

Stage 10 Practise Water Safety Theory Test

1. Complete the names of these 3 emergency services:

- a. P_____ b. Am_____ c. F_____

2. What phone number should you ring in an emergency?

- | | |
|-----|-----|
| 999 | 911 |
| 000 | 111 |

3. What are 2 aquatic dangers at the home?

- a. _____
b. _____

4. What are 2 dangers at the pool?

- a. _____
b. _____

5. Is it safe to dive into...

- | | |
|----------------------------|-------|
| a. Murky water? | _____ |
| b. Shallow water? | _____ |
| c. Water of unknown depth? | _____ |
| d. Deep and clear water? | _____ |

6. When should you use a slide in entry?

7. What is the safest way to rescue someone who is in the water? _____

8. What is the most dangerous way to rescue someone who is in the water? _____

9. How should you do a reach rescue?

Stage 11 Practise Water Safety Theory Test

1. Complete the names of these 3 emergency services:

- a. P _____ b. Am _____ c. F _____

2. What phone number should you ring in an emergency?

- | | |
|-----|-----|
| 999 | 911 |
| 000 | 111 |

3. What are 2 dangers at a river?

- a. _____
 b. _____

4. What are 2 dangers at a lake?

- a. _____
 b. _____

5. Complete the 4 x "A"s:

- A _____
 Assessment
 A _____
 Aftercare

6. Complete the Aquacode:

- Go _____
 Float _____
 Reach _____

7. What is the correct order of rescues?

- | | |
|------------|------------|
| 1. Talk | 2. R _____ |
| 3. _____ | 4. _____ |
| 5. R _____ | 6. _____ |
| 7. T _____ | |

9. What should you do if you cannot rescue someone safely?

- | | |
|----------------|-------------------------------------|
| a. Run away | b. Get help from someone who can |
| c. Keep trying | d. Get in the water with the person |

Stage 12 Practise Water Safety Theory Test

1. How would you recognise a non-swimmer?

2. How would you recognise a weak swimmer?

3. How would you recognise an injured swimmer?

4. What are 2 dangers at the beach?

a. _____

b. _____

5. Describe these 3 waves:

Surging _____

Spilling _____

Plunging _____

6. List 3 signs or symptoms of shock:

1. _____

2. _____

3. _____

7. How would you treat a soft tissue injury?

9. What is the correct ratio for CPR?

_____ compressions : _____ breaths

10. When can you stop performing CPR?
