



## Public Safety and Aquatic Rescue Self assessment and review questions



### Chapter 2 Surf awareness and skills

Candidate's name: \_\_\_\_\_

#### Introduction

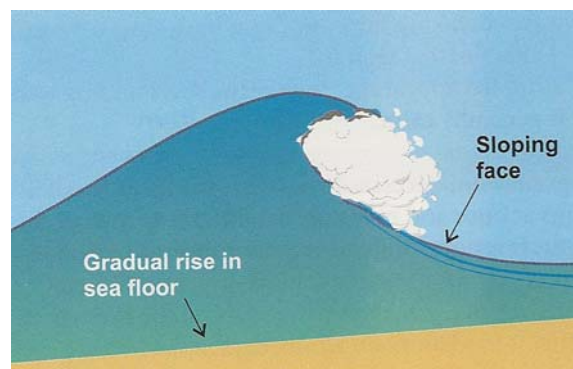
The questions in this document are designed to assist candidates for the Surf Lifesaving Bronze medallion to better understand some of the information included in the 33<sup>rd</sup> edition manual, "Public Safety and Aquatic Rescue". These questions are for review and self-assessment only – they are not an assessable part of your training program.

For this section, the answers to these questions appear in Chapter 2 of the 33<sup>rd</sup> edition Bronze Manual, "Public Safety and Aquatic Rescue".

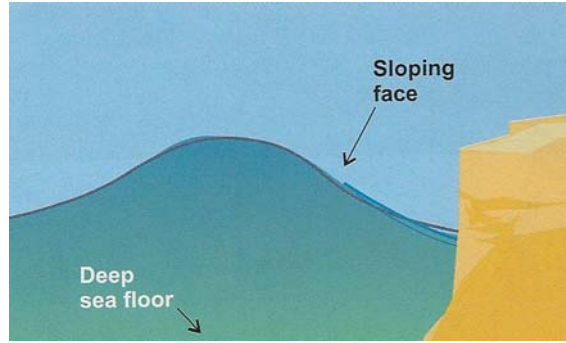
#### SURF AWARENESS AND SKILLS

##### 1.1 Waves

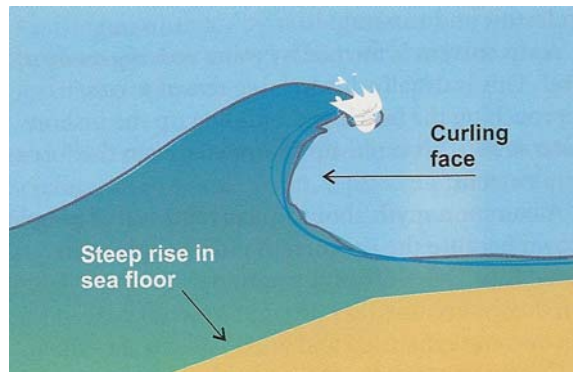
a) Name these three wave types:



i. \_\_\_\_\_



ii. \_\_\_\_\_



iii. \_\_\_\_\_

## 1.2 Rip currents

- a) List three of the five common signs of a rip current:

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- b) Name the four types of rip currents:

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### 1.3 Beach types and hazard ratings

a) Examine the beach at your club's location.

a) Identify it's type and list the features that led you to that determination

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b) Based on the beach type and features, what is its hazard rating?

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### 1.4 Self-survival skills

a) To keep your body in a buoyant position when floating on your back, what do you do with your hands?

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b) Name the two recommended methods of release and escape:

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### 1.5 Rescue board paddling

a) When paddling a board in a prone position, you should use your arms in a similar way to which swimming stroke?

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b) What is the main benefit of paddling on your knees over paddling in the prone position?

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c) What is the main benefit of catching a wave on a paddle board?

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d) In what position should both patient and rescuer be in on a rescue board?

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