



The life of the beach.

2010 / 2011 Proficiency Theory Paper

NAME: _____

CLUB: _____

DATE: _____

AWARD/S HELD (please tick):

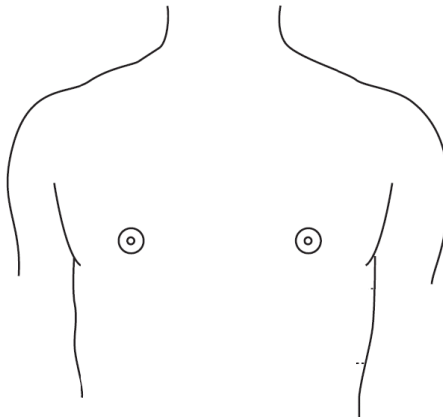
OBS ROC SRC BM ARC Defib IRB Crew IRB Driver

The 2010/2011 Surf Life Saving Queensland Proficiency Answer Sheet is to be used in conjunction with the 2010/2011 Surf Life Saving Queensland Proficiency Paper.



1. 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

2. Using the diagram below draw where you would place the Defib pads on an unconscious patient.



3. What is the minimum number of required members needed to lift a Fully Laden IRB when a straight lift and short carry is required?
 - a) 6
 - b) 4
 - c) 5
 - d) 2
4. If the patient has not been immersed, then you may assess the patient's airway while they are on their back.
 - a) True
 - b) False
5. What does Surf Life Saving Queensland's Patrol Operations Manual consist of and where is it located at your club

Consist of: _____

Location in club: _____

6. What are the signs and management of shock?

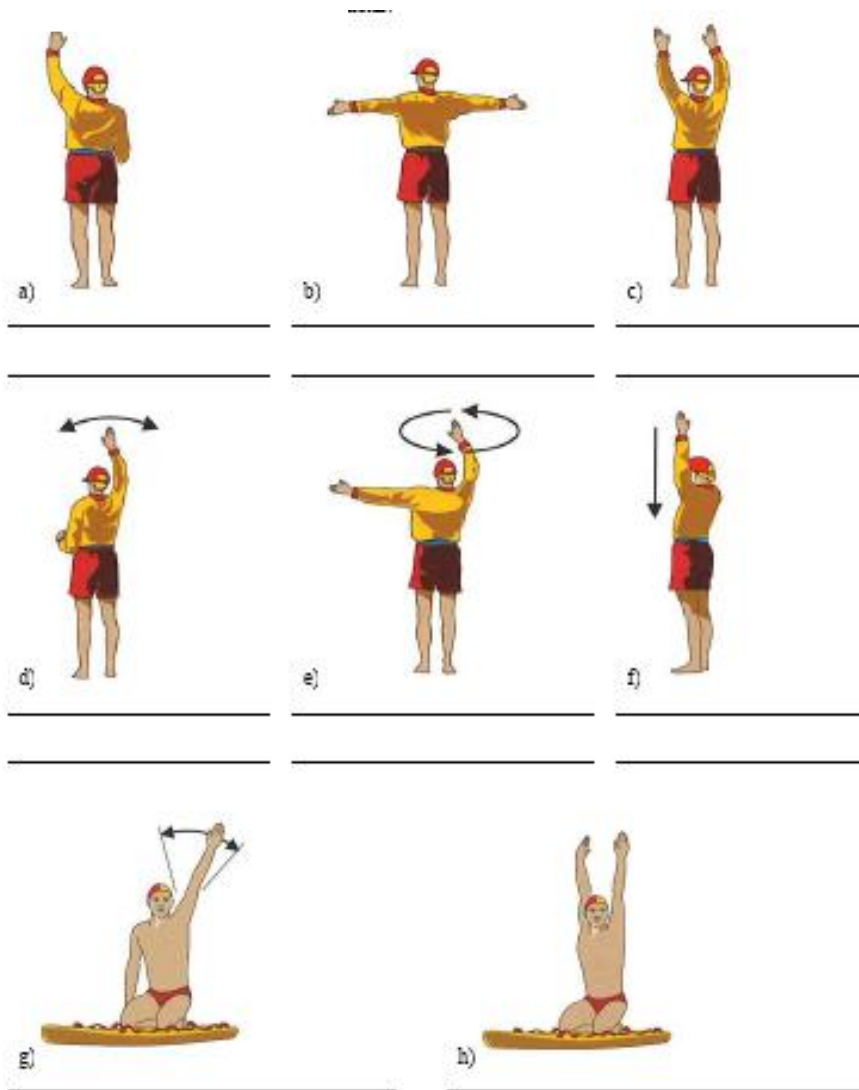
Signs: _____

Management: _____

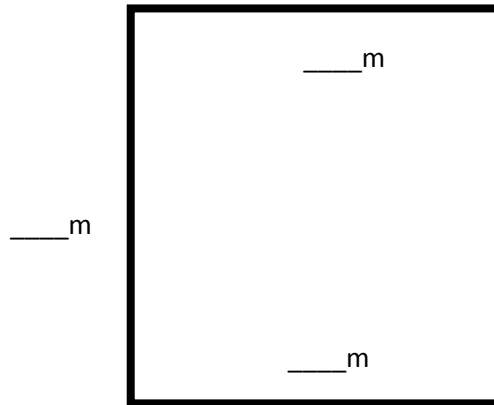
7. What is the maximum speed limit for an ATV/ 4WD outside of the patrol flags?

- a) 50 kph
- b) 10 kph
- c) 15 kph
- d) 20 kph

8. What do these signals mean?

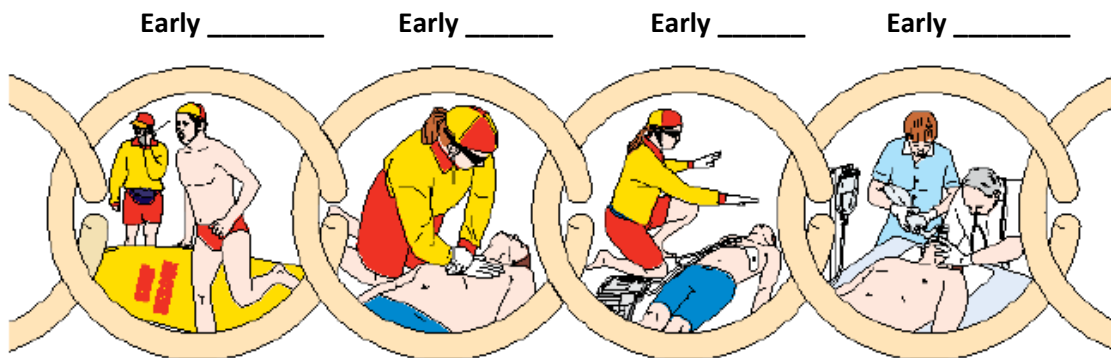


9. When is a yellow flag used on patrol and why?
- a) To notify swimmer and beach goers that there is a caution on this particular beach. A caution sign will also be located with the yellow flag
 - b) Nothing, we don't use the yellow flag
 - c) It is ok to swim but stay in close
 - d) Don't go swimming
10. Fill in the blanks. What is the minimum distance of roped off area required for a helicopter beach emergency landing area extending from the water's edge?



11. What is the survival rate for a casualty that has not been defibrillated for over 10 minutes from the time the patient has been determined with no signs of life?
- a) 30%
 - b) 5%
 - c) 90%
 - d) 45%
12. There are a number of safety precautions that you MUST be aware of when preparing to use a defibrillator on a casualty. List four (4).
- a) _____
 - b) _____
 - c) _____
 - d) _____
13. What are the 4 P's when reporting an incident to Surfcom/radio command or emergency services?
- P _____
 - P _____
 - P _____
 - P _____

14. Fill in the gaps:



15. The red and white quartered flag is known as the?

- a) There is no red and white quartered flag
- b) Emergency evacuation flag
- c) Mass rescue flag
- d) Clubbies return to shore flag

16. Refer to *section 14 of the 2010/2011 SLSQ Patrol Operations Manual – Powercraft Operations*. What is the penalty imposed on a person when issued an infringement notice for Unsafe Operations in a Powercraft?

17. Upon a suspected or confirmed sighting of shark/crocodile etc in your patrol area, the Patrol Captain will assess and report relevant information to SurfCom or your relevant emergency service. This may include:

- 1. _____
- 2. _____
- 3. _____
- 4. _____
- 5. _____
- 6. _____

18. Circle the correct terminology to use during radio transmissions:

“I am” “Please” “Repeat” “This is” “Roger” “Thank You” “Can I have”

19. What information is required to Surfcom or QAS for an ambulance call out?

Choose from the following words (each word should only be used once):

Unconscious, illness, occurred, patient, ambulance, age, normally, laceration, spinal, location/position, first aid, oxygen therapy

- Patient's gender and _____
- Nature, type and _____ on body of injury
- Whether patient is conscious, _____, or drifting in and out
- Patient breathing _____ or not
- Type of injury (such as _____, fracture, _____, etc).
- How the injury _____
- History of injury or _____ or medication.
- Treatment administered such as _____ and _____
- Position of _____ now and when _____ arrives.

20. When approached by parents, friends or family who has lost a person, the patrol member should follow a series of escalating procedures to handle lost and found persons. Refer to *section 8 of the 2010/2011 SLSQ Patrol Operations Manual – Lost/Missing Persons* and fill in the below table:

Serial	Action	Suggested Time Frame

