident stress?
- Hyper-vigilance
  - Avoidance or withdrawal behaviours
  - Flashbacks
  - Difficulty concentrating
19. What are the five common signs of a rip current?
- Sand stirred up from the bottom; debris floating seaward; fewer breaking waves; foamy or discoloured sandy water extending beyond the surf zone; a rippled appearance, surrounded by smoother water
  - Sand stirred up from the bottom; foam on the surface extending beyond the break; waves breaking further out on both sides of the rip; debris floating seaward; a rippled appearance where the surrounding water is generally calm
  - Deeper, darker-coloured water; waves breaking further out in the rip; debris floating seaward; a rippled appearance where the surrounding water is generally calm
  - Deeper, darker-coloured water; fewer breaking waves; a rippled appearance, surrounded by smoother water; debris floating seaward; foamy or discoloured sandy water extending beyond the surf zone
20. An infant's airway is more likely to become blocked because:
- Backward head tilt cannot be used
  - The airway is smaller
  - Infants often breathe through their nose
  - The windpipe is softer and more easily compressed
21. What is a typical hazard of a low tide terrace beach type?
- Surging waves and deep water close to shore
  - Rip currents are stronger at low tide
  - Sandbars are deceptive, tempting inexperienced beach users into the water
  - Risk of spinal injuries in higher wave conditions

22. What is a function of the lymphatic system?
- Maintaining and regulating body temperature
  - Eliminating waste products from the digestive process
  - Collecting and returning to the bloodstream over time some venoms and toxins
  - Production and storage of Vitamin D
23. As a surf lifesaver you have a responsibility to:
- Implement risk management procedures
  - Understand your limitations and act accordingly
  - Maintain a high standard of personal hygiene
  - Complete patrol duties at a high standard of professionalism
24. What is a rule to help prevent cross-infection during resuscitation?
- Immunise against infectious diseases such as tetanus and hepatitis
  - Assess the risk by obtaining patient history when possible
  - Wash hands after resuscitation and first aid treatments
  - Rotate ECC operator regularly, however do not change the airway operator
25. Flow behavior of rip currents can include:
- A regular flow dispersing in a 'rip head' just beyond the surf zone
  - Littoral currents feeding into the rip
  - Debris floating seaward
  - Foamy or discoloured sandy water extending beyond the surf zone
26. Members or workers have a duty of care to:
- Cooperate with supervisors and officers
  - Meet the highest standards of personal hygiene
  - Promote a culture of safety and wellbeing
  - Establish risk management procedures
27. In non-tropical areas of Australia, what should be used to remove nematocysts from a patient?
- Fresh water
  - Cold water
  - Sea water
  - Hot water
28. How do you manage someone who has fainted and is unconscious?
- Lie the patient on their back, 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
  - Place into the lateral position
29. The patrol method which involves the minimum number of lifesavers during periods of low activity is called:
- Surveillance
  - Open Beach
  - Outpost
  - Stand-by
30. Signs of non-fatal drowning may include:
- Unconsciousness
  - Lying immobilized underwater
  - Disorientation
  - Cyanosis on the lips

31. For which patients should two rescue breaths be given before commencing CPR?
- All patients
  - Patients who have been submerged
  - Patients who required their airway to be cleared
  - Is it up to the preference of the rescuer
32. What acronym is used to identify a stroke?
- S.A.M.P.L.E.
  - H.A.R.M.
  - R.I.C.E.R.
  - F.A.S.T.
33. The Pressure Immobilisation Technique is recommended for bites/stings by:
- Redback spider
  - Stonefish
  - Tropical jellyfish
  - Cone shell
34. What scanning strategy involves moving from head to head in an area?
- Tracking
  - Connecting the dots
  - Letters
  - Hot spots
35. What are the four stages of the "Chain of Survival"?
- Early identification, early retrieval, early CPR and defibrillation, early advanced life support
  - Early access, early rescue, early CPR and defibrillation, early advanced life support
  - Early access, early CPR, early defibrillation, early advanced life support
  - Early identification, early CPR, early defibrillation, early advanced life support
36. Why is knowledge of rip currents particularly important?
- Rip currents are the not well understood by beachgoers
  - Rip currents are the most dangerous hazard faced by beachgoers
  - Knowledge and understanding of rip currents helps lifesavers to combat them
  - Rip currents are attributed to the majority of rescues and coastal drownings
37. After realizing you are in deep water moving away from the shoreline, what is the first rip current survival principle?
- Float
  - Swim
  - Conserve your energy and consider your options
  - Stay calm and seek help
38. What is the sequence of circulation of blood through the heart, lungs and body?
- Body, right atrium, right ventricle, lungs, left atrium, left ventricle, body
  - Body, left ventricle, left atrium, lungs, right ventricle, right atrium, body
  - Body, left atrium, left ventricle, lungs, right atrium, right ventricle, body
  - Body, right ventricle, right atrium, lungs, left ventricle, left atrium, body

39. Why is added care needed when the nostrils are sealed with thumb and forefinger during mouth-to-mouth rescue breathing?
- a. There is a tendency to lose head tilt
  - b. There is increased risk of fluid contact and infection
  - c. Damage can be caused to the nasal passages
  - d. It becomes more difficult for the rescuer to hear the air being breathed out by the patient
40. Medical assistance should be sought if a nose bleed continues for more than:
- a. 10 minutes
  - b. 15 minutes
  - c. 20 minutes
  - d. 30 minutes

**UNDER 15**