

SCHOOL TEACHER AQUATIC RESCUE TRAINING

Assessment



ROYAL LIFE SAVING
WESTERN AUSTRALIA

Name	
Date	

PLEASE CIRCLE

1. Once a duty of care has been established, a qualified first aider must continue with responsible and reasonable assistance within the scope of their training. True False
2. The components of the Resuscitation are the same whether being performed on an adult, child or infant. True False
3. A secondary survey includes pertinent questioning as well as physical inspection True False
4. A casualty suffering shock should be encouraged to walk around until their heart rate returns to normal. True False
5. If a casualty suffering from hypothermia stops shivering it can be assumed they have recovered True False
6. Dive entries should only be used when water is known to be of appropriate depth and free of obstacles. True False
7. When rescuing multiple swimmers in difficulty, the precise order of rescue will be determined by the nature of the emergency. True False
8. When approaching a person in difficulty in deep water, the rescuer should approach in a feet-first position in order to kick or push away if the casualty lunges for them. True False
9. An area of calm water between large breaking waves is generally safe to swim in. True False
10. What size should the Total Supervisory Team be with a Year 4 to 6 group of 25-32 students in a swimming pool?
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11. The law does not require a first aider to render assistance unless
- a) a casualty asks them for help.
 - b) they already owe a duty of care to the injured person.
 - c) they are a teacher.
 - d) they are the only person in the vicinity.
12. Which of the following is not a reason to stop CPR once it has begun?
- a) A more qualified person (e.g .paramedic or doctor) offers to take over.
 - b) The casualty begins breathing normally.
 - c) The situation becomes too dangerous to continue.
 - d) The casualty regurgitates stomach contents.
13. Which of the following items do not need to be removed before rolling a casualty into the recovery position?
- a) sunglasses or spectacles
 - b) keys or other sharp objects
 - c) medic alert bracelets or necklaces
 - d) mobile phones or other hard, bulky objects

14. The treatment for a conscious casualty with severe airway obstruction, after calling 000, is

- a) 5 back blows, then 5 chest thrusts, alternating until successful or unconscious.
- b) 5 chest thrusts with the casualty against a wall.
- c) begin CPR.
- d) 5 chest thrusts, then 5 back blows, alternating until successful.

15. Which of the following situations do not require emergency medical attention?

- a) a casualty suffering a series of seizures in a short amount of time
- b) a casualty remaining unconscious after a seizure
- c) a casualty with known seizure history wanting to sleep after a seizure
- d) an obviously pregnant casualty suffering a seizure

16. The 4 A's of a rescue are:

- a) Awareness, Assessment, Action, After-care
- b) Awareness, Activity, Assurance, Authority
- c) Assessment, Authority, Action, Acknowledge
- d) Assessment, Awareness, Ability, Action

17. Which of the following is least likely to be a spinal injured casualty?

- a) a casualty found motionless in a shallow swimming pool
- b) a casualty unconscious in the water below a dive tower
- c) an injured swimmer holding their neck after being dumped by a large plunging wave
- d) a casualty witnessed having a seizure in shallow water

18. What is the key to survival swimming?

- a) Make sure you can be seen
- b) Know which way to swim in order to make landfall
- c) Conserve energy and, when necessary, retain body heat
- d) Swim or scull with your arms only

19. What is the correct way to take a rescue tube out to rescue a casualty?

- a) hold it in the non-dominant hand while swimming side stroke
- b) push it out in front while swimming freestyle with the head clear of the water
- c) place the belt over one shoulder and under the other, like a sash, and let it float behind
- d) wrap the belt around one wrist and let it float behind

20. List 2 of the recommended actions to take to survive cold water immersion:

21. Provide 2 guidelines to follow when writing a record of a first aid incident:

22. When should an unconscious casualty be rolled on their side to clear their airway?

23. If the chest does not rise during rescue breathing, what are 2 things a rescuer should check?

24. Identify 3 key pieces of information you should be ready to pass on to authorities when calling for help:

25. What are 2 questions that should be asked during a secondary survey?

26. List 2 ways a conscious person with heat exhaustion should be treated:

27. List 3 signs or symptoms that may indicate envenomation or poisoning by native Australian wildlife:

28. What is the difference between regulatory and warning signs?

29. When rescuing multiple swimmers in difficulty, which type of swimmer is usually rescued first?

30. List the 7 aquatic rescue techniques in order of rescuer's most personal safety to least personal safety:

31. How is head-tilt obtained for a casualty requiring rescue breathing in deep water?

32. A vice grip tow should be utilised in which situation?

33. List 3 considerations when deciding what to do in an aquatic survival situation:

34. What is one visual indication of a rip current at the beach?

35. What should a swimmer with limited ability do if caught in a rip?

36. Where should a rescue tube be kept while in the beach environment?

37. A person onshore with arms extended straight out to sides is telling someone in the water to:

38. List 2 sources for accessing wind and weather information:

39. What does this signal mean?



40. List 3 pieces of equipment that should be taken on an open water aquatic excursion:
