

Surf Life Saving Western Australia

Champion Lifesaver 2007

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 best wave for body surfing?
 - a. Spilling waves
 - b. Plunging waves
 - c. Surging waves
 - d. Dissipative waves
2. When should an oxygen cylinder be rejected and a new cylinder fitted?
 - a. If the gauge reads less than full
 - b. If the gauge reads less than three quarters full
 - c. If the gauge reads less than half full
 - d. If the gauge reads half or less than half full
3. Which is the preferred method of rescue breathing?
 - a. Mouth-to-mask
 - b. Mouth-to-mouth
 - c. Mouth-to-nose
 - d. Air-bag resuscitation
4. What does a signal flag look like?
 - a. Red and yellow halves
 - b. Red and white quarters
 - c. Blue with a diagonal orange stripe
 - d. Orange with a diagonal blue stripe
5. Joints are held in place by:
 - a. Tendons
 - b. Ligaments
 - c. Muscles
 - d. Cartilage

6. What is the number of people required for straight lifting and short carry of fuel tanks?
 - a. One
 - b. Two
 - c. Three
 - d. Fuel tanks should only be transported by trolley
7. When checking for danger, whose safety are you ensuring?
 - a. The patient's and your own
 - b. Your own, and any children who may be watching
 - c. Your own, the person who is doing the rescue with you, and the patient's
 - d. Your own, any bystanders, and the patient's
8. How long before exposure to the sun should sunscreen be applied?
 - a. Immediately before exposure
 - b. At least five minutes before
 - c. At least ten minutes before
 - d. At least fifteen minutes before
9. What does DRABCD stand for?
 - a. Danger, Response, Airway, Breathing, Circulation, Defibrillation
 - b. Danger, Response, Airway, Breathing, Compressions, Defibrillation
 - c. Danger, Response, Airway, Breathing, CPR, Defibrillation
 - d. Danger, Response, Airway, Breathing, Call for assistance, Defibrillation
10. What determines the size of waves?
 - a. The intensity of the wind and the size of the swell
 - b. The intensity of the wind, the length of time it blows and the mean air temperature
 - c. The intensity of the wind, the length of time it blows and the distance it blows
 - d. The size of the swell, the water temperature and the length of time the wind blows
11. To achieve optimum efficiency in scanning, lifesavers should be rotated at regular intervals of:
 - a. 20 minutes
 - b. 30 minutes
 - c. 40 minutes
 - d. 60 minutes
12. What is the chalk in an oxygen resuscitation unit used for?
 - a. Marking the volume of oxygen in the cylinder
 - b. Inducing vomiting in the patient
 - c. Marking the location of the incident scene
 - d. Recording resuscitation commencement and ceasing times
13. What percentage of Australians aged 14 years and over enjoy physical activity that is regular and vigorous enough to improve health and fitness?
 - a. Less than 50 per cent
 - b. Less than 35 per cent
 - c. Less than 25 per cent
 - d. Less than 10 per cent
14. Which type of rip is propelled along the beach by a strong littoral current, and may travel over large segments of beach before dissipating?
 - a. Fixed
 - b. Flash
 - c. Permanent
 - d. Travelling

15. A patient body check should be done in the following order:
- Head and neck; Upper limbs; Chest (including shoulders) and abdomen; Lower limbs; Back
 - Head and neck; Back; Chest (including shoulders) and abdomen; Upper limbs; Lower limbs
 - Head and neck; Chest (including shoulders and abdomen); Back; Upper limbs; Lower limbs
 - Head and neck; Chest (including shoulders) and abdomen; Upper limbs; Lower limbs; Back
16. How is perfusion measured?
- By measuring changes in blood pressure over time
 - By monitoring vital signs
 - By monitoring core body temperature
 - By asking the patient simple questions
17. Most deaths from heart attack occur within what time period?
- 24 hours
 - 30 minutes
 - 1 hour
 - 4 hours
18. What is one of the advantages of using a rescue board for a rescue?
- They are easy to become proficient at paddling
 - The patient can see the rescuer approaching from a distance and is less likely to panic
 - They can support a number of persons in the water
 - Patrol members can go surfing on them during patrol, so they are closer to the patient when an emergency arises
19. What is the "tamoya" also known as?
- Bluebottle
 - Fire jelly
 - Jimble
 - Irukandji
20. How often should the ECC operator be rotated during CPR?
- At least every five minutes
 - At least every five cycles
 - Every 200 compressions
 - As often as can be achieved with the qualified operators available
21. For how long should water be run over a chemical burn injury?
- 15 minutes
 - 20 minutes
 - 30 minutes
 - Until the pain stops
22. 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

23. What is the difference between vomiting and regurgitation?
- If the patient is conscious it is called vomiting, if they are unconscious it is regurgitation
 - Vomiting is a noisy muscular action, regurgitation is a silent flow
 - Vomiting comes from the mouth, regurgitation through the nose
 - Vomiting is the ejection of foodstuffs from the stomach, regurgitation is the ejection of other bodily fluids
24. What are the basic principles which must be practiced by a patrol member?
- Vigilance and service
 - Prevention, recognition, rescue
 - Stop look and listen
 - DRABC
25. In a rescue situation, what are the “four P’s” with regard to radio transmissions?
- Pointing Peoples Positions Properly
 - Problem People Prevent Positions
 - Prevention Problem People Progress
 - People Problem Position Progress
26. Which of the following should **not** be done when a radio is dropped into the surf?
- Remove the battery
 - Dry in the sun
 - Wash in fresh water
 - Report to the club Radio Officer
27. What is the ECC compression point for children and infants?
- The lower part of the sternum
 - The centre of the sternum
 - Over the xiphisternum
 - Between the nipples
28. Which is **not** part of the “drowning chain”?
- Bobbing up and down in water of the head, making an obvious attempt to get air
 - Inability to cope once in difficulty
 - Lack of supervision
 - Ignorance, disregard or misjudgment of danger
29. Other than rip currents, what is one of the biggest problems for unsuspecting bathers?
- Stingers
 - Inshore holes
 - Littoral currents
 - Sunburn
30. For which patients should gloves be worn?
- Patients known to carry HIV or Hepatitis C
 - All patients
 - Patients who use intravenous drugs
 - Patients who are bleeding
31. 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

32. What is the minimum number of patrol members required to secure a helicopter beach landing area to Civil Aviation Safety Authority standards?
- Four
 - Six
 - Seven
 - Nine
33. What percentage of the normal diet should be made up of complex carbohydrates such as bread, vegetables, fruit and pasta?
- 25-30 per cent
 - 35-40 per cent
 - 45-50 per cent
 - 55-60 per cent
34. 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?
- To prevent unnecessary rescues and reduce the risk of drownings
 - To raise club funds for lifesaving patrols
 - To maintain a high public profile, which assists in gaining local government support
 - To foster good community relations and surfing education
35. What is the motto of Surf Life Saving Australia?
- Rescue, Rescue, Rescue
 - Vigilance and Service
 - Prevention, Recognition, Rescue
 - Protect and Serve
36. VHF (Very High Frequency) spans what part of the radio frequency spectrum?
- 10 – 30 MHz
 - 20 – 40 MHz
 - 30 – 50 MHz
 - 40 – 60 MHz
37. What is the minimum age requirement for the Advanced Resuscitation Certificate?
- 14 years
 - 15 years
 - 16 years
 - 17 years
38. How far away from a patient should you slow your approach in order to consider their condition and the action to be taken?
- One metre
 - Two metres
 - Three metres
 - As far as you consider necessary to safely assess the patient
39. What is the most common cause of death in Australian men?
- Skin cancer
 - Heart disease
 - Myocardial infarction (heart attack)
 - Lung cancer

40. The time taken to train a new person as a result of workplace injuries is an example of:
- a. Human cost
 - b. Social cost
 - c. Economic cost
 - d. Organisational cost