

11. What are the correct steps to follow in a rescue situation?

- a) Awareness, Assessment, Action, After Care
- b) Awareness, Anticipation, Accomplishment, After Care
- c) Alertness, Appraisal, Action, Alibi

12. The head tow, cross chest tow and double armpit tow are all examples of:

- a) Accompanied rescues
- b) Contact tows
- c) Non-contact tows

13. When swimming towards a conscious person to perform a rescue, you should:

- a) Avoid giving instructions as it will make them panic
- b) Continually observe, encourage and reassure them
- c) Make direct contact with the person, so you have greater control when towing

14. Which of the following statements about 'non-swimmers' is false?

- a) Using a rescue aid or floatation device is a major consideration when carrying out rescues
- b) Their main concern is breathing and they may attempt to grab the rescuer in order to stay afloat
- c) They will follow instructions given to them by a rescuer without any hesitation

15. What is the importance of adopting the defensive position when attempting a rescue?

- a) It allows the casualty to grab onto your foot so they can stay afloat
- b) It allows the rescuer to reverse away quickly if the casualty puts them in danger
- c) It allows the rescuer to tow an unconscious casualty to safety

16. Which of the following rescue methods offers the greatest degree of safety to the rescuer and should be considered before any other?

- a) Non-contact tow
- b) Contact tow
- c) Reach rescue

17. You see a person struggling in the middle of a river, barely able to keep their head afloat. You decide it is necessary to enter the water to perform a rescue. Your preferred action should be to:

- a) Enter the water and perform a contact tow
- b) Only enter the water if you have sufficient fitness, skill and strength to perform a non-contact tow with a floatation aid
- c) Perform resuscitation in the water

18. If there are multiple casualties in the water, who should the rescuer attempt to rescue and land first?

- a) The unconscious casualty before an injured swimmer
- b) The non-swimmer before an unconscious casualty
- c) The injured swimmer before a non swimmer

19. What would be a suitable type of rescue for a casualty who is unconscious in the water?

- a) Reach rescue
- b) Contact tow
- c) Non-contact tow

20. If a person has a suspected spinal injury in very shallow water, which technique should you use to immobilise the casualty?

- a) No technique, leave the casualty until help arrives
- b) Vice grip rollover
- c) Extended arm rollover

11	12	13	14	15	16	17	18	19	20
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