

BRONZE MEDALLION THEORY EXAMINATION

21 Multiple Choice questions – 1 mark each

9 Written questions – 1 mark each

Pass Mark: 100% - Open book test

PARTICIPANT NAME:

MULTIPLE CHOICE

- 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:
 - a. Broken leg
 - b. Suspected spinal
 - c. Dislocated shoulder
 - d. None of the above

8. When would you use the blocking technique:
 - a. When the person in difficulty lunges suddenly at the rescuer before it is possible for the rescuer to move away
 - b. When the rescuer approaches a person in difficulty
 - c. When the person in difficulty attempts to grab the rescuer
 - d. If there is jellyfish near the person in difficulty

9. What are the 4 A's of a rescue?
 - a. Ability, Awareness, Action, Aftercare
 - b. Aware, Action, Aftercare, Acceptance
 - c. Aware, Assess, Action, Aftercare
 - d. Assess, Action, Aftercare, Aware

10. What is the order of rescuing swimmers in difficulty?
 - a. Unconscious, Non, Weak, Injured
 - b. Non, Weak, Injured, Unconscious
 - c. Weak, Injured, Non, Unconscious
 - d. 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?
 - a. Clear airway
 - b. Ensure head is tilted
 - c. Immobilize the casualty
 - d. 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?
 - a. Loss of muscle control
 - b. Tiredness/ confusion
 - c. Impaired judgment
 - d. All of the above

13. Once assessed that a casualty is not breathing the rescuer should:
 - a. Send for help
 - b. Call a friend
 - c. Check for breathing
 - d. Commence compressions

14. What is the correct ratio for 1 operator CPR on an adult:
 - a. 1 compression 5 breaths
 - b. 30 compressions 2 breaths
 - c. 30 compressions 1 breath
 - d. 15 compressions 2 breath

15. When performing rescue breaths on an infant what position should their head be in:
 - a. Slightly tilted
 - b. Slightly tilted forward
 - c. Neutral position
 - d. 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:
- Recovery position
 - On their back
 - Lying face down
 - On their back with their legs raised
17. When performing any rescue what are the most important factors regarding the rescue:
- Effective, Easy, Strong
 - Safe, Easy, Efficient
 - Effective, Secure, Easy
 - Safe, Effective, Efficient
18. An injured swimmer is usually recognisable because:
- They make feeble attempts to swim
 - They may be in an awkward position, panicking, crying out in pain
 - They are motionless in water
 - They are climbing the ladder
19. CPR should be continued until:
- Casualty responds or begins to breathe
 - More qualified help arrives
 - The situation becomes dangerous
 - 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?
- Compact jump
 - Dive entry
 - Step in
 - Wade in
21. Who is the most important person in any aquatic rescue:
- The patient
 - Ambulance officer
 - Yourself
 - A bystander who has gone for help

BRONZE MEDALLION WRITTEN THEORY EXAMINATION QUESTIONS

22. List possible AQUATIC / WATER dangers at home:

.....

.....

.....

.....

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

.....

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

.....

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

.....

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

.....

.....

.....

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

.....

.....

.....

.....

28. What is the primary survey

.....

29. Airway takes priority over a spinal injury:

.....

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

.....