
This Proficiency Theory Assessment Paper is to be used by both Surf Rescue Certificate Candidates and Bronze Medallion Candidates.

Surf Rescue Certificate Candidates must complete questions 1-15, Bronze Medallion Candidates must complete the entire paper.

Do not mark this paper, write all answers on the reverse side of your Requalification Card

This theory assessment is open book.

Candidates must answer **all** questions correctly to be deemed proficient.

All questions relate to information contained in the 32nd Edition **Version Two** Surf Lifesaving Training Manual

Please speak to your assessor if you believe that you may have a learning difficulty that affects your ability to answer these questions.

1. Rescue Breaths in deep water are best administered by which method?
 - a. Mouth to mouth resuscitation
 - b. Mouth to mask resuscitation
 - c. Mouth to nose resuscitation
 - d. Mouth to mouth and nose resuscitation

2. As a patrolling member of your club, who would you report a workplace hazard to?
 - a. Club Secretary
 - b. Club IRB Captain
 - c. Club President
 - d. Patrol Captain

3. Depth of compression for an adult is?
 - a. 1/10 depth of chest
 - b. 1/3 depth of chest
 - c. 3/4 depth of chest
 - d. 1/2 depth of chest

4. What is the rate of CPR?
 - a. 30 compressions and 2 breaths 5 times a minute
 - b. 15 compressions and 2 breaths 5 time a minute
 - c. 5 compressions and 1 breath 5 times every two minutes
 - d. 30 compressions and 2 breaths 5 times every two minutes

5. On patrol, what equipment could you use to control risks caused by hazardous surf conditions?
 - a. Patrol flags
 - b. Warning signs
 - c. Danger No Swimming Sign
 - d. All of the above

6. The common signs of a rip current are:
 - a. Spilling waves breaking evenly along the beach
 - b. Plunging waves breaking evenly along the beach
 - c. Discoloured brown water, foam and debris floating seaward
 - d. Discoloured brown water, foam and debris floating towards the shore

7. In July 2007 the Australian Resuscitation Council revised its treatment of blue bottle jelly fish stings. The recommended treatment now is:
 - a. Remove tentacles and apply ice
 - b. Apply a compression immobilisation bandage
 - c. Wash with fresh water
 - d. Remove tentacles with fingers, wash area with sea water, and place the affected area in hot water

8. If the revised treatment for blue bottle stings is not effective the alternate treatment is:
 - a. Apply a compression immobilisation bandage
 - b. Remove tentacle with fingers, wash with sea water and apply ice
 - c. Remove tentacles and apply a heat pack
 - d. None of the above

9. How should you communicate with a patient and patrol team members?
 - a. Calm, reassuring, caring
 - b. Overbearing, aggressive, loud
 - c. Assertive, business like, dominating
 - d. Casual, relaxed, nervous

10. On a crowded beach after a rescue has been performed, what should other members on patrol do to assist?
 - a. Stand and watch with the rest of the crowd
 - b. Yell at the crowd to stay back and not coming any closer
 - c. Take on a crowd control responsibility to ensure that there is no interference by onlookers during the completion of a rescue
 - d. Take on a crowd control role but allow onlookers to get as close as they want to the rescuer and the patient

11. Prior to opening the beach, you are asked to test the water conditions by the Patrol Captain. What information would you provide to your patrol captain?
- Strength and location of any strong currents or rips, any marine creatures noticed such as jellyfish
 - That you were worried about sharks, any marine creatures such as jelly fish
 - That the water was cold when you first got in but alright afterwards
 - None of the above
12. What type of wave causes the most spinal injuries?
- Spilling
 - Plunging
 - Surging
 - Small
13. Where would you report faults with first aid equipment?
- Club patrol log and advise club first aid officer
 - Club first aid officer
 - Club notice board
 - Write it on the first aid kit
14. Lifesavers are required to have adequate fitness and endurance, what factors can reduce your performance?
- Regular training in a sport other than lifesaving
 - A good diet, with regular exercise
 - Poor physical fitness, excess alcohol consumption, poor diet, cigarette smoking
 - None of the above
15. At what stage during an incident or rescue should LSV Communications be notified?
- Once completed and all details have been collected and reported to the tower
 - As the patrol recognises the incident or rescue and starts responding, or as soon as practically possible
 - LSV Communications only needs to be notified if assistance is required
 - All details of incidents are reported during sign off

Questions 16-20 need to be completed by Bronze Medallion holders only.

16. What radio terminology would you use to say “Your last message has been received, understood and will be complied with”? (BM page 98)
- Roger
 - Wilco
 - Over
 - Affirmative
17. How long should you pause after holding in the Press to Talk (PTT) before speaking?
- Start talking straight away
 - 1 – 2 seconds to allow for the repeater and receivers to open
 - 5 – 10 seconds as people don’t normally listen to the radio
 - The radio starts to transmit when I speak automatically
18. What constitutes a normal or well perfused heart rate when conducting a pulse check during a vital signs survey? (Page 59)
- 40-60 beats per minute
 - Exactly 60 beats per minute
 - 60-100 beats per minute
 - More than 80 beats per minute
19. After using your first aid kit for an incident, what should be done next? (BM page 60)
- Put it back in the first aid room
 - Call the club first aid officer
 - Restock, clean, inspect and test equipment and dispose of waste appropriately.
 - Advise the patrol captain
20. What information should be handed over to the paramedics on arrival? (BM page 60)
- Injuries sustained and treatment
 - Events leading to the incident, what happened to the patient, patient’s vital signs, any injuries and all treatment provided
 - Nothing, ambulance will do their own assessment
 - Injuries to the patient, treatment, which hospital they want to go to and private health cover if applicable