



**The life of the beach.**

# 2005 – 2006 Proficiency Paper

## Questions

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## Award

Surf Rescue Certificate

Bronze Medallion

Radio Operators Certificate

Advanced Resuscitation Certificate

IRB Crew Certificate

Silver Medallion IRB Drivers

***Read All Questions Carefully***

**DO NOT WRITE ON THIS PAPER – USE ANSWER SHEET PROVIDED**

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ASSESSMENT TOGETHER WITH YOUR ANSWER SHEET**

**Surf Rescue Certificate & Bronze Medallion:**

- Q1) What is the best way to control most bleeding?**
- a) lie patient down, apply ice to the wound
  - b) raise the legs, apply tourniquet
  - c) rest, apply direct pressure
  - d) raise the legs, place patient in comfortable position
- Q.2) The preferred treatment for nose bleed not associated with injury is to**
- a) lay the patient on their back and pinch the nose
  - b) pinch the nostrils while bending forward
  - c) open the nose while bending forward
  - d) open the nose and tilt their head back
- Q.3) Shock is**
- a) when too much oxygen gets to the brain
  - b) not enough oxygen supply to the tissues
  - c) when the patient feels faint or upset
  - d) when a person starts gasping for air
- Q.4) In order to tell if an unconscious patient is breathing you should**
- a) feel for carotid pulse, press the chest and look for movement
  - b) look for chest movement, listen and feel for air leaving mouth
  - c) secure backward head tilt and watch for chest movement
  - d) press chest, look for movement and give neck support
- Q.5) Expired Air Resuscitation (EAR) would be conducted on a person who is**
- a) unconscious, breathing absent
  - b) unconscious, breathing present
  - c) unconscious, breathing present, pulse present
  - d) conscious, complaining of chest pain
- Q.6) Cramp should be treated by**
- a) applying a ice pack
  - b) applying heat
  - c) apply compression bandage
  - d) gently stretching muscle

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- Q.7) Generally, the seas reach their highest level on shore (high tide)**
- a) once a day
  - b) once a week
  - c) twice a day
  - d) twice a week
- Q.8) Which of the following signs indicate shock?**
- a) severe bleeding, warm, moist skin
  - b) rapid weak pulse, cold clammy skin
  - c) weak and slow pulse, very moist skin
  - d) weak pulse, reddish skin
- Q.9) The timing of Expired Air Resuscitation (EAR) on an adult is**
- a) 1 breath every 2 seconds
  - b) 1 breath every 4 seconds
  - c) 1 breath every 3 seconds
  - d) 1 breath every 6 seconds
- Q.10) Management of an unconscious patient who is vomiting or regurgitating involves**
- a) lying on back with knees slightly bent
  - b) lying on back with legs comfortably stretched
  - c) placing patient in the lateral position
  - d) placing patient in sitting position
- Q.11) The brachial pulse to assess a heart beat on an infant is found**
- a) on either side of the neck
  - b) on the inside of the arm
  - c) in either thumb
  - d) in the middle of the chest
- Q.12) Waves are formed by**
- a) the wind
  - b) tidal movement
  - c) sand banks
  - d) water seeking its own level

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**Q.13) *The correct position for an unconscious patient who is breathing is***

- a) lying on back with knees slightly bent
- b) lying on back with legs comfortably stretched
- c) the lateral position
- d) the sitting up position

**Q.14) *Rip currents can be identified by***

- a) spilling waves breaking evenly along the beach
- b) plunging waves breaking evenly along the beach
- c) discoloured brown water, foam and debris floating out to sea
- d) discoloured brown water, foam and debris floating towards the shore

**Q.15) *A roving patrol is***

- a) a lookout on each side of the safe swimming flags
- b) placed at the next less popular area than the traditional patrol
- c) where patrol members move back and forth along the beach in pairs outside the patrol flag
- d) two bronze medallion holders used early mornings and late afternoons

**Q.16) *The key to successful resuscitation is***

- a) a clear airway
- b) the use of oxygen equipment
- c) the mouth to nose method
- d) timing

**Q.17) *With front release and escape methods the rescuer is attempting to***

- a) lift the patient out of the water
- b) support the patient with the tube
- c) go under the water and away from the patient
- d) talk to the patient and persuade them to let go

**Q.18) *Inshore holes***

- a) contain water meeting its own level travelling seaward
- b) are made by large sets of waves coming onto shore
- c) are a problem to unsuspecting bathers and small children
- d) can be escaped from by swimming 45° to the shore

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**Q.19) Which of the following statements are correct?**

- a) Patrol members should ensure board riders do not impose on the designated swimming area
- b) Always be polite when dealing with the public
- c) Patrol members should walk the waters edge when swimmers are in the water
- d) All of the above

**Q.20) Two flags held down at 45 degree angle means:**

- a) Remain stationary.
- b) Pick up swimmers.
- c) Investigate submerged object.
- d) Proceed further out to sea.

**Q.21) A \_\_\_\_\_ wave is the safest type of wave for body surfing.**

- a) Surging wave.
- b) Plunging wave.
- c) Spilling wave.
- d) Dumping Wave

**Q.22) The recognised SLSA shark alarm is:**

- a) 3 rings of a bell or siren
- b) Continuous sounding of a siren or a bell
- c) Patrol members waving a red flag from tower or beach
- d) Announcement of shark sighting over loud speaker

**Q.23) Generally what time of day are people at the greatest risk of damage to their skin from the sun's rays?**

- a) 10am to 3pm.
- b) 8am to 12noon.
- c) 2pm to 5pm.
- d) 1pm to 4pm

**Q.24) What is the first priority when dealing with an emergency situation?**

- a) Ring an Ambulance.
- b) Ensure there is no danger to yourself, the casualty or bystanders.
- c) Check breathing and circulation.
- d) Place casualty in lateral position.

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**Q.25) *The patient's airway has been cleared but there is no breathing, you should***

- a) feel the carotid pulse and give 3 breaths in 10 seconds
- b) feel the carotid pulse then give 5 breaths by Expired Air Resuscitation (EAR) in 10 seconds
- c) give 5 breaths by Expired Air Resuscitation (EAR) and then feel the carotid pulse
- d) feel the carotid pulse then give 10 breaths

### **Bronze Medallion & Surf Rescue Certificate:**

**Q.26) *If a radio is accidentally dropped in water and is found to be damaged, before you send the radio to be serviced you should***

- a) check for water penetration, turn radio off, remove battery, wipe the radio with a cloth and dry in the sun
- b) check for damage to antenna, turn radio off, remove battery, submerge the radio in fresh water and dry with a cloth
- c) turn radio off, remove from bag or case, remove battery, submerge the radio in fresh water and air dry
- d) turn radio off, check for water penetration, remove battery, spray the radio with water repellent and air dry

**Q.27) *The emergency call for SLSA is***

- a) "Emergency, emergency, emergency"
- b) "Radio base this is ... Surf Club"
- c) "Mayday, Mayday, Mayday"
- d) "Rescue, rescue, rescue"

**Q.28) *When calling for assistance on a UHF radio the four (4) Ps are***

- a) prevention, performance, persistence, progress
- b) problem, progress, position, performance
- c) prevention, people, problem, progress
- d) position, problem, people, progress

**Q.29) *When using the radio, you should***

- a) talk whenever you want, the other radios will hear you
- b) transmit on any channel, the radio base has a scanner
- c) press the transmission button, speak slowly and clearly
- d) press the transmission button to transmit and receive

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- Q.30) What are the two aims of the radio network?**
- a) Prevention and co-ordination.
  - b) Monitoring, sign-on's.
  - c) Calling Ambulance and Police.
  - d) Rescue and Resuscitation
- Q.31) What is the importance of using the radio logbook?**
- a) Entries should be made as the transmission occurs.
  - b) Time of call must be noted accurately to the minute.
  - c) If a fatality occurs on the beach, it may be used as evidence.
  - d) All of the above.
- Q.32) When operating the radio and you receive the response "Wilco" this means:**
- a) Read OK.
  - b) Say Again.
  - c) Your last message has been received, understood and will be complied with
  - d) Read you strength 5.
- Q.33) The radio term "Roger" means:**
- a) Proceed with your message.
  - b) I have finished speaking and now the other station can talk.
  - c) I have received your last transmission.
  - d) The person you are talking to is called Romeo.
- Q.34) How does UHF radio transmissions work?**
- a) Line of sight and use of repeaters.
  - b) Bounces off the ionosphere.
  - c) Batteries.
  - d) All of the above.
- Q.35) To operate VHF radios, each operator must obtain a special licence, issued by:**
- a) Surf Life Saving Australia.
  - b) Surf Life Saving Queensland.
  - c) Australian Maritime College.
  - d) Queensland Police

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- Q36) How many of the following represent some of your responsibilities under Occupational Health & Safety (OH&S) as an ordinary volunteer member of SLSA. (Cross the answers of your choice – there may be more than one answer).**
- a) Use safe work practices so as not to injure yourself or others.
  - b) Remove all faulty gear and equipment from use and submit a report.
  - c) Work safely by following all safety directions of patrol captains or officers/officials.
  - d) Follow safe work practices that have been set up in the workplace.
- Q37) "Duty of Care" in relation to patrol operations eg. moving heavy objects, inspection of equipment, risk management etc, is the responsibility of :**
- a) The Director of Surf Life Saving (Club Captain).
  - b) The Club Board of Management.
  - c) All club members
  - d) Patrol Captain.
- Q38) What are the four (4) costs of workplace illness and injury:**
- a) Human Costs, Social Costs, Economic Costs, Organisational Cost
  - b) Organisational Costs, Community Costs, Individual Costs, Economic Costs
  - c) Environmental Cost, Rural Costs, Management Costs, Human Costs
  - d) Organisational Costs, Management Costs, Corporate Costs, Human Costs
- Q.39) The three basic principles that a patrol member must practice are:**
- a) Recognition, rescue, resuscitation.
  - b) Prevention, rescue, resuscitation.
  - c) Prevention, recognition, rescue.
  - d) Vigilance, service, politeness.
- Q.40) From October 2003 ALL SLSA current patrolling members are to wear the new SLSA Supplied uniform whilst on duty and all existing patrol uniforms are to be removed**
- a) True
  - b) False.
- Q.41) Which of the following statements are always true:**
- a) A patient who is unconscious will not have a pulse.
  - b) A patient who does not have a pulse will not be breathing.
  - c) A patient who is not breathing will not have a pulse.
  - d) During patrol times the flags shall be placed at the waters edge
- Q.42) Vinegar \_\_\_\_\_ be used in treating a bluebottle sting.**
- a) Should.
  - b) Should not.
  - c) Is always to
  - d) Is sometimes to

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**Q.43) Waves are determined by intensity of wind length of time it blows and the :**

- a) Reef's in the ocean.
- b) Distance it blows.
- c) Time of the day.
- d) Tide times

**Q.44) What are the five (5) skills to ensure effective communication:**

- a) Ignorance, scrutinize, take note, review, react
- b) Pay Attention, observe, listen, summarise, respond
- c) Concentrate, observe, snoop, recap, respond
- d) knowledge, watch, ignore, talk over top, react

**Q.45) Which of the following are barriers to communication:**

- a) Don't Make Assumptions
- b) Avoid Conflict
- c) Appropriate Language
- d) All of the above

**Q.46) 'Quality Customer Service' is now a paramount part of the services delivered by SLSA/SLSQ, our Branch and Club. Working 'as a team' ensures the delivery of this service. Working as a team means :**

- a) Identify specific tasks which need to be carried out or issues which need to be addressed - who will act in certain roles, first aid, rescuer, etc.
- b) Allocate specific tasks or issues to individual group members - who will conduct roving, outpost patrols ? Who will keep the public in the flags ?
- c) Include all members of the group in activities, ensuring nobody feels left out. Make new members feel welcome, see they are inducted to the patrol at the start.
- d) All of the above.

**Q.47) After giving five full breaths to an unconscious patient, you should**

- a) roll the patient on their side to clear the airway
- b) check the carotid pulse
- c) commence Expired Air Resuscitation (EAR)
- d) commence Cardiopulmonary Resuscitation (CPR)

**Q.48) To inflate an infant's (12 months and under) lungs you should**

- a) fill your lungs and blow into the infants mouth
- b) ensure they have maximum head tilt
- c) fill your cheeks with air and puff till their chest rises
- d) fill your lungs and blow into the infants nose

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- Q.49) In Cardiopulmonary Resuscitation (CPR) the depth of compression in a child of 4 years is approximately**
- a) 2 to 3 cm with 1 hand
  - b) 4 to 5 cm with 1 hand
  - c) 2 cm with 2 fingers
  - d) 2 to 3 cm with 2 hands
- Q.50) The rate for two person Cardiopulmonary Resuscitation (CPR) is**
- a) 15 compressions to 1 breath
  - b) 5 compressions to 1 breath
  - c) 2 full breaths in 10 seconds
  - d) 15 compressions to 2 breaths
- Q.51) How many compressions per minute should be performed on an infant when performing two person CPR?**
- a) 12
  - b) 100
  - c) 20
  - d) 60
- Q.52) In Cardiopulmonary Resuscitation (CPR) the depth of compression on an adult is approximately**
- a) 4 to 5 cm
  - b) 2 to 3 cm
  - c) 2 cm
  - d) 5 to 7.5 cm
- Q.53) The sealing washer on an oxyviva, which should be free from cracks & dirt/sand, is located**
- a) At the regulator connection.
  - b) At the connection for the external cylinder.
  - c) In the yoke for the oxygen cylinder connection.
  - d) At the therapy/resuscitation connection.
- Q.54) The air we breathe contains 21% oxygen by volume. When performing Expired Air Resuscitation (EAR) on an unconscious patient we:**
- a) Deliver 16% oxygen which increases up to 50% oxygen with mouth to mask oxygen therapy
  - b) Deliver 5% oxygen which increases up to 50% oxygen with mouth to mask oxygen therapy
  - c) Deliver 5% oxygen which increases up to 95% oxygen with mouth to mask oxygen therapy
  - d) Deliver 16% oxygen which increases up to 95% oxygen with mouth to mask oxygen therapy

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**Q.55) Oxygen therapy should only be administered to patients suffering from :**

- a) Shock
- b) Severe pain
- c) Chest pain
- d) All of the above

**Q.56) When utilising oxygen equipment during resuscitation it is important that the equipment is positioned:**

- a) For the EAR operator to observe
- b) For all resuscitators and bystanders to observe
- c) For the oxyviva operator to reach it easily and see the contents gauge
- d) All of the above

### **Advanced Resuscitation Certificate:**

**Q.57) Regurgitation is:**

- a) The inflation of the stomach
- b) The silent flow of stomach contents into the mouth and nose.
- c) A sharp thump between the shoulder blades to assist in removing foreign material.
- d) The active process in which muscular action causes the stomach to eject it's contents.

**Q.58) Hypothermia is a condition where the casualty has:**

- a) A very low body temperature.
- b) A very high body temperature.
- c) A very low blood sugar level.
- d) A very high blood sugar level.

**Q.59) The adult heart is situated:**

- a) The midline and upper half of the sternum.
- b) The middle of the sternum.
- c) The midline and lower half of the sternum.
- d) Under the xiphoid.

**Q.60) Where in the human body is the breathing control centre located?**

- a) Below the diaphragm.
- b) Base of the heart.
- c) Base of the brain.
- d) Left ventricle.

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- Q.61) When using the Air Bag Oxygen Resuscitator with oxygen reservoir and either operator is unhappy with its functioning you should:**
- a) use more force compressing the airbag.
  - b) change to EAR until the equipment is functional.
  - c) stop resuscitation and wait for medical aid.
  - d) turn the patient into the lateral position and check the airbag.
- Q.62) Oxygen therapy should be administered to an unconscious breathing patient in the following position-**
- a) the lateral position
  - b) the patient is on his/her back
  - c) the most comfortable position
  - d) the patient's head raised slightly
- Q.63) How do you know if the patient's lungs are adequately inflated when ventilating, using an air bag?**
- a) By compressing the air bag and watching the bag inflate.
  - b) By listening for air escaping from the patient valve.
  - c) By watching the rise of the patient's chest.
  - d) By watching the oxygen contents gauge to see if it goes down.
- Q.64) The three steps in obtaining a good airway of an unconscious patient are**
- a) roll patient on to back and remove foreign material from mouth
  - b) apply jaw support, backward head tilt, remove foreign material from mouth
  - c) apply neck support, backward head tilt and watch for movement of patients chest
  - d) feel for carotid pulse, remove foreign material from mouth and apply neck support
- Q.65) Are Oropharyngeal Airways approved for use on infants?**
- a) Yes
  - b) No

### **IRB Crewperson Certificate:**

- Q.66) Who should attempt to re-board the IRB, which is running around out of control?**
- a) driver
  - b) crew person
  - c) both driver and crew person
  - d) neither driver or crew person

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- Q.67) When getting out of a moving IRB in (deep water), a crew person should**
- a) leave on the outside of the turn
  - b) leave on the inside of the turn
  - c) jump over the back of the IRB
  - d) jump over the front of the IRB
- Q.68) As a crew member of the IRB your basic duty when launching the IRB is to**
- a) ensure that no one goes near the rear of the craft
  - b) grasp the IRB and hold it square on to incoming waves
  - c) clear the IRB's path and wait for the driver's commands
  - d) watch for large clumps of weed in front of the launch path
- Q.69) If a crew person falls out of an IRB the crew should**
- a) swim to shore
  - b) grab the nearest part of the IRB
  - c) roll into a ball
  - d) continue holding onto the bow rope
- Q.70) As a crew person what position should you be in when negotiating a large broken or green wave?**
- a) Sitting on pontoon with both feet in the straps
  - b) Leaning back
  - c) Standing in a slightly crouched position with both legs bent
  - d) On the port side pontoon
- Q.71) In general crewing, the crew member should sit on what side of the IRB?**
- a) On the Bow
  - b) On the Port side
  - c) On the Stern
  - d) On the Starboard side
- Q.72) When performing a rescue near rocks and the crew member is required to leave the IRB, what piece of rescue equipment must the crew person take with them?**
- a) Rescue Tube
  - b) Life jacket
  - c) Rescue Tube and Swim Fins
  - d) Tow rope

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- Q.73) In carrying out a mass rescue and patients are scattered, which patient should be picked up first?**
- a) The patient closest to the shore
  - b) The patient furthestmost out to sea
  - c) The patient in most danger
  - d) The patient with a flotation device
- Q.74) After rescuing a patient should you commence resuscitation in the IRB or wait till you return to shore?**
- a) No
  - b) Yes
  - c) Yes, only if the patient is unconscious
  - d) Yes, only if the patient is unconscious and not breathing
- Q.75) List the hazards a crew person should look for whilst crewing the IRB?**
- a) Surfers and swimmers
  - b) Surf lines, long hair, zipper pull cords, weed, rescue tube lanyards or towropes
  - c) IRB Fuel bag level
  - d) All of the above
- Q.76) The recognised methods for a crew to enter an IRB is:**
- a) Jump Entry
  - b) Hip Roll
  - c) Body Roll
  - d) All of the above

### **Silver Medallion IRB Drivers:**

- Q.77) When proceeding through the surf for a pick up within the break, when is the best time to make the pick up?**
- a) In the whitewash
  - b) Before the wave hits the IRB
  - c) Just after a wave has passed
  - d) When the wave hits the IRB
- Q.78) Where would you attach a towrope to the IRB?**
- a) To the transom eyelets
  - b) Around the cowling of the motor
  - c) To the port side carry handle
  - d) To the bow rope

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**Q.79) Name or describe a recognised search pattern?**

- a) Square search pattern
- b) Triangle search pattern
- c) Hexagonal search pattern
- d) High density search pattern

**Q.80) Under the SLSA Powercraft Code of Conduct who is responsible for the safety of others?**

- a) Club Captain
- b) Patrol Captain
- c) IRB Driver
- d) IRB Crew Person

**Q.81) Under the SLSA Powercraft Code of Conduct who's safety is the IRB operator responsible for?**

- a) Crew person, other patrol members, general public and the driver
- b) Patrol Captain, Crew person, general public and the driver
- c) IRB Driver & IRB Crew person
- d) All surf users

**Q.82) In the SLSA Powercraft Code of Conduct during varying conditions, there are limitations on crews. What are some of these limitations?**

- a) Each crew person is to weight 45 kg or more
- b) Knowledge of how fast the IRB can go
- c) Experience and knowledge of the IRB driver and his limitations
- d) Experience and knowledge of the IRB and other crew members

**Q.83) In the SLSA Powercraft Code of Conduct what do they mean by "your craft is high profile"?**

- a) The general public have a great interest in your club's IRB
- b) The IRB is well known and easily visible to the public
- c) The pontoons are very high
- d) The motor has a spoiler and looks good to the general public

**Q.84) Where do you find the normal operations procedures for the IRB as listed in the SLSA Powercraft Code of Conduct?**

- a) In the IRB room only
- b) In the SLSA IRB Manual and the SLSA Training Manual
- c) Can be acquired from your training officer only
- d) A crew person does not need to know about it, only the IRB driver

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- Q.85) How long should a motor be run in the test tank, before and after use?**
- a) 1-2 minutes
  - b) 3-5 minutes
  - c) 6-8 minutes
  - d) 8-10 minutes
- Q.86) In what position on the beach should the IRB be left in readiness for rescue work?**
- a) Bow facing out to sea, above high water line
  - b) Bow facing up the beach, in a draining position
  - c) Bow facing out to sea, between Powercraft signs
  - d) Between Surfcraft Prohibited signs and Patrol Flags
- Q.87) In general, the correct pressure for the pontoons is:**
- a) 100-180 Millibars
  - b) 200-280 Millibars
  - c) 300-380 Millibars
  - d) 400-480 Millibars
- Q.88) If the driver falls out of an IRB, what should they do to avoid injury?**
- a) Swim away from IRB
  - b) Try to press the engine stop button
  - c) Retain their handgrips and attempt to reboard
  - d) Roll into a ball
- Q.89) Once a motor has been restarted after a roll over, it should be -**
- a) Left for 24 hours to dry
  - b) Left for the next patrol
  - c) Run for at least 2 hours
  - d) Run for approximately 5 minutes
- Q.90) The motor tilt lock is removed so that:**
- a) The motor always falls down vertically
  - b) The motor holds in tilt position
  - c) The spanner sizings can be checked
  - d) The motor tilts vertically

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- Q.91) A Bronze Medallion holder is allowed to act as a crewperson in patrolling operations ?**
- a) If they have obtained their bronze medallion only
  - b) If they are 16years old and hold their Bronze Medallion and IRB Crewman's certificate
  - c) Have commenced training for their Bronze Medallion
  - e) Hold their Surf Rescue Certificate and are over the age of 16
- Q.92) What safety consideration is vitally important prior to commencing the motor recovery procedure following an IRB rollover?**
- a) Remove flywheel
  - b) Replace spark plugs
  - c) Turn kill switch off
  - d) Replace fuel in tank
- Q.93) What device should be added to prevent the motor from falling off in a rollover?**
- a) Roll over rope
  - b) Safety cable
  - c) Fuel line
  - d) Screw clamps
- Q.94) When dragging the IRB for launch, the crew person should have his/her right hand:**
- a) At the head of the motor, ready for tilt as directed by the driver.
  - b) On the carry handle.
  - c) On the bow rope.
  - d) On the boarding handle.
- Q.95) If motor cannot be restarted after the motor restart procedure, what should be done to minimize corrosion before taking to an outboard motor specialist?**
- a) Invert motor in freshwater
  - b) Place motor on engine stand
  - c) Leave motor on transom
  - d) Wash motor with fresh water
- Q.96) If an IRB driver and crew person have picked up a patient who is unconscious and returns to shore and finds there is no patrol available to hand over the patient to, the driver and crew person must secure the patient and:**
- a) Step out of the boat together.
  - b) The driver must step out first.
  - c) The crew person must step out first.
  - d) Remain in the boat, with the patient, until further assistance arrives.

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**Q.97) An IRB is conducting a patrol to the south of the flags. The crew person suddenly holds both arms vertically above the head. What is the crew person signifying to the patrol?**

- a) The search is completed.
- b) Attract attention between boat and patrol.
- c) There is a shark in the vicinity – raise the shark alarm.
- d) Boat wishes to return to shore.

**Q.98) In order to sit for an IRB Drivers Examination the minimum requirement is ?**

- a) 16 years of age, hold current Bronze Medallion and Drivers Licence
- b) 16.5 years, hold current ARC and State Boat Licence
- c) 17 years, hold current BM, Current IRB Crew Certificate and a State Boat Licence
- d) 17.5 years, hold current BM, ARC and State Boat Licence

**Q.99) What size motors are approved for use in SLSA operations ?**

- a) 20 hp
- b) 22.5 hp
- c) 25 hp
- d) 35 hp

**Q.100) Which of the following is not a recognised method for entering the IRB?**

- a) Hip roll
- b) Body roll
- c) Dive roll
- d) Jump

***END OF PAPER***