

Achievement Award Questions

Level One	
<ol style="list-style-type: none"> 1. Where should you swim at the Beach? 2. What colour are the patrol flags? 3. Who do you need to take to the Beach and watch over you? 4. What is the signal for 'Assistance Required'? 	<p>Between the Flags Red and Yellow An Adult</p> <p>One hand held up in the air</p>
Level Two (Level One questions plus below)	
<ol style="list-style-type: none"> 5. If you are in doubt about the sea conditions what should you do? 6. When will you find Lifeguards at the beach? 7. What does Slip, Slop, Slap stand for? 	<p>Stay out</p> <p>In summer and in the weekends</p> <p>Slip on a shirt, Slop on sunscreen and Slap on a hat</p>
Level Three (Level Two questions plus below):	
<ol style="list-style-type: none"> 8. Name three pieces of Lifeguard equipment? 9. If using Club equipment what should you do when you are finished? 10. What do the letters IRB stand for? 	<p>BP IRBs, Board, Rescue Tube etc Wash it with fresh water</p> <p>Inshore Rescue Boat</p>
Level Four (Level Three questions plus below):	
<ol style="list-style-type: none"> 11. Name the three different types of waves? 12. What is a rip? 13. Name two features that identify a rip? 	<p>Dumper, spilling, surging Body of water moving out to sea Discoloured water, calm spot on a surf beach</p>
Level Five (Level Four questions plus below):	
<ol style="list-style-type: none"> 14. Why are dumping waves dangerous? 15. What are two special ways Lifeguards use to communicate with each other? 16. How do Lifeguards determine the best place to put the patrol flags? 	<p>Because they are steep and powerful and often break in shallow water Hand held radios and signals</p> <p>Sit in an elevated position and watch the waves. Pick the place with the most even breaking surf</p>
Lifeguard Certificate (Level Five of the 10-12 years olds and questions below):	
<ol style="list-style-type: none"> 17. What is the best method to escape from a rip? 18. How should you remove sand from the eye? 19. How would you treat a beachgoer for severe sunburn? 	<p>Stay calm and swim parallel (across) the beach until you are out of the rip Flush with clean, cold water Cold shower, rest in a cool place and give cool fluids</p>