



Principal Community  
Partner



## Theory Examination

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### Aquatic Rescue for Play Leaders

#### 15 Multiple choice questions – 1 mark each

Instructions to participants

1. You have **30 minutes** to complete this exam
2. An **80% pass mark** is required
3. Please **DO NOT** mark this paper
4. This exam paper must be returned at the end of the exam
5. Please use the answer sheet supplied to record answer

**1. Royal Life Saving has developed three easy to remember rules known as the Aqua code. These rules include:**

- a) Use sunscreen, wear a hat, and wear a shirt.
- b) Don't eat before you swim, don't swim alone, use a stick to rescue.
- c) No running, no pushing & no diving.
- d) Go together, stay afloat and wave if in trouble, reach to rescue.

**2. What is the number to call when activating the emergency services?**

- a) 666.
- b) 999.
- c) 911.
- d) 000.

**3. What is the sequence of steps in the treatment of an unconscious casualty:**

- a) Danger, airway, response, breathing, circulation
- b) Response airway, breathing, circulation, danger
- c) Airway, breathing, circulation, response, danger
- d) Danger, response, send for help, airway, breathing, compressions

**4. A person has been pulled from the water. You should:**

- a) Start Rescue Breathing immediately
- b) Assess the casualty (including airway, breathing, signs of life)
- c) Dry the casualty and keep them warm
- d) Treat the casualty for shock

**5. If a casualty with spinal injuries begins to vomit, the rescuer should:**

- a) Place the casualty on their back so as to keep the spine straight and not do further damage
- b) Sit the casualty up while keeping the back as straight as possible
- c) Turn the casualty carefully onto their side being sure to keep the back as straight as possible
- d) Turn the casualties neck only to clear the airway and keep the hips straight

**6. Conducting a risk assessment:**

- a) Removes the risk of litigation
- b) Will aid in managing the risk
- c) Provides a legitimate reason for not conducting the activity
- d) All of the above

**7. Ratio for two operator CPR on a child is:**

- a) 15 compressions and 1 breath
- b) 30 compressions and 2 breaths
- c) 15 compressions and 2 breaths
- d) 5 compressions and 1 breath

**8. During water activities it is preferable to group children by:**

- a) Eye Colour
- b) Best Practice (e.g. swimming ability, age)
- c) Hair Colour
- d) Size

**9. A weak swimmer is usually recognisable because they will:**

- a) Face away from the rescuer
- b) Make feeble attempts to swim
- c) Have difficulty using the arms
- d) Often submerge totally

**10. In the case of an emergency Person A is responsible for:**

- a) Clearing the area and assembly away from the pool
- b) Removing the casualty from danger and administering emergency care
- c) Calling the ambulance
- d) None of the above

**11. The depth of compressions on a child is:**

- a) As far as the chest will move
- b) Sufficient to expel air from the lungs
- c) Until you hear a clicking sound
- d) One third of chest depth

**12. If possible when conducting a rescue you should always:**

- a) Use a diving entry to save time
- b) Take an aid when entering the water
- c) Remove any tight fitting clothing before entering the water
- d) Wait until the person in difficulty becomes unconscious

**13. A spinal injury may:**

- a) Be suspected if the casualty is found in shallow water
- b) Only occur if the casualty is a weak or non-swimmer
- c) Require the casualty to be lifted from the water by the arms
- d) Only occur at surf beaches and pools

**14. When finding a collapsed person, after checking for danger, you should:**

- a) Check for breathing
- b) Check for response
- c) Commence compressions
- d) Call an ambulance

**15. You have just pulled an unconscious child from the water. You should:**

- a) Check for breathing
- b) Start compressions
- c) Check for a response
- d) Roll the child into the recovery position and clear the airway