

# Surf Life Saving Western 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. Clubs and services have a duty of care to ensure:
  - a. Support rehabilitation and return-to-duty procedures for injured members
  - b. Adequate health and safety related information, training and supervision
  - c. Support rehabilitation and return-to-duty procedures for injured members
  - d. Risks and hazards are dealt with before injuries occur
2. What is a safety point to emphasise for a low tide terrace beach type?
  - a. Swimmers and bodysurfers must watch out for the shore break
  - b. Incoming tides may trap unsuspecting swimmers on sandbars
  - c. At high tide the sandbar may be covered by deep water, with rip currents and a shore break
  - d. Multiple flagged areas may be required
3. Triggers for asthma include:
  - a. Cigarettes
  - b. Marine stings
  - c. Diet
  - d. Exercise
4. How should pressure be applied to the chest during CPR?
  - a. Vertically from the shoulder through the heel of the compressing hand
  - b. By locking the elbows straight and using your body weight
  - c. By using the arm muscles
  - d. By locking the fingers and thumb of the upper hand around the wrist of through the finger gaps of the lower hand
5. To communicate effectively we have to match our language to the situation. We need to clearly work out:
  - a. The purpose, audience and timing of the communication
  - b. The purpose, audience and best form of the communication
  - c. The location, timing and best form of the communication
  - d. The purpose, location and best form of the communication

6. As a first aider, you can protect yourself against litigation by:
  - a. Gaining the consent of the patient to be treated
  - b. Doing your best to assess priorities of care
  - c. Not giving patients unrealistic expectations of their likelihood of recovery
  - d. Informing patients of your qualifications before commencing treatment
7. What is cardiopulmonary resuscitation?
  - a. The preservation or restoration of life by establishing and maintaining a person's airway, breathing and circulation
  - b. The artificial supply of adequate oxygen to all body tissues of the drowned or asphyxiated patient
  - c. The maintenance of the body's vital systems by use of artificial methods and techniques
  - d. The establishment of a regime of substitution of the vital systems of the unconscious patient
8. What makes the cervical spine particularly vulnerable to acceleration and deceleration injuries?
  - a. The force that the heavy head and brain exert on the cervical spine
  - b. The transfer of energy which causes such injuries usually culminates in a whipping motion of the cervical spine
  - c. The lack of extra support from ribs, pelvis, etc.
  - d. It is often the first point of contact in an accident
9. In ECC, the heart is compressed between the sternum and what?
  - a. The back of the ribcage
  - b. The spine
  - c. The lungs
  - d. The hands
10. Which type of rip current will remain in the same area for months or years, due to permanent features such as rock groynes or reefs?
  - a. Fixed
  - b. Topographic
  - c. Permanent
  - d. Travelling
11. What is an advantage of using an IRB to perform a rescue?
  - a. The elevated position of the driver and crew makes it easier to locate the patient
  - b. Can cover large distances
  - c. Multiple patients can be rescued at one time
  - d. Can handle large surf conditions
12. What is drowning?
  - a. Suffocation due to liquid entering the lungs
  - b. Lack of oxygen to the brain due to immersion in liquid, whether or not the liquid has entered the lungs
  - c. The process of experiencing respiratory impairment as a result of submersion/immersion in water
  - d. Suffocation from immersion in liquid, whether or not the liquid has entered the lungs

13. Why should backward head tilt not be used with infants?
- The head is relatively large and the neck is relatively short
  - The windpipe is soft and easily compressed
  - Many infants breathe through their nose
  - It stretches the tissues and may block the airway
14. According to the 2011-2012 Australian Health Survey, what percentage of Australian adults did not meet the recommended physical activity guidelines?
- 60%
  - 80%
  - 90%
  - 95%
15. Flow behavior of rip currents can include:
- Deeper, darker coloured water
  - Fewer breaking waves
  - Circulating eddies within the surf zone
  - Littoral currents feeding into the rip
16. As a key principle of scanning, you should be able to:
- Rotate regularly with other team members
  - Notice any unfamiliar smells that might indicate an emergency
  - Communicate directly with your team leader
  - Have access to water without needing to leave your position
17. Which is a sign of distress in a swimmer?
- Flailing of the arms in an attempt to keep the head above water
  - "Climbing the ladder" motion with the head thrust back
  - Facing toward shore with hair in the eyes and waves breaking over the head
  - Bobbing up and down in water over their head with an obvious attempt to get air
18. Guiding principles that need to be taken into consideration when deciding whether to rescue someone include:
- Has your patrol captain directed you to assist?
  - Would you be putting yourself in unnecessary danger?
  - Does it appear that the person will probably get themselves out of trouble unassisted?
  - Is the incident occurring between the flags?
19. The main components of the circulatory system are:
- The heart and lungs
  - Blood vessels – arteries, veins and capillaries
  - The heart and blood vessels
  - The heart, blood vessels and blood
20. What is one of the options described in the "rip current survival principles"?
- Float
  - Conserve your energy
  - Regularly reassess the situation
  - Return to shore

21. Signs of non-fatal drowning may include:
- Unconsciousness
  - Vomiting
  - Floating face down at or below the surface
  - Cyanosis on the lips
22. What may be the effect on rip currents of a falling to low tide?
- Faster flowing water and greater definition of rip current channels
  - Generally slower flow speeds
  - Flash rips will tend to last longer
  - Circulating rip currents will "pulse" more often
23. Blood alcohol levels remain high for how long after the last drink?
- 10 to 20 hours
  - 12 to 20 hours
  - 12 to 22 hours
  - 14 to 22 hours
24. What is shoaling?
- Swell energy becoming focused on one shallow area and breaking with immense power
  - The action of a swell becoming larger and slowing down as it approaches shallow water
  - Swell energy being spread out over a wider area such as a bay
  - The interaction of a swell with the shape of the coastline and the underwater geography as it approaches land
25. 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:
- People swimming between the red and yellow flags
  - Closing beaches when rips are present
  - People following the rip current survival principles
  - People avoiding rip currents before going into the water
26. Which of the following is a way in which alcohol affects the body?
- Body temperature can drop more quickly
  - Circulation can become occluded
  - Co-ordination is diminished
  - The body becomes dehydrated more quickly
27. What is the swell period?
- The time between the wind starting to blow and the first swell appearing
  - The time between swell crests
  - The length of time a swell creates surfable conditions
  - The time between sets of waves
28. What is typical of the wave pattern for a longshore trough beach type?
- Relatively low – between 0.5m and 1.0m
  - Wave size between 1.0 and 1.5m
  - Wave size of 1.5m or more
  - Waves greater than 2.5m high

29. What is a function of the lymphatic system?
- Preventing the entry of infectious agents
  - Maintaining and regulating body temperature
  - Eliminating waste products from the digestive process
  - Defending the body against invasion by agents such as viruses, bacteria and fungi
30. To help ensure environmental hygiene, everyone must:
- Clean and maintain equipment
  - Wear a clean patrol uniform
  - Report any injury or illness as soon as possible to your supervisor/club official
  - Maintain a safe work environment with clear safety rules
31. What determines the size of the swell?
- The strength and direction of the wind
  - The intensity and duration of the wind
  - The strength, duration and fetch of the wind
  - Wind direction, bathymetry and the duration of the wind
32. The peripheral nervous system is comprised of:
- The spinal cord, nerves and ganglia
  - The nerves, ganglia and sensory receptors outside of the central nervous system
  - The nerves to those parts of the body which are not consciously directed
  - All nerves and sensory receptors outside of the central nervous system
33. 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
34. Aims of first aid include:
- Gain the consent of the patient to be treated
  - Obtain expert medical assistance for the patient as soon as possible
  - Record actions taken
  - Minimise risks of secondary complications
35. What does "DRSABCD" stand for?
- Danger, Response, Send for help, Airway, Breathing, CPR, Defibrillation
  - Danger, Response, Send for help, Airway, Breathing, Circulation, Defibrillation
  - Danger, Response, Send for help, Airway, Breathing, Compressions, Defibrillation
  - Danger, Response, Send for help, Airway, Breathing, Circulation, Debriefing
36. How should a pregnant patient be placed onto the lateral position?
- On her left side
  - On her right side
  - On the most comfortable side for the patient
  - A pregnant woman should be kept on her back

37. Which acronym is used when managing a patient, to help remember appropriate questions and record important information?
- a. T.R.E.A.T.
  - b. S.A.M.P.L.E.
  - c. F.A.S.T.
  - d. H.A.R.M.
38. What does the acronym F.A.S.T. stand for?
- a. Facial weakness; Arm weakness; Speech problems; Time to act
  - b. Failing strength; Arm weakness; Side specific; Time to act
  - c. Failing strength; Arm weakness; Speech problems; Take to hospital
  - d. Facial weakness; Arm weakness; Side specific; Take to hospital
39. Athletes exercising in heat may lose what quantity of fluid per hour?
- a. 1 - 2 L
  - b. 2 - 3 L
  - c. 2 - 4 L
  - d. 3 - 4 L
40. A red flag indicates:
- a. A shark sighting
  - b. A mass rescue
  - c. Emergency evacuation
  - d. Dangerous conditions