



Royal Life Saving
THE ROYAL LIFE SAVING SOCIETY WESTERN AUSTRALIA INC.

Principal Community
Partner



Theory Examination

Bronze Star

15 Multiple Choice questions – 1 mark each

5 Written questions – 1 mark each

Pass Mark: 100% (open book exam)

Instructions to participants

1. Please **DO NOT** mark this paper
2. This exam paper must be returned at the end of the exam
3. Please use the answer sheet supplied to record answers

1. **What are the three rules of the Aqua Code:**
 - a. Never swim alone, float and wave, reach to rescue
 - b. Use sunscreen, wear a hat, wear a shirt
 - c. Don't eat before you swim, don't swim alone, use a stick to rescue
 - d. Don't use an air mattress around rocks, no pushing and no diving

2. **What is the number to call when activating the emergency services:**
 - a. 990
 - b. 011
 - c. 911
 - d. 000

3. **When conducting a search for a submerged person in murky water, the rescuer(s) should:**
 - a. Use a shallow dive entry into the water
 - b. Duck dive to search the bottom
 - c. Both a and b
 - d. Use a feet first surface dive

4. **Which of the following details should be recorded by the person in charge of the rescue in an incident report:**
 - a. The victim's hair and eye colour as well as their height and weight
 - b. The rescuer's name and details, location of rescue and description of what happened
 - c. A description of the clothing the victim was wearing at the time of the incident
 - d. The scenery at the rescue site and the weather temperature at the time of the rescue

5. **A person has been pulled from the water. What position do they need to be put in?**
 - a. On their back
 - b. Lying face down
 - c. On their side
 - d. On their back with their legs elevated

6. **When is the Defensive position used?**
- When the person in difficulty attempts to grasp the rescuer
 - When the body of water you are performing the rescue in has jellyfish in it
 - When a rescuer approaches a person in difficulty
 - When the person in difficulty lunges suddenly
7. **The correct order of rescue type is:**
- Talk, reach, throw, wade, row, swim, tow
 - Swim, throw, wade, reach, row, talk, tow
 - Talk, tow, reach, wade, row, swim, throw
 - Reach, throw, talk, tow, swim, tow
8. **A non-swimmer is usually recognisable because:**
- They make feeble attempts to swim
 - Physical cooperation is good when support is offered
 - They may act on clear instructions from the rescuer
 - They are vertical in the water and have a climbing leg and arm action
9. **The precise order of rescuing swimmers will be determined by the nature of the emergency but which type of swimmer should be given top priority because they are most in danger of losing consciousness?**
- Weak swimmer
 - Intoxicated swimmer
 - Non-swimmer
 - Injured swimmer
10. **A stride in entry is used when:**
- A rescuer needs to watch the person in difficulty and entry is to be made from a low height into water known to be deep and free of obstacles
 - The depth of the water and the state of the bottom are unknown
 - The water is deep and free of obstacles
 - The water is shallow and the conditions are unknown



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11. **The rescuer is least at risk of performing a:**
 - a. Wade rescue
 - b. Throw rescue
 - c. Row rescue
 - d. Accompanied rescue

12. **A contact rescue should only be performed if:**
 - a. The casualty is a weak-swimmer
 - b. The casualty is panicking
 - c. The casualty is a non-swimmer
 - d. The casualty is unconscious

13. **When is a defibrillator attached to a casualty who is found to be unresponsive and not breathing:**
 - a. After performing 2 breaths
 - b. As soon as possible
 - c. It shouldn't be used
 - d. After performing 30 compressions first

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 in the water, the rescuer should attempt:**
 - a. Mouth-to-ear
 - b. Mouth-to-mouth
 - c. Mouth-to-mask
 - d. Mouth-to-nose



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Short Answer Questions

- 1. What are the 4 A's?**
- 2. Name two abilities a rescuer must have:**
- 3. There is a non-swimmer and an injured swimmer in difficulty 20 metres from shore, who would you rescue first and why?**
- 4. What does H.E.L.P stand for?**
- 5. List three non-rigid aids a rescuer could use:**