



2024 Surf Life Saving New South Wales Championship Life Saver Competition

1. All 40 questions to be answered. Time Limit 30 minutes
2. Please do not mark this question paper – circle the answers on the **answer sheet** provided.
3. All questions are taken from the *Public Safety and Aquatic Rescue 35th edition* for competition use only 2023/24

Q1. You're recovering from a significant illness. When may you be able to return to duties or participate in surf sports activities? P 55/56

- a. **Not until the club safety officer receives a final 'fit to return to duties' declaration form (aka 'certificate of capacity') from your treating medical practitioner**
- b. When you feel well enough and have no underlying signs or symptoms of the illness
- c. When your regular patrol is short on numbers or you need additional patrol hours for competition
- d. When the Champion Lifesaver Coach needs you to compete

Q2. The Australian Standard 1319-1994 Safety signs for the occupational environment specifies several signs that relate to safety. Which signs are NOT referenced in the Australian Standard? P 28

- a. Fire signs
- b. Warning signs
- c. **General information signs**
- d. Emergency signs

Q3. What chart shows the relationship between pressure systems and wind? P101

- a. Isobaric chart
- b. Gradient Level Wind (GLW) chart
- c. Barometric chart
- d. **Synoptic chart**

Q4. The IM SAFE acronym can help you to prepare for patrol as well as communicate your personal capabilities and limitations with your patrol captain. What does the E in IM SAFE stand for? P439

- a. Education
- b. **Expertise**
- c. Exhaustion
- d. Expectations

Q5. It is essential all patrol gear and equipment is in proper working order and condition prior to your patrol commencing, so that you can be confident it is 'rescue ready' and can be used should the need arise. Regularly check that rescue tubes for the following: P443

- a. **The 'webbing' is in good condition by pulling and applying load**
- b. Rescue Tube signage is still readable
- c. There are no knots or kinks in the cord
- d. There are no sharp or abrasive areas, or holes in the tube

Q6. The involuntary urge to breathe is regulated by an area of the brain called the breathing control centre. Where is the breathing control centre located? P 251

- a. The Frontal lobe
- b. The Temporal lobe
- c. The Cerebellum
- d. **The Brain Stem**

Q7. Which common type of spinal cord injury occurs when the head is sharply thrust back and the spine is arched backwards beyond its normal limit? P411/412

- a. Hyperflexion
- b. **Hyperextension**
- c. Distraction
- d. Rotation

Q8. How do you get a response in an infant? P 258

- a. By rubbing the sternum with the knuckles of your hand and clapping loudly
- b. By tickling the feet and shouting at them
- c. **By placing one hand on an infant's forehead and use your other hand to gently squeeze their shoulder while talking loudly to them**
- d. By yelling and squeezing both shoulders and hands

Q9. Following CPR on a 80-year-old surfer, you have been asked to assist the first responder to monitor and record the victim's vital signs. Which of the following vital signs would indicate a normal range? P297

- a. **A breathing rate of 16 and a pulse rate of 98**
- b. A breathing rate of 12 and a pulse rate of 52
- c. A breathing rate of 24 and a pulse rate of 110
- d. A breathing rate of 28 and a pulse rate of 120

Q10. Watching the water for long periods of time is difficult to do. Your effectiveness gradually decreases over time, and you will be less observant the longer you watch. How can you avoid scanning fatigue? P172/173

- a. Stare at the one spot without actually seeing what is happening
- b. **Give your eyes a rest by focusing momentarily on some distant object or on the horizon**
- c. Limit scanning to a maximum period of 45 minutes
- d. Just sweep with your eyes- keeping the head still

Q11. A freshwater stone fish is also known as a: P379/380

- a. Rock fish
- b. River fish
- c. **Bullrout**
- d. Spikey Annie

Q12. It is important that Lifesavers recognise the difference between a distressed and a drowning victim. Signs of a drowning victim include: P182

- a. Holding their breath, cheeks puffed out, displaying a wide-eyed fearful look
- b. Failing arms
- c. Vertical body position**
- d. Having hair in their eyes as they are more concerned about keeping their head above water

Q13. A visibly pregnant woman should have a towel or blanket placed under her right buttock during CPR. A good way to remember this is to use the saying: P 283

- a. 'do the right thing'
- b. 'right is right'
- c. 'woman are always right'
- d. 'mother is always right'**

Q14. Signs used to indicate safety provisions or provide safety advice such as emergency beacons, have what colour background? P396/397

- a. Yellow
- b. Orange
- c. Blue
- d. Green**

Q15. What venomous sea creature can cause disturbed vision, speech and hearing? P371

- a. Blue-ringed octopus (genus Hapalochlaena)
- b. Stingray (family Dasyatidae)
- c. Cone shell (genus Conus)**
- d. Fire jelly (Morbakka fenneri)

Q16. What forms part of the minimum equipment to be carried by lifesavers on a roving patrol? P450

- a. A bumbag with basic First Aid equipment
- b. A whistle
- c. Binoculars
- d. Personal protective equipment in a waistbag with a note pad and pen**

Q17. According to the National Coastal Safety Report 2018, on average, how many non-fatal drownings on Australia's coast each year? P185

- a. 96
- b. 54
- c. 38**
- d. 22

Q18. A spectator has brought their 4-year-old son to watch the Champion Lifesaver events at Freshwater Beach. It's been a hot day and the child is showing signs of heat stroke. Whilst waiting for the ambulance to arrive, management of the condition can include cooling in a tepid (lukewarm) bath sponging frequently for what period of time? P352

- a. 3 – 5 minutes
- b. 6 – 8 minutes
- c. 10 minutes**

d. 15 minutes

Q19. A person who regurgitates or vomits while lying face up (supine position) is very likely to inhale some of the stomach contents into the lungs, what may this lead to? P 286

- a. Lower airway obstruction
- b. Serious lung damage and infection**
- c. Upper airway obstruction
- d. 'Dry drowning'

Q20. A person with a cervical spinal injury may lose use of the legs and arms, this injury is referred to as: P413

- a. Tetraplegia**
- b. Hemiplegia
- c. Triplegia
- d. Paraplegia

Q21. Surf Life Saving Australia (SLSA) was established in 1907. Since establishment according to the SLSA Annual Report 2016-2017, how many people have been rescued by the organisations surf lifesavers? P 14

- a. Over 860,000
- b. Over 2,000,000
- c. Over 3,500,000
- d. Over 650,000**

Q22. Which beach type has surging waves and deep water close to shore that presents hazards for children, the elderly and weak swimmers? P132/133

- a. Bar and rip
- b. Dissipative
- c. Longshore trough
- d. Reflective**

Q23. What are most radios are fitted with to uniquely identify a transmitting radio? P 99

- a. Identification number ('IN')**
- b. Location detection ('LD')
- c. Surf Club code ('SCC')
- d. A series of numbers and letters ('SNL')

Q24. How is significant wave height measured? P103

- a. The vertical distance (measured in metres) between the crest and the preceding trough of a wave that is about to break**
- b. The area between the breaking wave furthest out to sea and the shoreline
- c. The average vertical height of the set
- d. The distance between the mean sea level (MSL) and the wave that is about to break

Q25. A person has a partial airway obstruction that has progressed to a complete one. It's important to look for non-verbal responses. What is namely the universal choking sign? P325

- a. Thumbs down
- b. Head shaking

c. Clutching their throat

d. Cheeks puffed out, displaying a wide-eyed fearful look

Q26. What causes a cardiac arrest? P318

a. An electrical problem in the heart

b. A sudden blockage of a coronary artery

c. A complete blockage of one or more of the coronary arteries that supplies oxygen rich blood to the heart

d. A blood clot in the heart

Q27. Controlling risks are ranked from the highest level of protection and reliability to the lowest. This ranking is known as the hierarchy of risk controls. What is considered the lowest ranking? P437

a. Administrative

b. Substitution

c. PPE

d. Elimination

Q28. Generally, which is the safest wave type for swimmers? P110

a. Foamies

b. Surging

c. Spilling

d. Frothing

Q29. Personal protective equipment (PPE) should be used by SLS members to further reduce risk during SLS operational activities. Who is required to wear helmets? P 37

a. Surfboat sweeps

b. Inflatable rescue boat (IRB) operators on lifesaving duties

c. Jet boat operators and crew

d. Rescue water craft (RWC) operators

Q30. For nosebleeds inform the person you can help them seek advanced medical assistance if bleeding continues for more than how many minutes? P333

a. 15min

b. 20min

c. 30min

d. 10min

Q31. How long does anaphylaxis usually occur after exposure to kiwi fruit for a person is already extremely sensitive to this allergen? P341

a. Within 2 to 3 minutes

b. Within 20 minutes to 2 hours

c. Immediately and up to 5 minutes

d. Usually within 10 to 15 minutes

Q32. You are suffering from work related stress. What action can you take to support recovery? P 67-68

a. Focus on the present

b. Compare your stress reactions to others

- c. Increase your intake of stimulants
- d. Resign

Q33. The NATO phonetic alphabet is an internationally agreed system for pronouncing letters and numbers in a radio transmission. What is the phonic spelling for the word 'SURF'? P88

- a. Sarah, Uniform, Rescue, Foxtrot
- b. Sierra, Uganda, Romeo, Foxtrot
- c. Sierra, Uniform, Papa, Foxtrot
- d. **Sierra, Uniform, Romeo, Foxtrot**

Q34. The Anapen is available in how many dose sizes? P342

- a. Two
- b. **Three**
- c. Four
- d. Five

Q35. Alcohol, drugs and aquatic activities do not mix. Although the effects vary from person to person, there are some common effects that place both lifesavers and victims at risk. Which of the following substances is a known depressive? P57-58

- a. **Cannabis**
- b. Amphetamines
- c. Ice
- d. Cocaine

Q36. As part of your duty of care to yourself, you should take all measures to protect yourself against the sun's deadly and dangerous UV radiation. Which following statement is correct? P 62/63

- a. Apply sunscreen at least 10 minutes before going out into the sun
- b. **Use a different type of sunscreen for the skin on your body and your face**
- c. Sunscreen can be used to extend the time you spend in the sun
- d. Reapply sunscreen every 4 - 5 hours

Q37. What is a risk assessment consideration for a Bar and Rip beach type? P134/135

- a. At high tide, the sandbar may be covered by deep water, with rip currents and a 'shore break'
- b. **Waves can wash swimmers off the edge of the sandbar into rip currents**
- c. Strong waves and currents are found in the trough and outer surf zone
- d. High waves run across the beach

Q38. How many nerves are there in the thoracic vertebrae? P410

- a. 5
- b. **12**
- c. 4
- d. 8

Q39. If a suspected spinal victim has difficulty lowering themselves to the ground, what can the Lifesavers do to assist the victim in lowering themselves to the ground? P392

- a. **Be supported by two lifesavers each taking a victim's upper arm**

- b. Use a spinal board to carefully lower the victim to the ground. SLSA recommends that a minimum of five lifesavers perform this procedure when possible
- c. Four lifesavers simultaneously support the victim's upper arms and hips to stabilise the victim when lowering
- d. Calm and reassure the victim, encourage them to lower themselves without additional support

Q40. A swimmer needs to be moved between the flags. You blow a whistle to gain their attention, point at them to identify that you are blowing at them, then point to where you want them to move to. Once acknowledged it's important to do which of the following? P392.

- a. Give the thumbs down signal and roll your eyes
- b. Point the middle finger up in their direction
- c. Frown and shout at them to keep within the flagged area in future
- d. **Smile in affirmation as they move or give a thumbs up**