



Life Saving Victoria

**Bronze Medallion and Surf Rescue Certificate  
Proficiency Theory Paper – 2009/2010**

---

---

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 33<sup>rd</sup> Edition Public Safety and Aquatic Rescue 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. How are compressions delivered to an adult?
  - a. 1 hand in the centre of the chest
  - b. 2 hands in the centre of the chest
  - c. 1 foot in the centre of the chest
  - d. 2 fingers in the centre of the 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. Which of the following is not a sign or symptom of a soft tissue injury?
  - a. Swelling
  - b. Red welts
  - c. Pain
  - d. Discolouration
  
8. A casualty who is known to have breathing problems is found unconscious on the ground. You should:
  - a. Give warm, sweet drinks
  - b. Assess for signs of Life
  - c. Give medication
  - d. Left to sleep it off
  
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?
- Stand and watch with the rest of the crowd
  - Yell at the crowd to stay back and not come any closer
  - Take on a crowd control responsibility to ensure that there is no interference by onlookers during the completion of a rescue
  - Take on a crowd control role but allow onlookers to get close to the rescuer and the patient
11. If a conscious casualty is choking and able to cough, you should?
- Call 000 and administer back blows
  - Reassure the casualty and encourage them to keep coughing
  - Call 000, sweep any solid material from the airway and commence CPR
  - Roll the casualty onto their side and wait for emergency services
12. What type of wave may never actually break as they approach the shore and are commonly associated with rock ledges that face deep water?
- 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. Performing a rescue not only involves knowledge and expertise, but also requires?
- Reading and writing in another language apart from English
  - Endurance and fitness
  - Medical knowledge
  - None of the above
15. At what stage during an incident or rescue should LSV Comms 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 "Please wait until I call you back. I need to complete my current job or get more information or assistance for you. Other stations may transmit"
- a. Over
  - b. Wilco
  - c. Standby
  - d. Affirmative
17. The signal from a patrolling beach member to a craft to proceed further out to sea is?
- a. Standing stationary, waving both arms up and down
  - b. Standing stationary, pointing one way
  - c. Standing stationary, both arms raised to the sky
  - d. Jumping up and down on one foot, yelling loudly
18. When carrying out a body check on a casualty, the First Aider starts from:
- a. Toes and feet
  - b. Head and neck
  - c. Upper limbs
  - d. Back, chest and abdomen
19. All documentation such as a first aid report, should be?
- a. Completed, signed and dated
  - b. Written in ink
  - c. Filed in a secure area
  - d. All of the above
20. Which of the following needs to be sent to hospital as soon as possible
- a. Any patient who has lost consciousness
  - b. Any patient who has a persistent cough or an abnormal colour
  - c. Any person who has required either initial rescue breathing or CPR
  - d. All of the above