

Final Exam | Swim Safety for Coaches

1. What is the coach's primary safety responsibility during swim practice?

- A. Writing workouts
- B. Monitoring lifeguard rotation
- C. Ensuring the safety and supervision of all swimmers
- D. Timing races

2. Before starting practice, the coach should:

- A. Allow swimmers in while checking email
- B. Confirm a certified lifeguard is on duty and inspect the pool area
- C. Have swimmers test the water temperature
- D. Ask swimmers to begin warm-up independently

3. A lifeguard must be present:

- A. Only during meets
- B. Only for youth practices
- C. Any time swimmers are in the water
- D. Only if the coach is not certified in first aid

4. Which of the following is part of a facility's Emergency Action Plan (EAP)?

- A. Meet warm-up procedures
- B. Location of emergency exits and response roles
- C. Team travel itinerary
- D. Lap lane assignments

5. If a swimmer experiences a head injury in the pool, the coach should:

- A. Let them finish practice if they feel okay
- B. Immediately remove them and call emergency personnel
- C. Wait and observe for 10 minutes
- D. Apply ice and return them to swimming

6. Coaches should position themselves during practice so they can:

- A. Write notes and avoid distractions
- B. Rest and let the team lead itself
- C. Maintain clear sightlines of all swimmers in the water
- D. Chat with parents during the session

7. Diving should be allowed only when:

- A. Water is deeper than 5 feet and supervised
- B. Swimmers request it
- C. There's enough space in the lane
- D. The pool is empty

8. During a lightning storm at an outdoor practice, coaches should:

- A. Tell swimmers to keep going unless thunder is loud
- B. Move practice to the shallow end
- C. Immediately clear the water and move everyone indoors
- D. Let swimmers finish their set

9. If a swimmer shows signs of hypothermia during an open water event, the coach should:

- A. Encourage them to keep moving
- B. Pull them from the water and seek medical help
- C. Give them hot coffee
- D. Have them float until they feel better

10. In an open water event, swimmers should signal distress by:

- A. Screaming loudly
- B. Waving both arms in the air
- C. Raising one arm and floating on their back
- D. Swimming back to shore fast

11. Coaches are expected to:

- A. Prioritize winning over safety
- B. Supervise swimmers even outside the water
- C. Delegate safety entirely to lifeguards
- D. Let swimmers self-monitor injuries

12. The most appropriate way to respond to a spinal injury is to:

- A. Move the swimmer to the side of the pool quickly
- B. Support the head and neck and keep the swimmer still
- C. Sit them up and ask questions
- D. Lift them out of the pool

13. What is the best reason for pre-meet warm-up lane assignments?

- A. To limit athlete confusion
- B. To ensure each team has time to socialize
- C. To prevent overcrowding and reduce collisions
- D. To separate age groups

14. Proper coach-to-athlete ratios are important because:

- A. They help determine practice pace
- B. They allow for better stopwatch use
- C. They ensure swimmers are adequately supervised
- D. They help coaches organize relays

15. Why should swimmers wear bright-colored swim caps in open water events?

- A. To identify their lane
- B. To improve aerodynamics
- C. For visibility by rescue personnel
- D. To match their team colors

16. The Emergency Action Plan should be reviewed:

- A. At the start of each season and before major events
- B. Only if there is a prior incident
- C. When required by insurance
- D. Annually by the head coach only

17. Which of the following is a *sign* of swimmer distress?

- A. Loud splashing and waving
- B. Floating calmly
- C. Moving quickly through the water
- D. Smiling and talking

18. If a swimmer fails to check in after an open water race, the coach should:

- A. Wait a few minutes
- B. Assume they left early
- C. Notify event staff and initiate a search
- D. Text the swimmer

19. Emergency drills should be conducted:

- A. Only after an incident
- B. Once per year
- C. Regularly with staff and team to reinforce preparedness
- D. By lifeguards only

20. Which condition may require immediate removal from the water?

- A. Swimmer sneezes
- B. Muscle cramp
- C. Disorientation or confusion
- D. Sunburn

21. A coach notices a swimmer repeatedly holding their side and slowing down. What should they do?

- A. Ignore it—probably a cramp
- B. Tell them to push through
- C. Remove the swimmer and assess for injury or illness
- D. Ask another swimmer to assist

22. Who has ultimate authority over the pool during an emergency?

- A. Head coach
- B. Timer
- C. Lifeguard
- D. Team captain

23. Coaches should enforce safety policies:

- A. Only during high-risk sets
- B. When the head coach is present
- C. At all times, regardless of practice intensity
- D. Only when lifeguards are off-duty

24. What should a coach do if the pool deck becomes slippery?

- A. Block it off and notify facility staff
- B. Tell swimmers to walk carefully
- C. Wait until someone falls before reacting
- D. Cancel practice

25. When supervising swimmers, a coach should:

- A. Use their phone only when necessary
- B. Watch from the office
- C. Stay present, alert, and avoid distractions
- D. Let team captains handle discipline



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