



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

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 **33rd 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.

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?
 - 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. The International Life Saving Federation has identified 4 factors that lead to drowning, identify 1 of those factors:
 - a. People like to go to the beach
 - b. Lack of knowledge, disregard or misunderstanding of the hazard
 - c. People are well supervised
 - d. People understand the hazard

6. What should you do if a patient regurgitates during rescue breathing?
 - a. Ignore it and keep going
 - b. Roll patient on their side and check airways and breathing
 - c. Blow more air in to patient
 - d. Stop rescue breathing and just do CPR

7. Which one of the following are signs or symptoms of asthma?
 - a. chest tightness, persistent cough and wheezing
 - b. coughing, sneezing and a runny nose
 - c. Pain down one arm
 - d. 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?
 - a. right on the start time
 - b. 5 minutes before the start time
 - c. 15-30 minutes before the start time
 - d. 15-30 minutes after the start time

9. When scanning the water there are 5 useful strategies which of the following are examples?
 - a. head counting
 - b. grouping
 - c. tracking
 - d. 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.