



Junior Swim and Survive – Theory Questions

Hazards & Personal Safety:

- 1) When around the house what dangers should you watch out for?
- 2) What are the best ways to stay safe at home?
- 3) What are some dangers associated with public pools?
- 4) If you require assistance in the water what is the correct way to signal for help?

Risks & Peer Influences:

- 5) When should dive entries be made?
- 6) What are the advantages of a standing dive?

Responding to Emergencies:

- 7) What are the four A's in any rescue?
- 8) How would you identify a weak swimmer?
- 9) What is the safest type of rescue?
- 10) When performing CPR and signs of life appear, what position should the casualty be put in?



Junior Swim and Survive – Theory Answers

Hazards & Personal Safety:

- 1) Unfenced pool. Uncovered Spas. Fish ponds. Washing machines with open lids. Filled bath tubs. Eskys with melted ice.
- 2) Keep pool fences closed. Ensure there are no climbable objects near pool fences. Keep sturdy covers on spas. Empty bath tubs & keep plugs out of the reach of children. Close top-loading washing machines.
- 3) Large crowds, young children, elderly people & inexperienced swimmers. Slippery surfaces. Varied depth of water.
- 4) Adopt a floating position or tread water. Raise or wave one arm above your head and shout for help. Stay calm.

Risks & Peer Influences:

- 5) When the depth and the state of the water is known.
- 6) Dive entries allow useful length or depth to be gained with a minimum of time and energy used.

Responding to Emergencies:

- 7) Awareness. Assessment. Action. Aftercare.
- 8) May be using arms and legs for support. Usually facing the shoreline, head may submerge periodically. May act on clear instructions from the rescuer. Might wave and call for help.
- 9) A Talk rescue.
- 10) The recovery position.



Swim and Survive – Theory Questions

Hazards & Personal Safety:

- 1) Name two ways of entering the water safely?
- 2) What do warning signs tell us when we go to a river lake or dam?
- 3) What could happen if you walked too close to the edge of a river bank?
- 4) If you can't see the bottom of a river, lake or dam, what would be some dangers?
- 5) How do you check the strength and swiftness of a river current?
- 6) What would you do if you were caught in a fast flowing river?
- 7) What type of entry do you use if you are jumping from a height of more than one metre into known deep water?

Risks & Peer Influences:

- 8) What should you do when you are going fishing?

Responding to Emergencies:

- 9) What is the first thing you should think about before attempting a rescue?
- 10) When entering unknown water, what should you do first?
- 11) What items could you use to perform a reach rescue?
- 12) If the rescuer is in danger of being pulled in by the patient, what should they do?
- 13) How would you recognise an injured swimmer?
- 14) What are the four A's of any rescue?



Swim and Survive – Theory Answers

Hazards & Personal Safety:

- 1) Walking down the steps, wading in slowly, and using the ladder, slide in slowly holding the edge in case of deep water.
- 2) What dangers there may be at the site.
- 3) The bank could crumble and you could fall in.
- 4) Submerged objects, rocks, weeds, muddy floor and unknown depth.
- 5) Throw in a stick and see how quickly it flows down the river. If the stick disappears underwater or is tossed around the current is strong.
- 6) Try to float feet first in a half sitting position.
- 7) Compact jump.

Risks & Peer Influences:

- 8) Always go with someone else, check the weather conditions before you go, tell someone where you are going and what time you will be back, wear a PFD, take a first aid kit, and wear protective clothing including a hat and sunscreen.

Responding to Emergencies:

- 9) Self-preservation, make sure there is no danger to yourself before attempting any rescue.
- 10) Observe the environment, use a stick or pole to check the depth and condition of the bottom before entering. Entry should be controlled and safe, such as a wade or slide in entry.
- 11) Pole, tree branch, pool noodle, towel, your arm or broom handle.
- 12) Ensure they are lying down to avoid being pulled in, let go of the rescue aid if necessary.
- 13) May be in an awkward position in the water, grasping the injured limb or area.
- 14) Awareness, Assessment, Action and Aftercare.



Senior Swim and Survive – Theory Questions

Hazards & Personal Safety:

- 1) Name three dangers associated with rivers?
- 2) List three things to remember when swimming at the beach?
- 3) Name three dangers associated with the beach?
- 4) Describe which types of clothing should be removed in the case of unexpected immersion?

Risks & Peer Influences:

- 5) How do you recognise an ocean rip current?
- 6) How do you get out of an ocean rip current?
- 7) What is the best method for swimming into waves?

Responding to Emergencies:

- 8) Name two dry rescue techniques?
- 9) Why is the reach and throw methods of non-contact rescues considered the safest?
- 10) List three buoyant aids that could be thrown to a person in difficulty?
- 11) After resuscitating a person, the person starts to breathe. In what position should you place the person?
- 12) If there was a non-swimmer and a tired swimmer in trouble, who should you rescue first?



Senior Swim and Survive – Theory Answers

Hazards & Personal Safety:

- 1) Currents, submerged objects, changes in water levels, and uneven, unsafe or crumbling banks.
- 2) Swim between the red and yellow flags, always swim with a partner, and look out for rips and changes in tides.
- 3) Waves. Rip currents. Dangerous marine life. Excessive heat exposure.
- 4) Heavy or constricting clothing

Risks & Personal Influences:

- 5) Discoloured water, usually brown due to sand stirred off the bottom. Foam on the surface which extends beyond the breaking waves. Look for gaps between the waves – a small calm section of water in an otherwise choppy sea.
- 6) Swim parallel to the beach out of the rip. Return to the shore through the breaking waves. If unable to escape from the rip, float on your back and signal for help.
- 7) Dive towards the bottom just before the wave arrives; hold onto the bottom with both hands. Bring feet down and place them on the bottom, push off towards the surface behind the wave. Swim until the next wave arrives and repeat the action.

Responding to Emergencies:

- 8) Reach and throw.
- 9) They do not require the rescuer to enter the water.
- 10) Kickboard, plastic container, PFD, pool noodle, esky lid, ball.
- 11) The recovery position (lateral position)
- 12) Generally a non-swimmer as they may quickly become an unconscious swimmer. It may be easy to give the tired swimmer a floatation aid to hold while rescuing the non-swimmer.



Wade Rescue – Theory Questions

Hazards & Personal Safety:

- 1) What does H.E.L.P stand for?
- 2) Why does the H.E.L.P position reduce the rate of heat loss when submerged in water?
- 3) What are some water safety dangers associated with farms?
- 4) Do you lose heat faster by staying still in the water or moving?

Risks & Peer Influences:

- 5) What are some guidelines for safe boating?
- 6) Why is it important to stay away from drains during floods?

Responding to Emergencies:

- 7) What are the four A's in any rescue?
- 8) What are the characteristics of a non-swimmer?
- 9) When attempts to rescue a person using the reach and throw method have been unsuccessful and the environment is safe to enter the water, what method of rescue should be attempted next?
- 10) What are some factors to be considered when creating a plan of action for a rescue?
- 11) What does DRSABCD stand for?



Wade Rescue – Theory Answers

Hazards & Personal Safety:

- 1) Heat Escape Lessening Posture
- 2) It helps to protect the areas which lose heat the quickest – the head, sides of the chest and groin.
- 3) Farm dams – often smaller than normal but can be very deep, with steep slippery banks and muddy bottoms. Water tanks/water troughs – usually deeps and steep enough for a child to fall in and difficult to get out of.
- 4) Any movement causes a faster heat loss.

Risks & Peer Influences:

- 5) Ensure everyone is wearing a PFD. Check weather conditions and monitor throughout the day. Follow boat traffic rules. Do not mix alcohol and boating. Regularly inspect boat and maintain. Do not overload the boat with passengers. Keep the boat away from swimming areas. Tell someone where you are going and when you plan to return.
- 6) During floods there can be strong currents; these can pull you under water and into storm water drains making it unsafe and difficult to escape from.

Responding to Emergencies:

- 7) Awareness, Assessment, Action & Aftercare.
- 8) Vertical position in the water, desperate grabbing and climbing arm and leg action. May submerge for periods, panicked and wide eyed. Unlikely to respond to instructions, may attempt to grasp rescuer. Not necessarily facing the shoreline.
- 9) Wade rescue
- 10) Rescuers ability, the degree of urgency, number of people in danger, people available to help, environmental dangers.
- 11) **Danger Response Send for help Airways Breathing CPR Defibrillator**



Accompanied Rescue – Theory Questions

Hazards & Personal Safety:

- 1) Name some potential hazards associated with the ocean?
- 2) If you are caught in a rip in the ocean what should you do?
- 3) If a group of you are thrown into the ocean, what should you do?

Risks & Peer Influences:

- 4) What types of behaviour cause accidents at the swimming pool?
- 5) Name some dangers associated with using alcohol while swimming?

Responding to Emergencies:

- 6) What is a dry rescue technique?
- 7) In what circumstance can you not use a dry rescue?
- 8) If you have to enter the water to perform a rescue, which rescue method should you attempt first?
- 9) Throughout the rescue of any conscious person the rescuer should?
- 10) When approaching a conscious person in difficulty the rescuer should always adopt what position?
- 11) What are some causes of shock?



Accompanied Rescue – Theory Answers

Hazards & Personal Safety:

- 1) Waves. Rip Currents. Other swimmers. Dangerous marine life. Environmental factors such as excessive heat exposure.
- 2) Swim with the rip until it weakens. Swim parallel to the beach, returning to the shore through the breaking waves. If you are unable to escape the rip, float on your back and signal for help.
- 3) Adopt the huddle position.

Risks & Peer Influences:

- 4) Pushing people in. Running around the pool. Not watching where you enter the water. Diving in shallow water. Not following the safety rules or listening to lifeguards.
- 5) Decreased awareness of the environment you are in. Slower reflexes & ability to get yourself out of danger. Increased confidence which may lead to risk taking behaviour.

Responding to Emergencies:

- 6) A rescue that does not involve getting in the water such as Talk, Reach or Throw. These are the safest methods of rescue for the rescuer.
- 7) When the person is unconscious, out of reach or when all other dry rescue attempts have failed.
- 8) Non-contact rescues such as Wade or Accompanied, or a non-contact tow.
- 9) Attract the person's attention, speak calmly and reassure the person. Encourage self-help with clear and positive instructions.
- 10) The defensive position.
- 11) Severe bleeding – external or internal. Severe burns or scalds. Major fractures or trauma. Severe sweating and dehydration. Cardiac problems such as heart attack. Allergic reactions. Infections. Severe diarrhoea or vomiting. Brain or spinal injuries.



Bronze Star – Theory Questions

Hazards & Personal Safety:

- 1) What are some ways the weather such as heat, rain or storms can affect/interrupt your time in the water?
- 2) After a large amount of rain rivers can have strong flowing currents which may throw a person against rocks and cause serious injury. When caught in a fast flowing river what should you do?

Risks & Peer Influences:

- 3) What is shallow water blackout?
- 4) What are the main causes of shallow water blackout?

Responding to Emergencies:

- 5) How would you identify an unconscious swimmer?
- 6) What are the techniques to remember when performing a contact tow rescue?
- 7) When should you use the mouth-to-nose rescue breathing technique?
- 8) When performing CPR what is the compression to breath ratio?
- 9) When should you use an underwater search technique?
- 10) If you are searching the bottom of a river bed for a person and the water is murky, would you use a feet-first or a head-first dive?
- 11) What is the difference between an open and a close water search?



Bronze Star – Theory Answers

Hazards & Personal Safety:

- 1) Too much time in the sun may cause sun burn, heat stroke or severe dehydration. Rain can affect visibility making activities such as boating dangerous, and also make the water cold. Storms can change the water conditions making it rougher and harder to navigate. Electrical storms can be incredibly dangerous so you should always exit the water when there is lightning.
- 2) Float feet first with the current. Swim across the current when the water is deep and the flow has slowed.

Risks & Peer Influences:

- 3) The loss of consciousness that may occur whilst a person is voluntarily submerged in water.
- 4) The most common cause is due to voluntary hyperventilation before submerging. People often find this when trying to stay under water for extended periods of time in a competitive sense. Another rare cause of shallow water blackout is the consequence of heart abnormalities.

Responding to Emergencies:

- 5) May be at any point between the bottom and the surface, either face up or face down. Completely limp with no attempt to attract attention.
- 6) Keep the person's mouth above the water. Keep them as horizontal as possible keeping resistance to a minimum. Allow space for swimming movements. Control an unconscious person's head so airways can be kept open and water doesn't wash over the face.
- 7) If it is the rescuers preference. If you are doing a rescue in water. If the persons jaw is clenched. If the mouth-to-mouth rescue breathing technique cannot be used.
- 8) 30 compressions:2 rescue breaths
- 9) When you are searching a body of water you can't see the bottom of (rivers, lakes & dams)
- 10) Feet-first dive.
- 11) A closed water search pattern is conducted in a small body of water where rescuers can search from one bank to another. An open water pivot is conducted if a casualty has been lost in a large body of water.