

# Surf Life Saving Australia

## Champion Lifesaver 2016

### 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. Flow behavior of rip currents can include:
  - a. A rippled appearance, surrounded by smoother water
  - b. Short episodic 'pulses' forcing water to exit the surf zone following set waves
  - c. Foamy or discoloured sandy water extending beyond the surf zone
  - d. Littoral currents feeding into the rip
2. Signs of non-fatal drowning may include:
  - a. Unconsciousness
  - b. Lying immobilized underwater
  - c. Cyanosis on the lips
  - d. Water draining from the mouth and nose
3. What is the "morbakka" also known as?
  - a. Bluebottle
  - b. Fire jelly
  - c. Jimble
  - d. Irukandji
4. What may be the effect on rock platforms of a falling to low tide?
  - a. Better fishing conditions due to marine life being attracted to food sources dislodged by the tide
  - b. Greater exposure to slippery moss and algae
  - c. Waves overtopping higher up the platform, more dangerous for rock fishing
  - d. Intertidal zone becoming exposed, leading to faster currents in rock channels
5. Factors that may influence your course of action in a rescue may include:
  - a. Weather conditions
  - b. The time of day
  - c. Rescuers and equipment resources available
  - d. Availability of backup
6. Members or workers have a duty of care to:
  - a. Promote a culture of safety and wellbeing
  - b. Always be clean and tidy
  - c. Take reasonable care of the health and safety of other members/workers
  - d. Report all faulty gear and equipment and remove it from use

7. Effective communicators use different language in different situations. Language changes depending on:
- Where* we are communicating
  - When* we are communicating
  - How* the communication takes place
  - Why* we are communicating
8. What is first aid?
- The application of emergency assistance to persons in need in the period before the arrival of qualified medical personnel
  - The immediate response to an emergency situation involving any number of persons in distress
  - The rapid assessment of DRSABCD and application of appropriate treatment
  - The immediate or emergency assistance given to people suffering from illness or injury
9. What is a disadvantage of performing a rescue without equipment?
- It takes longer to reach the patient and return to shore
  - It is more difficult for a swimming rescuer to locate the patient
  - Waves can cause the rescuer to lose their grip on the patient
  - A panicking patient may grab the rescuer
10. What is a cause of shock?
- Severe emotional trauma
  - Blood loss
  - Severe marine envenomation
  - Fainting
11. Under what beach safety rating does the level of safety depend on wave and weather conditions?
- Low danger
  - Moderate danger
  - High danger
  - Extreme danger
12. Hard tissue injuries include:
- Contusions
  - Sprains
  - Subluxations
  - Strains
13. What causes angina?
- Blockage of one of the arteries supplying the heart
  - Oxygen deprivation resulting in the death of heart muscles
  - Poor blood flow and oxygen delivery to the heart muscle
  - The onset of shock in combination with chest pain
14. Which scenario can result in a mass rescue?
- A sandbank "collapses" leaving swimmers in deep water
  - A large group of people swim outside the flagged area
  - Wind conditions change suddenly
  - Swimmers are suddenly washed off a sandbank

15. How do you manage someone who has fainted and is conscious?
- 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
  - Lie the patient on their back, keep the head lower than the heart, lower the legs
16. What is a rule to help prevent cross-infection during resuscitation?
- Used needles should be placed in 'sharps' containers
  - Immunise against infectious diseases such as tetanus and hepatitis
  - Ensure a high standard of environmental hygiene
  - Assess the risk by obtaining patient history when possible
17. With regard to hypothermia, what effect does activity have during immersion?
- Exercise helps to keep the person warm
  - In water less than 24 degrees C, exercise speeds the drop in body temperature
  - In water less than 24 degrees C, exercise slows the drop in body temperature
  - Exercise always makes body temperature fall faster
18. The technique of popping a wave on a rescue board should only be used for:
- Unbroken waves
  - Plunging waves
  - Small to medium broken waves
  - Large broken waves
19. Triggers for asthma include:
- Cigarettes
  - Humidity
  - Insect stings or bites
  - Emotional factors
20. For what sort of marine envenomation injury is heat usually effective in stopping pain?
- Jellyfish stings
  - Penetrating spines
  - Cyanea sting
  - Heat is not recommended in any treatment
21. Signs of drowning include:
- They are unable to support themselves in water when out of their depth
  - Bobbing up and down in water over their head with an obvious attempt to get air
  - "Climbing the ladder" motion with the head tilted back
  - Head tilted back, face turned toward shore for help
22. The practice of keeping your workplace free from clutter or conditions that allow bacteria and vermin to thrive is called:
- Personal hygiene
  - Environmental hygiene
  - Workplace hygiene
  - Organisational hygiene
23. What determines how much energy you need from your diet?
- The amount of physical activity you undertake in your daily life
  - The level of manifested physicality in your exercise schedule
  - Your height, weight, age and gender
  - Your BMI rating

24. If your initial response under the rip current survival principles is ineffective, what should be your next step?
- Stay calm and move on to the next option on the list
  - Stay calm and seek help
  - Stay calm and consider an alternative response
  - Stay calm, conserve your energy and consider your options
25. What does the acronym H.E.L.P. stand for?
- Heat Escape Lessening Position
  - Heat Escape Lessening Posture
  - Heat Emission Lowering Position
  - Heat Emission Lessening Posture
26. Which group of people needs to be watched with special attention?
- Recent immigrants and tourists
  - People who have recently eaten
  - Drug users
  - Float users
27. What is a function of the lymphatic system?
- Relaying impulses from the central nervous system to the autonomic nervous system
  - Maintaining and regulating body temperature
  - Eliminating waste products from the digestive process
  - Returning water and proteins from various tissues back to the blood
28. Breathing may be checked when the patient is:
- In the position in which they were found
  - On their back
  - On their side
  - On their back or their side
29. An infant's airway is more likely to become blocked because:
- Backward head tilt cannot be used
  - The windpipe is smaller and more easily obstructed
  - The tongue is larger
  - Infants often breathe through their nose
30. As a key principle of scanning, you should be able to:
- Hear what beachgoers are doing
  - Rotate regularly with other team members
  - Communicate directly with your team leader
  - Have access to water without needing to leave your position
31. What will generally be a normal heart rate?
- 70-100 beats per minute
  - 60-100 beats per minute
  - 60-80 beats per minute
  - 70-90 beats per minute
32. The central nervous system is comprised of:
- The brain and spinal cord
  - The brain, spinal cord and nerves
  - The brain, spinal cord, nerves and ganglia
  - The brain and sensory receptors outside of the peripheral nervous system

33. Guiding principles that need to be taken into consideration when deciding whether to rescue someone include:
- Has your patrol captain directed you to assist?
  - Is the person an adult or child?
  - Is it foreseeable that the person will need help?
  - Is the incident occurring between the flags?
34. Which of the following is a way in which alcohol affects the body?
- Circulation can become occluded
  - Co-ordination is diminished
  - The body becomes dehydrated more quickly
  - Risk-taking behaviour increases
35. The area between the breaking wave furthest out to sea and the shoreline is called the:
- Surf zone
  - Set-up
  - Sandbank
  - Dissipative zone
36. Reducing the public's exposure to rip currents is the primary intervention to reduce the drowning rate related to the hazard. This can be achieved by:
- Closing beaches when rips are present
  - People following the rip current survival principles
  - "If in doubt, don't go out"
  - People obeying safety signage
37. What is a safety point to emphasise for a reflective beach type?
- Supervision is needed for children and poor swimmers
  - Incoming tides may trap unsuspecting swimmers on sandbars
  - Waves can wash swimmers off the edge of the sandbar into rip currents
  - A forceful shore break is common
38. How many sections make up the respiratory system?
- Two – upper (airway) and lower (trachea, lungs, diaphragm)
  - Three – the airway, the throat and the lungs
  - Four – the mouth/nose, the larynx, the pharynx, and the lungs
  - Four – the mouth/nose, the pharynx, the trachea and the lungs
39. When should mouth-to-nose rescue breathing be used?
- When the airway is blocked and cannot be cleared
  - When the operator prefers this method
  - When an oropharyngeal airway is to be fitted
  - When the patient has dentures which are interfering with effective mouth-to-mouth rescue breathing
40. Which of the following persons should be sent to hospital as soon as possible?
- One who has suffered any marine envenomation
  - One who has had any bleeding
  - One who has anaphylaxis
  - One who has a respiratory condition

**UNDER 15**