



**Life Saving Victoria**  
**Bronze Medallion and Surf Rescue Certificate**  
**Requal (Proficiency) Theory Paper – 2011/12**

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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** and/or **Bronze/SRC Learner Guide**

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

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1. What does 'S' stand for in DRSABCD?
  - a. Start CPR
  - b. Stop people going near the patient
  - c. Send for help
  - d. See if the patient is conscious
  
2. SLSA have outlined a number of strategic priorities, which of the following identifies one of those?
  - a. Preventing deaths and injuries in the water
  - b. Stand on the beach and look cool
  - c. Hang out with your friends and do what you like
  - d. Prevent people from having fun at the beach
  
3. When performing CPR on a child, which of the following is correct?
  - a. use one hands
  - b. use one finger
  - c. use two fingers
  - d. use two hands

4. What is the rate of CPR?
- 30 compressions and 2 breaths 5 times a minute
  - 15 compressions and 2 breaths 5 time a minute
  - 5 compressions and 1 breath 5 times every two minutes
  - 30 compressions and 2 breaths 5 times every two minutes
5. The International Life Saving Federation has identified 4 factors that lead to drowning, identify 1 of those factors:
- People like to go to the beach
  - Lack of knowledge, disregard or misunderstanding of the hazard
  - People are well supervised
  - People understand the hazard
6. What should you do if a patient regurgitates during rescue breathing?
- Ignore it and keep going
  - Roll patient on their side and check airways and breathing
  - Blow more air in to patient
  - Stop rescue breathing and just do CPR
7. Which one of the following are signs or symptoms of asthma?
- chest tightness, persistent cough and wheezing
  - coughing, sneezing and a runny nose
  - Pain down one arm
  - All of the above
8. The Patrol time is the time you should be set up ready for action, if you are on patrol when should you arrive?
- right on the start time
  - 5 minutes before the start time
  - 15-30 minutes before the start time
  - 15-30 minutes after the start time
9. When scanning the water there are 5 useful strategies which of the following are examples?
- head counting
  - grouping
  - tracking
  - all of the above

10. What is the Chain of Survival in order?
- Early CPR, Early Defibrillation, Early access, Early advanced life support
  - Early access, Early CPR, Early Defibrillation, Early advanced life support
  - Early CPR, Early advanced life support
  - Early Defibrillation, Early access, Early CPR, Early advanced life support
11. If a conscious casualty is choking and able to cough, you should?
- Reassure the casualty and encourage them to keep coughing
  - Call 000 and administer up to 5 back blows
  - Call 000, sweep any solid material from the airway and commence CPR
  - Roll the casualty onto their side and wait for emergency services
12. There are 4 essential steps to aquatic rescue, what are the first 2?
- Recognising the patient
  - Retrieving the patient
  - Alerting the patrol captain
  - A and C
13. During patrol you identify a hazard in the patrolling area, who do you report it to?
- Your friends
  - Your patrol captain
  - No one, just hope it will go away
  - The local store
14. What is the treatment for blue ringed octopus bite?
- Pressure Immobilisation Technique and CPR if required
  - Cold Packs / Wrapped Ice and CPR if required
  - Salt Water
  - Hot water
15. Which of the following needs to be sent to hospital as soon as possible?
- Any patient who has lost consciousness
  - Any patient who has a persistent cough or an abnormal colour
  - Any person who has required either initial rescue breathing or CPR
  - All of the above

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

16. After pressing the push to talk button on your radio, what is the recommended time you should wait before you speak
- None – start talking as soon as you have pressed the
  - Less than 1 second
  - 1-2 seconds
  - 3-4 seconds
17. At what stage during an incident or rescue should LSV Comms be notified?
- Once the incident or rescue is completed and all the details have been collected
  - 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 the incidents are reported during sign off
18. When carrying out a body check on a casualty, the First Aider is looking for:
- Bleeds
  - Burns
  - Fractures
  - All of the above
19. A full patrol requires a minimum of 4 people (3 bronzes and one other). These people must also have a range of skills in other areas. Which of the following identifies ALL of the other qualifications necessary for a full patrol?
- One person with IRB Driver and Crew, Senior First Aid
  - Separate IRB Driver and IRB Crew, Basic Beach Management, Advanced Resuscitation Techniques and Spinal Management
  - Basic Beach Management, One person with IRB Driver and Crew
  - separate IRB Driver and IRB Crew, Advanced Resuscitation Techniques
20. When using a defibrillator there are a number of safety measures. Which of the following demonstrates measures to be considered:
- Patient must be unresponsive and not breathing, the patient must be in a dry stable environment and no one should touch the patient while administering shock
  - The patient must be at the water's edge when delivering a shock
  - The patient must be conscious and breathing
  - The patient can wear wet clothing over chest area and pads can be placed underneath.