

BRONZE MEDALLION ASSESSOR GUIDE AND THEORY EXAM

EXAMINER ASSESSED

Assessment	Topic	Assessment Type
1	Theory Examination	Answer multiple choice questions and written questions (100% pass mark).
2	Primary Survey – Resuscitation Initiative	Demonstrate initiative in dealing with a non-breathing person.
3	Rescues – Reach	A non-swimmer is in difficulty 2 mt from safety. Demonstrate a reach rescue.
4	Throw – unweighted rope	A person is in difficulty 10 mt from safety. Perform a throwing rescue and secure a person at a point of safety
5	Timed Tow – 3mins/15 secs	Dressed in clothes (any of which may be discarded as desired) Rescue an unconscious breathing person who is 50m from safety. Approach the casualty and tow them 50 mt back to safety
6	400m swim – 13 minutes	Dressed in swimwear, swim continuously 400m: 100m freestyle, 100m survival backstroke, 100m sidestroke and 100m - breaststroke
7	Survival Skills	Demonstrate survival skills dressed in swimwear, trousers and long sleeved shirt.
8	Accompanied Rescue and Wade (if possible, depending on environment)	Rescue a weak swimmer in difficulty with a floatation aid. Enter the water, wade 5 to 8 mt and rescue a swimmer in difficulty back to safety
9	Tow	A weak or injured swimmer is in difficulty in deep water 25 metres from safety, swim to the person and while returning to safety use an appropriate non-contact tow
10	Spinal Injury	Apply the vice grip for immobilisation of a spinal injury and then wade with the casualty for 5m (water no deeper than 1.2 mt)
11	Defensive & Escape Techniques	Dressed in swimwear, trousers and long sleeved shirt perform 2 techniques in deep water.
12	Search and Rescue	Demonstrate a search pattern in approximately 2m of water.
13	Recovery and Resuscitate	Identify a submerged casualty in water, recover and resuscitate the casualty in 2m of water.
14	Rescue Initiative	Demonstrate initiative in effecting a rescue of 2 people who are in difficulty up to 15m from safety and whose conditions are unrevealed. Complete a written incident report.

Assessment 2

Observation – Primary survey

Activity	Perform Primary survey on unconscious casualty not breathing
<p>Instructions to learner:</p> <p>You will complete a primary survey based on the scenario below</p> <p>You go into the changing rooms and find a person lying on the floor. You complete an assessment and find they are unconscious and not breathing</p> <p>Treat accordingly as per DRSABCD.</p> <p>You will use another member of the class for the scenario up to the point of commencing CPR which will be completed on a manikin supplied.</p>	

Instructions to assessor:

This scenario requires using another class member to act as the unconscious non breathing casualty.

All aspects of assessment will be completed on the class member up to the point of CPR which will be completed on an adult manikin

Task/observation criteria	Observation Criteria (key components/factors to look out for)
1. Use standard precautions	Applies gloves, uses face shield
2. Perform a hazard and danger assessment of the scene.	Assess area for any dangers to self, others and casualty in that order. Removes/minimizes danger where able Brief survey of scene for cause of injury
3. Check for response	Squeeze shoulders and talk to casualty COWS, can you hear me open your eyes, squeeze my hand
4. Send for help	Requests bystander call for help and let them know once call has been made. Requests a defibrillator be found and brought back
5. Check airway	Opens mouth (no head tilt) Airway clear
6. Check for casualty breathing	Checks for breathing while casualty on back- look, listen and feel for normal breathing for 10 seconds casualty is not breathing
7. Commence CPR	Two hands-using heel of hand on the centre of the chest or lower half of the sternum. Straight arms, locking the elbows so the learner positions their shoulders directly over their hands. Keeping both of their knees on the ground so as to push straight down. Delivering 30 compressions at a rate of 100-120 bpm. 1/3 in depth and completely releases compression. Tilts head and provides 2 breaths approx 1 second per breath allowing 1st breath time to exit body. Completes 5/6 cycles of 30:2 in
8. Treat casualty for regurgitation	After 1 minute of CPR casualty regurgitates Casualty is rolled onto side and airway cleared Breathing is checked for 10 seconds Casualty not breathing Rolled on back and CPR continues for 1 minute

<p>9. Manage unconscious breathing casualty</p> <ul style="list-style-type: none"> • Shelter from environment • Reassure • Monitor 	<p>Inform candidate after 2 minutes that CPR has been successful and casualty is breathing although remains unconscious</p> <p>Roll casualty into recovery position</p> <p>Head tilt applied to open airway</p> <p>Shelter from elements using emergency care blanket</p> <p>Remains with casualty with hand on diaphragm to monitor breathing</p>
<p>10. Provide verbal handover to paramedics</p>	<p>Casualty found unconscious, not breathing</p> <p>Requested ambulance be called at</p> <p>CPR commenced at approx time</p> <p>After 1 minute Casualty regurgitated and was rolled onto their side and airway was cleared</p> <p>A full breathing assessment was complete at this time and the casualty was still not breathing</p> <p>CPR commenced again for approximately 1 minute.</p> <p>Casualty commenced normal breathing at approximately 30 seconds after they were rolled into their side</p> <p>Rolled into recovery position, covered with emergency blanket and monitored until ambulance arrived</p> <p>Perform two (2) person CPR and application on the AED</p> <p>Participants are to rotate until all have been in the position of candidate 3</p> <p>Person 1 - compressions</p> <p>Person 2 - breathing</p> <p>Person 3 - applies defibrillator</p>
<p>11. Commence two (2) person CPR</p>	<p>Person 1- Two hands-using heel of hand on the centre of the chest or lower half of the sternum.</p> <p>Straight arms, locking the elbows so the learner positions their shoulders directly over their hands. Keeping both of their knees on the ground so as to push straight down.</p> <p>Delivering 30 compressions at a rate of 100-120 bpm.</p> <p>Person 1 should count out loud from 25-30 so person 2 can prepare to give breaths</p> <p>1/3 or 5cm in depth and completely releases compression.</p> <p>Person 2 Tilts head and provides 2 breaths approx 1 second per breath allowing 1st breath time to exit body.</p> <p>Person 1 and 2 continue CPR until the defib states otherwise</p>
<p>12. Attach the defibrillator</p> <p>If defibrillator is not available/accessible, assessor must provide general information to the class</p>	<p>Person 3 - positions themselves appropriately near casualty (not on legs)</p> <p>Turns on defibrillator, listens to prompts.</p> <p>Places pads in correct position</p> <p>Plugs in pads cord to defibrillator</p> <p>Instructs team to stop CPR when defib is analysing</p> <p>Instructs team to stand clear and looks around casualty to ensure no one is touching</p> <p>Presses shock button when advised by defib</p> <p>Instructs team to commence CPR</p>

Assessment 3 Observation – Reach rescue

Activity	Reach rescue
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Instructions to learner:

You have to demonstrate safe efficient and effective reach rescue of a non-swimmer in difficulty 2 metres from safety using a noodle as your aid

Instructions to assessor:

Candidates will utilize another member of the course as the non-swimmer in difficulty

Ensure non-swimmer allows realistic rescue by candidate

Task/observation criteria	Observation Criteria (key components/factors to look out for)
1. Chose a correct aid	Candidate chooses a reaching aid as per instructions
2. Demonstrate correct body position to enable rescue	Lie down with the chest on the ground, keeping the person under observation
3. Safely anchor self prior to rescue	Where possible, anchor firmly, either using an assistant or by grasping a fixed object such as a post.
4. Provide clear instructions to non-swimmer during rescue	Reach out with an aid and instruct the person to hold it
5. Efficiently and effectively pulls person to safety	Pull the person steadily to safety. If in danger of being pulled in, let go, then try again when it is safe to do so.

Assessment 4

Throws – unweighted rope

Activity	Throw
<p>Instructions to learner:</p> <p>A person is in difficulty 10 metres from safety. You have to perform a throwing rescue and secure a person at a point of safety</p> <p>You have to perform a throwing rescue using an unweighted rope</p> <p>A time limit of 30 seconds will apply from the start until the person grasps the rope</p> <p>A specific technique will be given to the candidate to follow (Unweighted rope)</p>	

Instructions to assessor:

Candidate will utilize 2 objects, including a rope to rescue a person in difficulty who is too far away to carry out a reach rescue

Task/observation criteria	Observation Criteria (key components/factors to look out for)
1. Effectively communicate how rescue is going to be done	<p>Tell the person that something is to be thrown</p> <p>Instruct the person to hold the rope and move towards the edge</p> <p>Maintain a low body position as you reach for the swimmer and place their hands on the edge of the water and secure reassuring them at all times</p>
2. Hold the rope to avoid tangling	Candidate coils the rope evenly and steadily
3. Secure one end of the rope before throwing	Tie the rope to a fixed object or knot one end and place it under a foot on the ground and/or by holding the rope in the hand
4. Throw the rope efficiently and effectively	If the rope lands out of reach, recoil and throw it again
5. Provide clear instructions to the person in difficulty	Instruct the person to lie on their front or back and to hold the rope with both hands
6. Use correct hand technique to rescue and observation skills to the person in difficulty	Pull the person steadily to safety, observing the person being rescued and maintain a low body position to avoid being pulled into the water

Assessment 5

Observation – Timed tow

Activity	Timed tow
<p>Instructions to learner:</p> <p>You have to enter the water, swim a 50 meters approach and tow an unconscious, breathing person to safety. The time for this test should not exceed 3 minutes and 15 seconds from the start until the completion of the tow. The candidate will commence the rescue wearing swimwear, trousers and a long-sleeved shirt, any of which may be discarded as desired.</p> <p>towing techniques may be varied during the tow</p> <p>feet cannot touch the ground</p> <p>wrist tows cannot be used</p>	

Instructions to assessor:

Candidate will perform a contact towing technique

Task/observation criteria	Observation Criteria (key components/factors to look out for)
1. Enter appropriately the water	Candidate will choose an appropriate entry for the appropriate aquatic environment
2. Effectively use of approaching techniques	Although speed in reaching the person in difficulty is essential, the rescuer must select a method of approach that is both safe and efficient
3. Efficiently rescue the person in difficulty and control position	Keep the person's mouth above water at all times and enable the rescuer and the person being towed to be as horizontal as possible
4. Choose the appropriate towing technique	Using an appropriate tow and demonstrate a method of coping with an unconscious person A wrist tow is not a compliant tow. Other towing techniques may be used (vice, chin, armpit / double armpit, head etc).

Assessment 6

Observation – Swim

Activity	Swim
<p>Instructions to learner:</p> <p>You have to swim continuously 400 meters:</p> <ul style="list-style-type: none"> • 100 meters freestyle • 100 meters survival backstroke • 100 meters sidestroke • 100 meters breaststroke <p>The time for this test should not exceed 13 minutes</p>	

Instructions to assessor:

Candidate will show a variety of strokes and physical ability

Task/observation criteria	Observation Criteria (key components/factors to look out for)
1. Efficiently demonstrate swimming ability	<ul style="list-style-type: none"> • continuous swim • distance achieved • time limit achieved • recognised strokes • survival, sidestroke and breaststroke must be performed with underwater arm recovery and any effective leg action is permissible.

Assessment 7

Observation – Survival skills

Activity	Survival Skills
<p>Instructions to learner:</p> <p>Dressed in swimwear, trousers and a long sleeved shirt, you have to demonstrate personal survival skills and be able to adapt to different conditions in emergency situations.</p>	
<p>Instructions to assessor:</p> <p>Candidate will demonstrate appropriate technique of sculling, how to tread water, perform the HELP position ,and use a PFD</p>	
Task/observation criteria	Observation Criteria (key components/factors to look out for)
1. Efficiently explain and demonstrate the technique of sculling	Float using hand sculling movements for 1 minute and then tread water for 1 minute
2. Correctly demonstrate how to use a PFD and adopt the HELP position	Put on a PFD in deep water and swim for 50 meters Demonstrate the HELP position Climb out safely wearing the PFD

Assessment 8

Observation – Accompanied rescue and Wade

Activity	Swim rescue
<p>Instructions to learner:</p> <p>A weak swimmer is in difficulty 12 meters from safety</p> <p>You have to enter the water with a floatation aid wade 5 to 8 meters throw the aid to the person and accompany the person in difficulty to safety.</p>	
<p>Instructions to assessor:</p> <p>Candidate will show how to perform a rescue using an aid</p>	
Task/observation criteria	Observation Criteria (key components/factors to look out for)
Recognize an emergency	Rescues should learn to identify the characteristics of people in difficulty so that they may recognise a situation in which assistance is needed.
Wade	Candidate will choose an appropriate entry for the appropriate aquatic environment
Efficiently act and communicate	Use a floatation aid, throw it to the person and instruct on how to use it Reassure the person in difficulty
Effecting the rescue	Perform skills and techniques such as wade and reach or throw Observe the positions and actions of the person in difficulty while preparing to carry out them and safely exit out of the water

Assessment 9 Observation – Tow

Activity	Tow rescue
Instructions to learner:	
<p>A weak or injured swimmer is in difficulty in deep water 25 meters from safety</p>	
<p>Swim to the person, demonstrating appropriate precautions. While returning to safety use an appropriate non-contact tow. Demonstrate a method of coping with a struggling person. Land the person using a suitable method.</p>	
Instructions to assessor:	
<p>Candidate will show how to provide effective instructions and reassure the person in difficulty. Adoption of defensive position and effective non-contact tow, effective handling of the struggling casualty during the tow and safe and suitable method of landing.</p>	
<p>The assessor will decide what aids are available.</p>	
Task/observation criteria	Observation Criteria (key components/factors to look out for)
Proficiently entry the water and use a suitable approaching technique	<p>Reassurance to the person in difficulty and provide effective instructions</p> <p>A rescuer should always approach with caution and adopt the defensive position approximately 2-3 metres away from the casualty.</p>
Adopt a tow technique suitable to the scenario given	Perform effective non-contact tow and effective handling of the struggling casualty during the tow
Safe and suitable method of landing	<p>The rescuer should avoid aggravation of injury during rescue, and ensure that casualty is well secured to edge Communicate with the swimmer.</p> <p>A stirrup lift can be used in deep water when the casualty is able to help.</p>

Assessment 10

Observation – Spinal Injury

Activity	Spinal Injury
<p>Instructions to learner:</p> <p>You have to apply a vice-grip to immobilise suspected spinal injury and then wade with the casualty for 5 mt. (water no deeper than 1.2 mt)</p> <p>You will perform 2 different spinal roll techniques:</p> <ul style="list-style-type: none"> • Vice grip • Extended arm rollover 	
<p>Instructions to assessor:</p> <p>Candidate will show how to manage a person in difficulty with a suspected spinal injury</p>	
Task/observation criteria	Observation Criteria (key components/factors to look out for)
<p>Demonstrate correct approach to the casualty</p>	<p>Approach the casualty's side.</p> <p>Casualty's arms should be by their side.</p> <p>Place one forearm along the length of casualty's sternum. The hand forms a vice grip to support the jaw and keep the head and neck from moving.</p> <p>Place the other forearm along the casualty's spine with the hand cupping the back of their head.</p> <p>Lock wrists and squeeze forearms together to create the vice.</p>
<p>Effectively rotate the person in difficulty</p>	<p>Move the person by walking to get them horizontal on the water</p> <p>Rotate the person to a face up position by moving under the person during rotation and surfacing on the other side.</p> <p>Slowly move the casualty keeping the forearms and hands in the vice grip position to minimise any motion from altering the position of the person's hips and legs.</p> <p>Move the casualty gently head first in a slow, directed glide to achieve a horizontal body position.</p>
<p>Safely move the casualty closer to land and call for assistance</p>	<p>The casualties head should remain level in the water all the time.</p> <p>Wade the casualty for 5 meters</p> <p>Summon assistance</p>
<p>Efficiently demonstrate extended Arm Rollover</p>	<p>Approach the casualty from the side, facing towards the head.</p> <p>Extend the person's arms, under the water, from above the elbows, beyond the head, to the level of the ears and press them firmly alongside the head.</p> <p>While maintaining the grip on the arms, position the thumbs lightly on the back of the person head to prevent neck extension.</p> <p>Move the person gently head first in a slow directed glide to achieve a horizontal body position.</p> <p>Roll the person gently onto their back so they face away during the turn and finish resting on the crook of the arm.</p>

Assessment 11

Observation – Defensive techniques

Activity	Defensive techniques
Instructions to learner:	
Dressed in swimwear, trousers and a long sleeved shirt, you have to perform two of the following in deep water:	
<ul style="list-style-type: none"> • defensive position • a reverse • a leg block • a block using an aid 	

Instructions to assessor:

Candidate will show how to maintain a safe distance from a person in difficulty and practise the range of defensive techniques using different scenarios and changing training partners.

Task/observation criteria	Observation Criteria (key components/factors to look out for)
Effectively adopt a Defensive Position	Maintain a safe distance; approximately 2- 3 metres away from the casualty. Lean slightly backwards, keep one leg tucked and push the other leg forward. Scull the hands to maintain the position in the water
Effectively adopt a reverse position	Tuck the legs rapidly under the body and push them forward as in the defensive position. Kick away vigorously
Effectively adopt a blocking position	Raise a leg or aid to block the person Push against the person's body, preferably in the chest area Swim away or submerge if necessary
Effectively adopt a Leg Block	Adopt a tuck position. Place a foot against the casualty's upper chest. Push away against the casualty's body. Reverse, swim away or submerge if necessary. Re-adopt the defensive position to re-assess the situation
Effectively understanding of Self-prevention	Avoid contact with a person in difficulty

Assessment 12
Observation – Search and rescue

Activity	Search and rescue
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Instructions to learner:

You have to demonstrate a search pattern in approximately 2 meters of water, submerging feet-first as specified by the instructor. Recover an object from the bottom.

Instructions to assessor:

Candidate will show appropriate surface dives and search patterns

Task/observation criteria	Observation Criteria (key components/factors to look out for)
Efficient feet entry and search	<ul style="list-style-type: none"> Feet first entry if possible Arms cross over during sweeps Methodical coverage of area
Demonstrate correct backing up techniques	The rescuers must perform the search in parallel lines following the backing up technique. To turn the group, the end person acts as a pivot to ensure the whole search area is covered.
Communication is clear and concise	<ul style="list-style-type: none"> Leader communicates effectively with rescuers Leader explains the search prior to starting Leader communicates with rescuers during the rescue Leader coordinates rescue procedures if the swimmer is found Leader always treats the rescuers with care

Assessment 13

Observation – Recover and Resuscitation

Activity	Recover and Resuscitation
<p>Instructions to learner:</p> <p>You have to recover an unconscious person from approximately 2 meters and tow 10 meters to shallow water or safety and commence rescue breaths prior to an appropriate exit from the water. Continuation of DRSABCD will occur once the swimmer is on dry land</p>	
<p>Instructions to assessor:</p> <p>Candidates have to demonstrate appropriate approach and recovery, efficiently initiate rescue breathing and securely move the casualty on land</p>	
Task/observation criteria	Observation Criteria (key components/factors to look out for)
Appropriate entry into deep water and recovery of submerged swimmer	<p>Entry method is appropriate to the conditions</p> <p>Rescuer submerges and retrieves swimmer from deep water and tows the casualty to the side of the pool/water</p> <p>Effective tow is used to maintain an open airway of the casualty</p>
Secure the person in difficulty	<p>The rescuer should secure the person in difficulty using one of three methods:</p> <p>Placing the casualty's head on the side of the pool and maintaining an open airway.</p> <p>Holding onto the edge/gutter, placing the casualty's head on the rescuer's elbow and supporting the head to maintain an open airway</p> <p>Placing the rescuers calf on the side of the pool (other leg extending down the wall) and supporting the casualty's head on the rescuers upper thigh maintaining an open airway</p>
Efficiently initiate rescue breathing	<p>Perform rescue breathing for at least 1 minute using mouth to nose</p> <p>Maintain the casualty's body in a vertical position to ensure the airway is open</p>
Proficiently land the person	<p>Using a bystander land the person using the WA Assisted lift and lower gently onto the side of the pool</p> <p>Protect the head when lowering</p> <p>Make the casualty comfortable to prevent further injuries</p>
Continue with DRSABCD	<p>Check airway, breathing and act accordingly until qualified help arrives</p>

Assessment 14

Observation – Initiative

Activity	Recover and Resuscitation
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Instructions to learner:

You have to demonstrate your ability to recognise and make the correct decisions in a rescue situation
Rescue of two people who are in difficulty up to 15 meters from safety and whose conditions are unrevealed

Instructions to assessor:

Plan a reasonable initiative situation and not create any adverse condition

Consider:

- Level of candidate's skills
- Location and general situation
- Number of casualties
- Type of casualties
- Position of casualties
- Changes of casualties during the rescue
- The type of aids available
- The boundaries for the initiative

Ensure that up to five rescue aids will be available.

Task/observation criteria	Observation Criteria (key components/factors to look out for)
Proficiently perform a safe and efficient rescue	The rescuer requires adequate levels of: <ul style="list-style-type: none"> • Skill • Fitness • Knowledge • Judgement
Must have knowledge of 4 A's personal attributes	<ul style="list-style-type: none"> • Awareness • Assessment • Action • Aftercare

BRONZE MEDALLION

THEORY EXAMINATION ANSWERS

21 Multiple Choice questions – 1 mark each

9 Written questions – 1 mark each

Pass Mark: 100% - Open book test

MULTIPLE CHOICE ANSWERS

- Royal Life Saving has developed easy ways to remember rules known as the Aquacode. These rules include:
 - Go together, float and wave, reach to rescue**
 - Wear a hat, wear a shirt, use sunscreen
 - Don't eat before you swim, don't swim alone, use a stick to rescue
 - No running, no pushing, no diving
- What is the number to dial when calling the emergency services:
 - 990
 - 011
 - 911
 - 000**
- What abilities does a rescuer require to perform a rescue:
 - Able to swim good, be confident, be intelligent
 - Knowledge, skill, fitness, judgement**
 - Age, judgement, ability to swim
 - Confidence, skill, sense of humour, fitness
- The correct order of rescue is:
 - Talk, reach, throw, wade, row, swim, tow**
 - Talk, throw, swim, reach, tow, wade, row
 - Swim, reach, wade, row, tow, throw, talk
 - Reach, wade, row, tow, swim, wade, talk
- What does a warning sign indicate:
 - Gives you instructions that must be complied with, failure to do so is a criminal offence
 - Provides you with information about water safety features and indicates a location where a particular activity is permitted
 - Informs you of instructions to follow when swimming at a particular place
 - Informs you of a particular hazardous condition, or that an activity is not recommended**
- What area of the body do you lose the most heat from in cold water:
 - The neck, legs, hands
 - The head**
 - The back, chest, and legs
 - The groin, feet, and hands

7. What injury would a vice-grip be used:
- Broken leg
 - Suspected spinal**
 - Dislocated shoulder
 - None of the above
8. When would you use the blocking technique:
- When the person in difficulty lunges suddenly at the rescuer before it is possible for the rescuer to move away**
 - When the rescuer approaches a person in difficulty
 - When the person in difficulty attempts to grab the rescuer
 - If there is jellyfish near the person in difficulty
9. What are the 4 A's of a rescue?
- Ability, Awareness, Action, Aftercare
 - Aware, Action, Aftercare, Acceptance
 - Aware, Assess, Action, Aftercare**
 - Assess, Action, Aftercare, Aware
10. What is the order of rescuing swimmers in difficulty?
- Unconscious, Non, Weak, Injured
 - Non, Weak, Injured, Unconscious**
 - Weak, Injured, Non, Unconscious
 - Injured, Unconscious, Non, Weak
11. During a rescue, it may be necessary to commence rescue breathing while still in the water. Which of the following principles takes priority?
- Clear airway**
 - Ensure head is tilted
 - Immobilize the casualty
 - Move the casualty from water as soon as you approach them
12. What are some of the effects of alcohol when combined with aquatic activities?
- Loss of muscle control
 - Tiredness/ confusion
 - Impaired judgment
 - All of the above**
13. Once assessed that a casualty is not breathing the rescuer should:
- Send for help
 - Call a friend
 - Check for breathing
 - Commence compressions**
14. What is the correct ratio for 1 operator CPR on an adult:
- 1 compression 5 breaths
 - 30 compressions 2 breaths**
 - 30 compressions 1 breath
 - 15 compressions 2 breath
15. When performing rescue breaths on an infant what position should their head be in:
- Slightly tilted
 - Slightly tilted forward
 - Neutral position**
 - Extended as far back as possible to open airway

16. A casualty has been pulled from the water, what position do you assess airway and breathing:
- a. Recovery position
 - b. On their back**
 - c. Lying face down
 - d. On their back with their legs raised
17. When performing any rescue what are the most important factors regarding the rescue:
- a. Effective, Easy, Strong
 - b. Safe, Easy, Efficient
 - c. Effective, Secure, Easy
 - d. Safe, Effective, Efficient**
18. An injured swimmer is usually recognisable because:
- a. They make feeble attempts to swim
 - b. They may be in an awkward position, panicking, crying out in pain**
 - c. They are motionless in water
 - d. They are climbing the ladder
19. CPR should be continued until:
- a. Casualty responds or begins to breathe
 - b. More qualified help arrives
 - c. The situation becomes dangerous
 - d. All of the above**
20. Which entry is the safest to use if the depth of water and the state of the bottom are unknown?
- a. Compact jump
 - b. Dive entry
 - c. Step in
 - d. Wade in**
21. Who is the most important person in any aquatic rescue:
- a. The patient
 - b. Ambulance officer
 - c. Yourself**
 - d. A bystander who has gone for help

BRONZE MEDALLION WRITTEN THEORY EXAMINATION ANSWERS

22. List possible AQUATIC / WATER dangers at home:

- Unfenced home pool
- Gates and barriers left open allowing easy access to a pool
- Fish ponds in gardens which may attract youngsters
- Uncovered spa bath
- Filled paddling pools which are not in use
- Buckets filled with liquids
- Eskies with melted ice
- Bath filled with water or plug left in
- Washing machines with open lids
- Toilets with open or accessible lids
- Dams
- Streams
- Water troughs for animals

23. Name 2 lifts that could assist a casualty out of the water:

Shallow water and deep water stirrup lift, WA assisted lift

24. Can an AED be used on a wet surface, metal surface and pregnant casualty

Yes

25. What does H.E.L.P. stand for:

Heat, Escape, Lessoning, Posture

26. What things should you consider when performing a contact tow:

Keep the person's mouth above water at all times.

Enable the rescuer and the person being towed to be as horizontal as possible to keep resistance to a minimum.

Allow freedom for the rescuer's swimming movements.

Make only reasonable demands upon the rescuer's stamina and strength consistent with the water conditions and distance to be covered.

Control the unconscious person's head position so that the airway can be kept open and water does not wash over the face.

27. List some of the potential dangers in the river:

Passing boats

Crumbling river banks

Submerged objects

Change in water quality

Tides

28. What is the primary survey

DRSABCD

29. Airway takes priority over a spinal injury:

True

30. List 2 ways you can gain consent when dealing with a casualty

Expressed or Implied