



The life of the beach.

# 2011 / 2012 Proficiency Theory Paper

NAME: \_\_\_\_\_

CLUB: \_\_\_\_\_

DATE: \_\_\_\_\_

AWARD/S HELD (please tick):

OBS  ROC  SRC  BM  ARC  Defib  IRB Crew  IRB Driver

*The 2011/2012 Surf Life Saving Queensland Proficiency Answer Sheet is to be used in conjunction with the 2011/2012 Surf Life Saving Queensland Proficiency Paper.*

*Answers to the questions can be found in the following resources:*

- 1. 2011/2012 Patrol Operations Manual (SLSQ website)*
- 2. 33<sup>rd</sup> Edition Public Safety & Aquatic Rescue Manual (formerly known as the Training Manual)*
- 3. First Aid Training Manual*
- 4. SLSQ Powercraft Manual – Version 7 - 2*
- 5. SLSQ Policies (SLSQ website)*
- 6. 2011/2012 SLSQ Lifesaving Proficiency Bulletin (SLSQ website)*



## INSTRUCTIONS

- This Proficiency Paper MUST be completed by you as an individual with no help from other parties
- The paper may be completed in your own time i.e. at home, or at the surf club during a designated time.
- You will require access to ALL of the above mentioned resources for you to find the answers to the following questions.
- ALL questions must be answered correctly for you to be deemed as completing this assessment task as satisfactorily
- Choose the most correct answer by circling the correct letter a, b, c OR d.
- Each question requires only 1 answer to be provided
- Some questions require you to draw – these questions will be marked.

1. As part of the changes to CPR the letter S was added to the Basic Life Support flow Chart (DRSABCD). What does the letter S refer to?

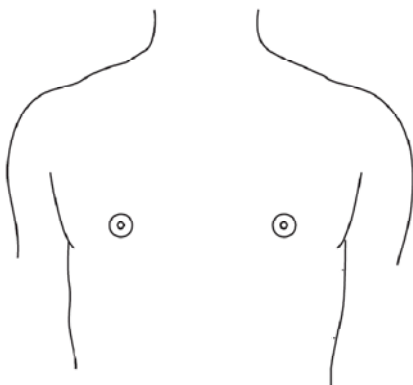
- a) Send for an Ambulance
- b) Send for Help
- c) Send for Police
- d) Send for Food

2. If a patient has drowned, what are the guidelines for resuscitation?

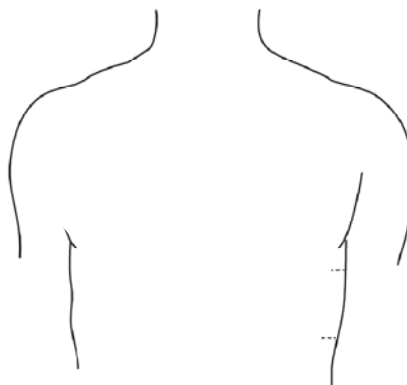
- a) 2 breaths then start CPR- 30 compressions: 2 rescue breaths
- b) Start CPR- 30 compressions: 2 rescue breaths
- c) Start CPR- 5 rescue breaths: 15 compressions
- d) Wait until help arrives

3. On a small child, where could defibrillation pads be placed to ensure they are not touching (Draw the correct pad placement position)?

Child- FRONT



Child- BACK



4. If there is not a Defibrillator operator on the beach at the time of resuscitation, can a proficient Bronze medallion holder operate a Defibrillator?

- a) No- only a Defibrillator operator can operate the Defib
- b) Yes- only if a Defibrillator operator is not present
- c) Only an SRC can operate the Defibrillator
- d) No one

5. When treating a patient who is unconscious, bleeding or experiencing any other illness, what PPE should always be put on as a minimum?

- a) Apron
- b) Glasses
- c) Shoes
- d) Gloves

6. How many witches' hats are to be around an operational IRB while on patrol? (excluding the Powercraft Launching area sign)

- a) 4
- b) 6
- c) 7
- d) 8

7. When should a Lifesaving patrol log book be filled out by the patrol members?

- a) The middle of patrol
- b) 1 hour after patrol starts
- c) Before the start of patrol
- d) At the end of patrol

8. When is a yellow flag used on patrol and why?

- a) To notify swimmer and beach goers that there is a caution on this particular beach. A caution sign must be located with the yellow flag
- b) Nothing, we don't use the yellow flag
- c) It is ok to swim but stay in close
- d) Don't go swimming



9. According to the 2011/12 Patrol Operations Manual, Section 9- Patrol Uniforms, states the minimum patrol uniform requirement. What does a patrolling Bronze or SRC holder's uniform consist of?

- a) Patrol shirt
- b) Patrol shirt, patrol shorts, red and yellow cap and swimming costume
- c) Club shirt, club shorts
- d) Swimmers only

10. What is the correct treatment of a penetrating spine injury, such as a Stingray?

- a) Pull the spine out
- b) Leave the spine in, place in hot water, then remove
- c) Place in hot water
- d) Place affected limb in hot water no hotter than the rescuer can comfortably tolerate.  
Refer to a doctor as the spine must be removed surgically and tetanus prophylaxis given

11. Accepting responsibility for the health and safety of people in the workplace is termed as:

- a) Duty of a First Aider
- b) Duty of a Lifesaver
- c) Duty of Care
- d) Care for all

12. When should a double tube tow be used in a rescue situation?

- a) Used for all rescues.
- b) Used by lifesavers who are not good swimmers
- c) Assisting a heavier patient to shore or in difficult conditions such as rough surf or strong currents
- d) Never used



13. Number 1-5 in order of sequence for an unconscious board rescue.  
*Insert the number in the boxes provided.*



14. According to the 2011/12 Patrol Operations Manual, Section 4- Patrol Strength, what is the minimum number of members to be on patrol?

- a) 1 Bronze, 1 SRC and 1 Award
- b) 3 bronze medallion holder
- c) 2 bronze medallion holders and 1 SRC
- d) 3 SRC holders

15. According to the 2011/12 Patrol Operations Manual, Section 8- Patrol Operations, what is the recommend closure time if a shark has been sighted or completion on a search?

- a) 2 hours
- b) 15 minutes
- c) 60 minutes
- d) 5 minutes

16. According to the 2011/12 Patrol Operations Manual, Section 13- Surf Craft Management Guidelines, what is the minimum buffer zone distance for the Surf craft riding sign to be placed?

- a) 30 metres
- b) 20 metres
- c) 10 metres
- d) 50 metres

17. According to the 2011/12 Patrol Operations Manual, Section 14- Power craft Operations, who can operate an IRB?

- a) 1 qualified and proficient IRB driver, 1 qualified and proficient IRB crew
- b) 1 qualified IRB driver, 1 qualified IRB crew
- c) 1 qualified and proficient IRB driver, 1 non- proficient IRB crew
- d) 2 qualified and proficient Bronze Medallion holder

18. According to the 2011/12 Patrol Operations Manual, Section 21- Adverse weather conditions, what is the 30/30 rule recommended for lightning safety in the Australian Standard on Lightning Protection?

- a) A flash bang count of 30 seconds, remove all gear off the beach
- b) Flash bang count of 10 seconds is significant risk
- c) Remove all gear in adverse conditions
- d) When the flash to bang count is 30 seconds, indicating that lightning is 10 km away. This is associated with significant risk of a strike could occur in the patrol area. The beach must be closed

19. According to the 2010/11 Marine Stinger Guidelines, what personal protective equipment (PPE) must be worn by a proficient Bronze Medallion holder who is conducting a stinger drag?

- a) Full Length Singer Suit and gloves
- b) Full length Stinger Suit, gloves taped at the wrist, booties taped at the ankle
- c) Hat, rash shirt, long pants, booties
- d) Full length Wet Suit

20. If a Box Jellyfish are found (animals greater than 2.5cm at the widest part of the bell) or significant sting occurs within Stinger Resistant Swimming Enclosures, you should:

- a) Close the beach and put appropriate signage up
- b) Catch the specimen in a jar
- c) Immediately request all swimmers to leave the water, close the beach, post appropriate signage, advise appropriate personnel, record details of sighting
- d) Request swimmers to leave the water



21. Which solution of the below should be applied to a person who has been stung by a Box Jellyfish as part of the overall treatment?

- a) Water
- b) Sea water
- c) Hot water
- d) Vinegar

22. When should a stinger drag be conducted?

- a) Once a day while on patrol or when the tide changes
- b) Only when needed
- c) Before patrol, change of tide and after patrol
- d) Before and during patrol

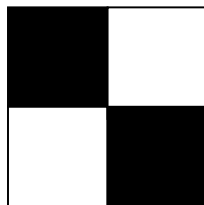
23. How do you check for cracks or damages to a patrol rescue board when conducting a pre-operational check?

- a) Look at the board when it is on the ground
- b) Run your hands along the sides, over the top and bottom of the board feeling for any cracks
- c) Run your feet along the sides, over the top and bottom of the board feeling for any cracks
- d) Run your fingers along the board

24. What do these signs mean?



\_\_\_\_\_



Black & White

\_\_\_\_\_



\_\_\_\_\_

25. What information is missing for the Beach Report sign?

- a) Date, Tides, Patrol Hours
- b) Tides, Lifesaver in Charge and Beach report
- c) Tides and Lifesaver in charge
- d) Conditions, Date

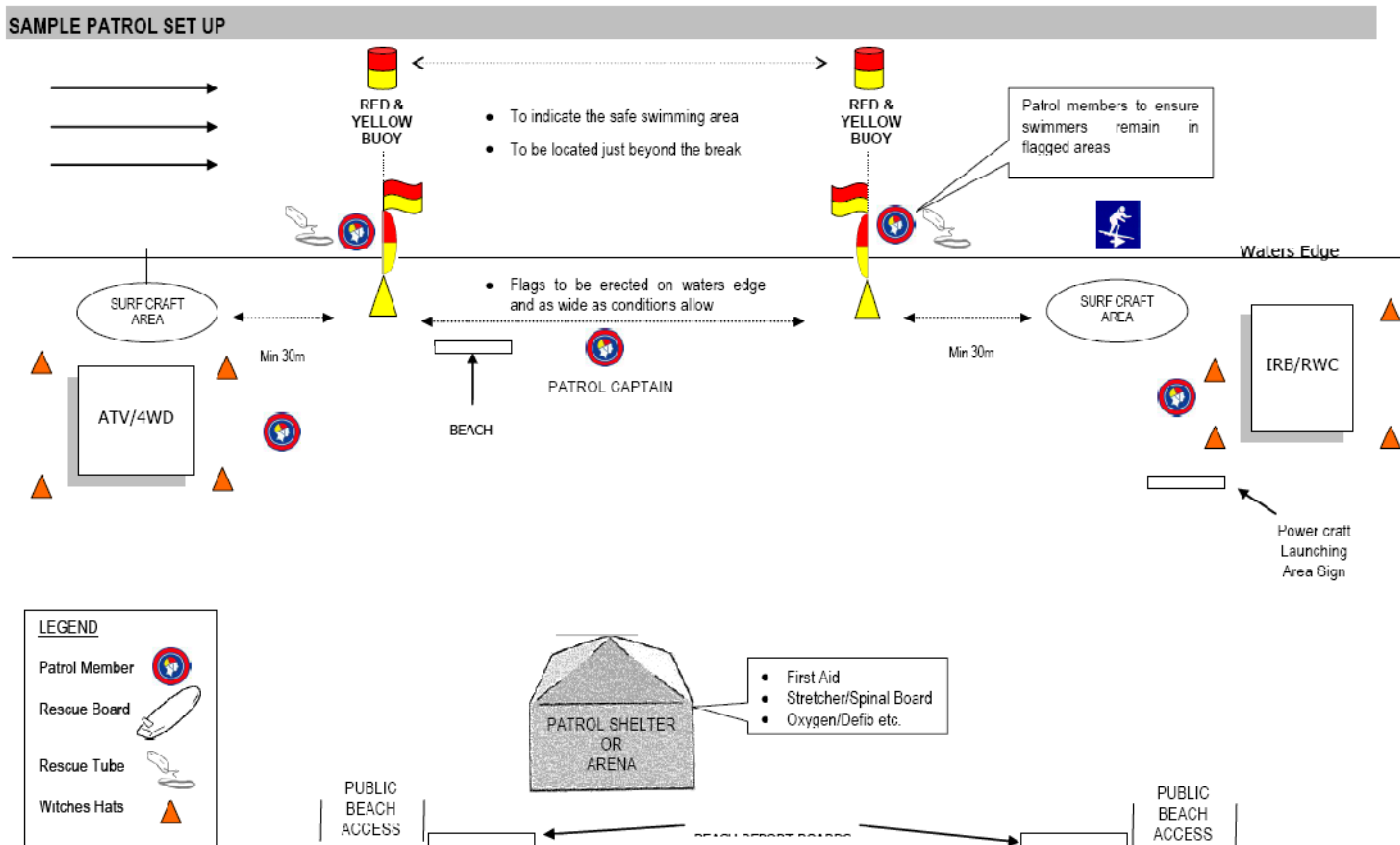
26. What do these signals mean?



27. What is missing from this sample patrol set up?

**Hint: 4 items are missing and please circle missing items from the list below.**

Red and Yellow Flags / 2 x cones around IRB / Rescue tubes / Northern Surf Craft sign / Patrol tower / IRB / 2 x Rescue boards



28. According to the 2011/12 Patrol Operations Manual, Section 12 – Patrol Reporting and Forms, in the Patrol Attendance Log Book at the end of each patrol the Patrol Captain shall...

- Cross out (z line) the blank lines remaining on the page and ensure that all entries are completed accurately.
- Put in a sign off time for all the patrol members
- All blank lines are left blank for members to add their name the following week
- Nothing needs to be done at the end of patrol

29. According to the 2011/12 Patrol Operations Manual, Section 16 – Radio Procedures for Patrol Operations, in a rescue situation, what information is relayed to Surfcom during the rescue taking place?

- a) Position, Problem, Area
- b) Position, Problem, People and Progress
- c) No extra information is required
- d) Call an Ambulance

30. According to the 2011/12 Patrol Operations Manual, Section 16 – Radio Procedures for Patrol Operations, in what type of situation should the SLSA Emergency Call Sign of ‘Rescue, Rescue, Rescue’ be used?

- a) Only a non-emergency situation
- b) Only a life threatening situation and those where there are more patients than resources available
- c) All rescue or first aid treatments
- d) Only all first aid treatments

31. What are these flag and alarms used for?

Orange flag with a blue strip



1 Continual ringing of a siren/bell



3 Rings of a siren/bell



32. When rescuing a patient, when should a rescue board roll over procedure be used?

- a) Never, there is no need for it
- b) All unconscious patients
- c) All patients
- d) Heavy, awkward, exhausted or unconscious patients beyond the break

33. What is a side current?

- a) A current that moves parallel to the shore
- b) A current that takes you out to sea
- c) A current that moves to the north only
- d) A current that moves to the south only

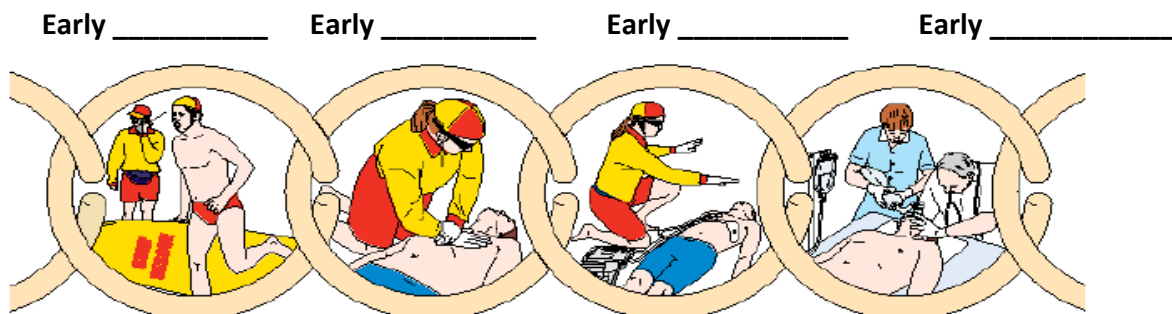
34. What is a flash rip?

- a) Temporary in nature for any given location
- b) Remains in the same location
- c) Propelled along the beach frontage by a strong littoral current
- d) Often accompanied by a hole or gully on the ocean floor with sand as its primary base

35. What type of carries are used in Surf Life Saving Queensland?

- a) 3 person carry
- b) 4 person carry, IRB variation of 4 person carry, 2 handed seat, 4 person drag
- c) 3 person carry, IRB variation of 3 person carry, 3 handed seat, 2 person drag
- d) 2 person carry, IRB variation of 2 person carry, 2 handed seat, 2 person drag

36. Fill in the gaps:



37. What is the minimum requirement for a member to gain the ATV operator award?
- a) 16 years of age and a learner licence
  - b) Learners licence
  - c) 17 years of age with a P licence or open licence
  - d) 18 year of age with an Open licence
38. If the patient has used their EpiPen, they do not need to go to the hospital.  
True or False?
- a) True
  - b) False
39. The EpiPen auto-injections are available in two doses?  
True or False?
- a) True
  - b) False
40. If the patient is unable to administer their EpiPen and you are now doing it for them, how long should you hold the device in place after hearing the activation click? Refer to SLSQ First Aid manual 2<sup>nd</sup> edition.
- a) There is no need to hold it in place, you can pull it straight out once you hear the click
  - b) Hold in place for 5 seconds
  - c) Hold in place for 10 seconds
  - d) Hold in place for 15 seconds
41. You suspect your patient is having a severe allergic reaction but has no history of known allergies, you may use another person's EpiPen and administer it to your patient?  
True or False?
- a) True
  - b) False
42. The wheeze of a patient having a severe asthma attack will always be more noticeable than the patient having a mild asthma attack.  
True or False?
- a) True
  - b) False



43. Which of the following delivery methods of the blue reliever inhaler (puffer) will be most effective?
- a) Patient places the puffer in their own mouth and controls the delivery
  - b) Patient places the puffer in their own mouth and the rescuer/first aider controls the delivery
  - c) Puffer is used in conjunction with a spacing device
  - d) The first aider creates a spacing device by using a paper funnel
44. If accredited to do so, you can administer reliever medication to anyone experiencing asthma like signs and symptoms not just those who have been diagnosed with asthma.  
True or False?
- a) True
  - b) False
45. If a patient is experiencing an asthma attack what is the correct procedure when administering reliever medication?
- a) 4 separate puffs through a spacer asking patient to take 4 breaths after each puff, wait 4 minutes, repeat administration of medication
  - b) 5 separate puffs through a spacer asking patient to take 5 breaths after each puff, wait 4 minutes and give another 5 puffs
  - c) 4 puffs every 1 minute
  - d) 4 puffs through a spacer and do not repeat

**END OF PAPER**

