

Surf Life Saving Western Australia

Champion Lifesaver 2010

Theory Paper – Under 17 & 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 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. As a surf lifesaver you have a responsibility to:
 - a. Implement risk management procedures
 - b. Work safely by following all safety directions of team leaders or club officials
 - c. Maintain a high standard of personal hygiene
 - d. Complete patrol duties at a high standard of professionalism
2. 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. Lack of extra support from ribs, pelvis etc
 - d. It is often the first point of contact when a swimmer is dumped by a wave
3. It is recommended to use sunglasses that block what proportion of UV rays?
 - a. At least sixty per cent
 - b. At least seventy five per cent
 - c. At least ninety per cent
 - d. One hundred per cent
4. What do high streaky clouds indicate?
 - a. Imminent thunderstorms
 - b. Falling temperatures
 - c. Rising barometric pressure
 - d. High speed wind
5. Anything that places a person at risk is called:
 - a. A risk
 - b. A hazard
 - c. A danger
 - d. Jeopardy
6. 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
7. For what sort of marine envenomation injury is heat usually effective in stopping pain?
 - a. Jellyfish stings
 - b. Penetrating spines
 - c. Cyanea sting
 - d. Heat is not recommended in any treatment

8. People with large amounts of muscle mass and dense bones are typically:
 - a. Poor swimmers
 - b. Drug users
 - c. More buoyant
 - d. Less buoyant
9. When launching an IRB, which side will the crewperson stand?
 - a. The port (left) side
 - b. The starboard (right) side
 - c. As directed by the driver
 - d. In front of the boat, holding the bow handle
10. How far into water can Ultraviolet (UV) rays in sunlight penetrate?
 - a. At least 10 centimetres
 - b. At least 15 centimetres
 - c. At least 20 centimetres
 - d. At least 25 centimetres
11. What is the "tamoya" also known as?
 - a. Bluebottle
 - b. Fire jelly
 - c. Jimble
 - d. Irukandji
12. What are the five common signs of a rip current?
 - a. Sand stirred up from the bottom, foam floating seaward, waves breaking further out on both sides of the rip, debris floating on the surface, a rippled appearance among breaking waves
 - b. 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
 - c. Sand stirred up from the bottom, foam floating seaward, waves breaking further out in the rip, debris floating seaward, a rippled appearance where the surrounding water is generally calm
 - d. Sand stirred up from the bottom, foam on the surface extending beyond the break, waves breaking further out in the rip, debris floating on the surface, a rippled appearance among breaking waves
13. 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
14. Which of the following is **not** identified as a group of people who should be watched with special attention at the beach?
 - a. Very young children
 - b. Poor swimmers
 - c. Overweight people
 - d. Recent immigrants and tourists
15. A strain is an injury relating to:
 - a. Ligaments
 - b. Muscles and tendons
 - c. Bones
 - d. Joints

16. Which is the recommended method of rescue breathing?
- Mouth-to-mask
 - Mouth-to-mouth
 - Mouth-to-nose
 - Air-bag resuscitation
17. What is the key to escaping from a panicking patient?
- Offering them a piece of rescue equipment on which to support themselves
 - Blocking the patient from approaching too close
 - A person in fear of drowning will not want to go under water
 - The panicking patient will calm down once you are supporting them in the water
18. What are the five skills to ensure effective communication?
- Observe, Listen, Summarise, Process, Respond
 - Pay attention, Observe, Listen, Process, Respond
 - Pay attention, Observe, Listen, Summarise, Respond
 - Observe, Attend, Summarise, Process, Respond
19. A patient being placed in the lateral position on the sand should be placed on which side?
- The patient's left side
 - Either side
 - Whichever side the patient finds more comfortable
 - Facing down the beach
20. Which of the following is not a reason to stop CPR?
- An authorized person pronounces life extinct
 - Temporarily if the person is to be defibrillated
 - No signs of life are detected after four hours
 - The rescuer cannot physically continue
21. During resuscitation, stomach swelling may be made worse if:
- The victim has eaten or drunk just prior to the incident
 - Rescue breathing is performed with the airway partly blocked by the tongue or foreign material
 - In the process of drowning the victim swallowed great quantities of water and air
 - The patient regurgitates or vomits
22. Research has shown that adding oxygen during mouth-to-mask rescue breathing can increase the oxygen received by the patient by how much?
- From 16% to 50%
 - From 5% to 50%
 - From 21% to 50%
 - From 18% to 45%
23. When connected to a patient, the AED will:
- Advise to recommence CPR if no shockable arrhythmia is detected
 - Automatically deliver a shock if an appropriate arrhythmia is detected
 - Monitor the patient's heartrate
 - All of the above
24. What are the principles of management in first aid, in order of priority?
- (1) Rapidly assess the situation; (2) Ensure the continuing safety of yourself, and bystanders and the patient(s); (3) Stay with the patient and send for help; (4) Assess the response of each patient; (5) Treat the unconscious patient first
 - (1) Rapidly assess the situation; (2) Ensure the continuing safety of yourself, any bystanders and the patient(s); (3) Assess the response of each patient; (4) Treat the unconscious patient first; (5) Stay with the patient and send for help
 - (1) Ensure the continuing safety of yourself, and bystanders and the patient(s); (2) Rapidly assess the situation; (3) Stay with the patient and send for help; (4) Assess the response of each patient; (5) Treat the unconscious patient first
 - (1) Ensure the continuing safety of yourself, and bystanders and the patient(s); (2) Rapidly assess the situation; (3) Assess the response of each patient; (4) Treat the unconscious patient first; (5) Stay with the patient and send for help

25. When paddling a rescue board, what happens if the nose of the board is too high?
- The board may capsize
 - It greatly reduces your speed
 - It may obstruct your view of the patient
 - Paddling efficiency is reduced
26. What is the key to successful resuscitation?
- Pistol grip
 - Teamwork
 - A clear airway
 - Adequate inflation of the lungs
27. Why is it recommended that you wear protective gloves when treating a patient?
- For your own safety
 - To give you a better grip on the patient
 - To avoid contact with any stinger tentacles which may be stuck to the skin
 - To avoid contact with blood
28. 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 provide floatation for up to five people
 - Patrol members can go surfing on them during patrol, so they are closer to the patient when an emergency arises
29. Which of the following persons should be sent to hospital as soon as possible?
- One who has a persistent cough or an abnormal colour
 - One who has suffered a marine envenomation
 - One who has lost feeling, even temporarily, to any part of their body
 - One who has a respiratory condition
30. In what year were females admitted and full patrolling members of surf lifesaving clubs for the first time?
- 1940
 - 1950
 - 1960
 - 1980
31. Most spinal injuries sustained in the water involve which vertebrae?
- Third, fourth and fifth
 - Fourth, fifth and six
 - Fifth, sixth and seventh
 - Sixth, seventh and eighth
32. Damage from lack of oxygen to the brain begins in what time?
- Less than three minutes
 - Less than four minutes
 - Less than five minutes
 - Less than six minutes
33. Before entering the surf, always:
- Ensure your personal belongings are placed above the high-water mark
 - Check with the patrol or lifeguards for details of any hazards
 - Note the prevailing currents of the beach and the wind conditions
 - Make note of a landmark such as a building or headland
34. If a patient leaves the water and immediately complains of a painful neck and pins and needles in the limbs, what is the first step to be taken?
- Immobilise the neck with a neck brace, sandbags or towels
 - Lie the patient down
 - Check DRABCD
 - Advise the patient not to move the neck at all

35. When is it recommended to use a tourniquet to control bleeding?
- Never in any circumstances
 - As a last resort when other methods have failed
 - In the case of shark or crocodile attack
 - When the patient is suffering "crush syndrome"
36. Where should the handset or microphone be held when speaking into a radio?
- Approximately 10cm from your mouth and to the side
 - Approximately 15cm from your mouth and to the side
 - Approximately 10cm from and in front of your mouth
 - Approximately 15cm from and in front of your mouth
37. A helicopter must not be approached without the pilot's permission at what time?
- When the main rotor and/or tail rotor are turning
 - When the engine is running
 - When the pilot is in the cockpit
 - At any time
38. A red annulus and bar on white ground is the symbolic shape for what sign function?
- Regulatory prohibition
 - Suggestion
 - Warning
 - Information or permissive
39. With regard to hypothermia, what effect does activity have during immersion?
- Exercise helps to keep the person warm
 - In water less than 24 degrees Celsius, exercise speeds the drop in body temperature
 - In water less than 24 degrees Celsius, exercise slows the drop in body temperature
 - Exercise always makes body temperature fall faster
40. When approaching a patient in the water, what do you need to do?
- Get into a position close to the head of the patient
 - Watch their location and condition continually
 - Signal to the beach for assistance
 - Continually reassess the prevailing surf conditions