

Surf Life Saving Western Australia

Champion Patrol 2007

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: 15 minutes

1. When performing a board rescue, on which side of the patient should you keep the board?
 - a. Shoreward side
 - b. Seaward side
 - c. Upwind side
 - d. Downwind side
2. Which scanning method uses peripheral vision to detect movement and notice activity?
 - a. Fixed focus
 - b. Wide focus
 - c. Moving focus
 - d. Tracking
3. 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)?
 - a. One half
 - b. Three fifths
 - c. Two thirds
 - d. Three quarters
4. What piece of equipment is now used for most individual rescues?
 - a. Board
 - b. Tube
 - c. Rescue ski
 - d. Contact (no equipment)
5. A black border on yellow ground is the symbolic shape for what sign function?
 - a. Regulatory prohibition
 - b. Suggestion
 - c. Warning
 - d. Information or permissive
6. 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

7. Which of the following is **not** a recognised method of closing a beach?
 - a. A "Swimming Prohibited" sign
 - b. Crossing the red and yellow patrol flags where the swimming area would normally be
 - c. A "No Aquatic Activities" sign
 - d. A red flag
8. What attributes will help ensure that any rescue can be carried out with a maximum of efficiency and a minimum of delay?
 - a. Recognising the patient, calling for backup, deciding on a course of action, retrieving and securing the patient, returning the patient to the beach
 - b. A sense of anticipation and an understanding of people's characteristic behaviour patterns
 - c. Assessment of the surf conditions, the patient's condition, the equipment available, the human resources available
 - d. Knowledge, skill, fitness, judgment, discipline and resourcefulness
9. The intensity of a rip current is dependent on what?
 - a. The strength of the wind
 - b. The depth of the water
 - c. The size of the surf
 - d. All of the above
10. What is the procedure for treating a bleeding patient?
 - a. Rest and reassure the patient, apply direct pressure, clean around the wound site, put on a sterile dressing, send for medical help
 - b. Rest and reassure the patient, clean around the wound site, apply direct pressure, put on a sterile dressing, send for medical help
 - c. Rest and reassure the patient, send for medical help, apply direct pressure, clean around the wound site, put on a sterile dressing
 - d. Send for medical help, apply direct pressure, clean around the wound site, put on a sterile dressing, rest and reassure the patient
11. 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
12. What is the medical condition known as "shock"?
 - a. When the patient is showing signs of "air hunger"
 - b. When the patient has received a fright, and faints
 - c. A reduction in the pumping ability of the heart
 - d. When the supply of oxygen to the body is inadequate
13. What is a sprain?
 - a. When ligaments are forced beyond their normal range
 - b. The tearing of a tendon
 - c. Overstretching of muscles and tendons
 - d. When a tendon pulls away from the bone
14. What is the third level of listening?
 - a. Paying attention
 - b. Hearing
 - c. Non-hearing
 - d. Listening and thinking

15. 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
16. Which of the following is **not** identified as a group of people who should be watched with special attention at the beach?
- Very young children
 - Poor swimmers
 - Overweight people
 - Immigrants and tourists
17. What is the treatment for needlestick injuries?
- Wash the area in warm soapy water, report the incident to the Patrol Captain, advise the patient to go to their doctor or local hospital, dispose of needles in sharps container
 - Clean the area with a solution of alcoholic chlorhexidine, report the incident to the Patrol Captain, advise the patient to seek medical attention, dispose of needles in sharps container
 - Cover the wound with a sterile dressing, report the incident to the Patrol Captain, arrange for an ambulance to convey the patient to hospital for further treatment, dispose of needles in sharps container
 - Dispose of needles in sharps container, clean the wound, advise the patient to go to their doctor or local hospital, report the incident to the Patrol Captain
18. 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
19. What do high streaky clouds indicate?
- Imminent thunderstorms
 - Falling temperatures
 - Rising barometric pressure
 - High speed wind
20. 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