

Surf Life Saving Western Australia

Champion Lifesaver 2008

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 32nd 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. Sealing the patient's nose is necessary during mouth-to-mouth rescue breathing. How is this best done?
 - a. By pinching the nose between the thumb and forefinger
 - b. By the rescuer's cheek
 - c. By using the jaw thrust method
 - d. By the rescuer placing their mouth over the patient's mouth and nose
2. In what year was oxygen first used by Australian lifesavers in the treatment of serious illness or injury?
 - a. 1956
 - b. 1961
 - c. 1971
 - d. 1973
3. 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
4. What is the concentration of sodium chloride in saline?
 - a. Zero
 - b. Higher than that normally found in the body
 - c. Lower than that normally found in the body
 - d. Approximately the same as that normally found in the body
5. What scanning strategy involves counting the number of people in the area on each scan?
 - a. Head counting
 - b. Grouping
 - c. Profile matching
 - d. Mental filing

6. 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
7. What is the signal for a mass rescue, and what action should you take?
 - a. Three blasts of the siren; all available members should assist in rescues
 - b. A long blast of the siren; all available members should report to the patrol captain
 - c. Three blasts of the siren; all available members should report to the patrol captain
 - d. A long blast of the siren; all available members should get rescue equipment from the clubhouse
8. What is the number of people required for straight lifting and short carry of an outboard motor?
 - a. One
 - b. Two
 - c. Three
 - d. The motor should only be transported by trolley
9. 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
10. What percentage of oxygen is contained in the fresh air we breathe?
 - a. 16
 - b. 19
 - c. 21
 - d. 27
11. What are the symptoms of shock?
 - a. Reduction in the pumping ability of the heart, blood or fluid loss, sweating and dehydration, and severe injuries
 - b. Faintness, breathlessness, nausea
 - c. Reduced level of consciousness, air hunger, pale cold clammy skin, weak rapid pulse, confusion
 - d. Blood loss, nausea, weak rapid pulse, breathlessness
12. What are the basic principles which must be practiced by a patrol member?
 - a. Vigilance and service
 - b. Prevention, recognition, rescue
 - c. Stop look and listen
 - d. DRABCD
13. Which scanning method uses peripheral vision to detect movement and notice activity?
 - a. Fixed focus
 - b. Wide focus
 - c. Moving focus
 - d. Tracking

14. What is the major hazard area of a helicopter?
- Main rotor
 - Tail rotor
 - Radio antennae
 - Particle separator outlet
15. What is the treatment for hypothermia?
- Prevent further heat loss, give warm sweet or alcoholic drinks, curl into a ball, use a companion for body warmth
 - Prevent further heat loss, massage limbs, give warm sweet drinks, curl into a ball, use a companion for body warmth
 - Prevent further heat loss, give warm sweet drinks, curl into a ball, use a companion for body warmth
 - Prevent further heat loss, give warm sweet drinks or warm coffee, massage limbs, use a companion for body warmth
16. 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
17. How much of total sunlight is received in the two hours either side of midday (i.e. between 10.00am and 2.00pm, or 11.00am and 3.00pm during daylight saving periods)?
- One half
 - Three fifths
 - Two thirds
 - Three quarters
18. What is resuscitation?
- The preservation or restoration of life by establishing and maintaining a person's airway, breathing and circulation
 - The artificial supply of adequate oxygen to all body tissues of the drowned or asphyxiated patient
 - The maintenance of the body's vital systems by use of artificial methods and techniques
 - The establishment of a regime of substitution of the vital systems of the unconscious patient
19. In the response phase of a two-person patient assessment, who manages the roll of the patient?
- The EAR operator
 - The ECC operator
 - The airway operator
 - Both operators work together as a team
20. What is the average interval between successive high tides?
- 11 hours 45 minutes
 - 12 hours 5 minutes
 - 12 hours 25 minutes
 - 12 hours 45 minutes

21. Which beach type is characterised by no surf zone, relatively strong surging waves and shore break and a steep narrow beach?
- Reflective
 - Low tide terrace
 - Bar and rip
 - Longshore trough
 - Dissipative
22. The patrol method in which flags are set in the safest area of the beach, with a fully constituted patrol and equipment is called:
- Traditional
 - Roving
 - Outpost
 - Open Beach
 - Surveillance
23. What is the recommended treatment for the majority of common jellyfish stings?
- Vinegar
 - Ice
 - Stingose
 - Sand
24. What is the procedure for treating a bleeding patient?
- Rest and reassure the patient, apply direct pressure, clean around the wound site, put on a sterile dressing, send for medical help
 - Rest and reassure the patient, clean around the wound site, apply direct pressure, put on a sterile dressing, send for medical help
 - Rest and reassure the patient, send for medical help, apply direct pressure, clean around the wound site, put on a sterile dressing
 - Send for medical help, apply direct pressure, clean around the wound site, put on a sterile dressing, rest and reassure the patient
25. Which beach type is characterised by shallow sand bars alternating with deep rip channels, resulting in an irregular shoreline?
- Reflective
 - Low tide terrace
 - Bar and rip
 - Longshore trough
 - Dissipative
26. What percentage of the normal diet should be made up of protein in the form of fish, meat, poultry and milk and egg products?
- 9-12 per cent
 - 12-15 per cent
 - 15-18 per cent
 - 18-21 per cent
27. When listening for breathing, how far should the airway operator's ear be from the patient's nose and mouth?
- About 2 cm
 - About 3 cm
 - About 4 cm
 - About 5 cm

28. What is the radial pulse?
- The pulse found in the neck
 - The pulse found in the wrist
 - The pulse found in the groin
 - The pulse found in the upper arm
29. What percentage of oxygen is contained in the fresh air we breathe?
- 16
 - 19
 - 21
 - 27
30. When checking for danger, whose safety are you ensuring?
- The patient's and your own
 - Your own, and any children who may be watching
 - Your own, the person who is doing the rescue with you, and the patient's
 - Your own, any bystanders, and the patient's
31. Which type of rip is caused by a large surf build-up in a short period of time, and is relatively short-lived?
- Fixed
 - Flash
 - Permanent
 - Travelling
32. What is the appropriate treatment for a catostylus sting?
- Ice packs
 - Heat packs
 - Running water
 - Vinegar
33. The blood vessels which carry blood from the heart are called what?
- Arteries
 - Veins
 - Capillaries
 - Aorta
34. What is the "cyanea" also known as?
- Bluebottle
 - Hair jellyfish
 - Blubber
 - Jimble
35. Which of the following is **not** a common location of lymph glands?
- Armpits
 - Abdomen
 - Groin
 - Neck
36. What is a strain?
- When ligaments are forced beyond their normal range
 - The tearing of a tendon
 - Overstretching of muscles and tendons
 - When a tendon pulls away from the bone

37. What is the minimum age requirement for the Advanced Resuscitation Certificate?

- a. 14 years
- b. 15 years
- c. 16 years
- d. 17 years

38. What is the appropriate treatment for a stonefish sting?

- a. Ice packs
- b. Hot water
- c. Compression bandaging
- d. Vinegar

39. The heart's primary function is to pump blood to two main areas:

- a. The brain and the lungs
- b. The brain and vital organs
- c. The lungs and the body
- d. The lungs and vital organs

40. What is the appropriate treatment for a sea urchin sting?

- a. Ice packs
- b. Hot water
- c. Compression bandaging
- d. Vinegar