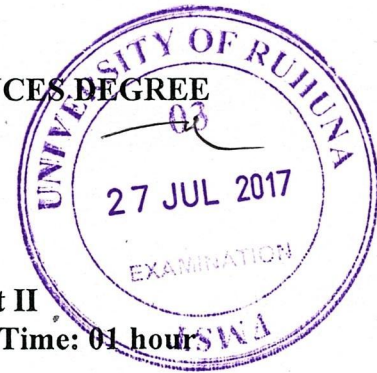


UNIVERSITY OF RUHUNA
BACHELOR OF SCIENCE IN FISHERIES AND MARINE SCIENCES DEGREE
Level IV Semester I – 2017 July / August
OCG 4151 – Snorkeling and Life Saving



Answer **all** questions in **Part I** and **one** question from **Part II**

Time: **01 hour**

Part I

Write your answers in the given space. Please note that the space provided is sufficient for your answer and extensive answers are not expected.

1) In case of a person drown in the sea, list 5 basic rescue methods in priority order.

(05 Marks)

- a.
- b.
- c.
- d.
- e.

2) List two main factors that you should consider when selecting a good life jacket.

(05 Marks)

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3) List two advantages of warm-up exercises.

(05 Marks)

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Rescue aids	Indicate whether throwing aid is Appropriate or Inappropriate	Give reasons
Rescue tube
Reaching pole
Ring buoy
PFD/Life jacket
Stick/Branch

5) List two factors that should be considered when selecting an appropriate rescue stroke.

(05 Marks)

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6) List 5 techniques used in treading /floating.

(05 Marks)

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7) What occasions the side stroke/free style becomes a useful swimming technique?

(05 Marks)

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8) Explain what 'Undertow' is.

(05 Marks)

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9) A diver's survival in a deep water will depend on his/her knowledge on survival techniques, judgment skills and physical fitness. What are the other factors that a diver should be aware of?

(10 Marks)

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10) List two methods that can be used to maintain the body temperature in cold water.

(10 Marks)

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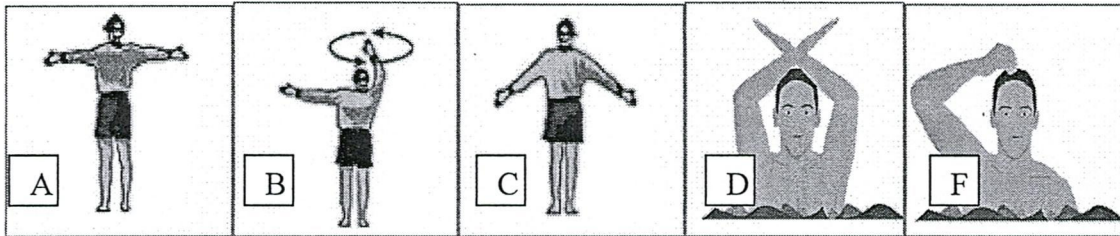
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11) List two types of self-defense techniques a rescuer can use, when saving a panicked drowned person. (05 Marks)

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12) Identify the following hand signals in the water. (10 Marks)



- A.
- B.
- C.
- D.
- E.

13) List two marine organisms that can cause stinging wounds. (04 Marks)

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14) Describe basic steps to be followed in case of a victim stung by a jellyfish. (06 Marks)

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Part II

Answer any **one** of the following questions

01. Describe precautionary measures that should be adopted to minimize the environment damage when you collect ecological data in a shallow reef ecosystem. (100 Marks)
- 02.
- a. Briefly describe what a rip current is. (10 Marks)
 - b. Explain how a person can escape from a rip current. (20 Marks)
 - c. Explain how you rescue and administer CPR for a victim caught in a rip current. (70 Marks)

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