

## Lifeguard

Name: \_\_\_\_\_

- 1) The EAP should be based upon the facility's unique layout, staffing, equipment, and level of training.
  - a) True
  - b) False
- 2) Aquatics facilities and lifeguards should defer to local EMS and/or local medical direction with regard to the proper protocol for using backboarding victims of spinal trauma.
  - a) True
  - b) False
- 3) When a lifeguard utilizes the Arm Splints technique to immobilize a victim of suspected spinal trauma, which of the following best describes why he or she slowly walks the victim around the pool once the head and neck are immobilized?
  - a) It makes it easier for a second rescuer to grab the feet and legs to assist in lifting the victim from the pool.
  - b) It allows for more space to slide the backboard under the victim.
  - c) It allows the lower body, more specifically, the legs to float creating a more streamlined position and better immobilization of the back.
  - d) Easier for the lifeguard to keep the victim afloat.
- 4) During a lifeguard rotation, patron surveillance should never be compromised.
  - a) True
  - b) False
- 5) A backboard can be used to extract either a passive or active victim from the pool.
  - a) True
  - b) False
- 6) The primary purpose of a lifeguard's job is patron safety.
  - a) True
  - b) False
- 7) Once a person successfully completes a World Academy of Safety & Health lifeguard certification course there is no need for any additional training.
  - a) True
  - b) False
- 8) It is acceptable and is an industry standard for the lifeguard to take up to 25 seconds to recognize a possible victim.
  - a) True
  - b) False
- 9) The five stages of the 'Respond' phase are:
  - 1.) Activation of the Emergency Action Plan (EAP)
  - 2.) Water Entry (as needed)
  - 3.) Execute in-water rescue
  - 4.) Extract victim from water (as needed)
  - 5.) Complete required rescue report/incident report
  - a) True
  - b) False
- 10) Lifeguards need not concern themselves with personal protective equipment until they see or are having to deal with bodily fluid during an emergency.
  - a) True
  - b) False

- 11) It is important for a lifeguard to efficiently and accurately complete all required reports and paperwork and to do so in a timely manner because these documents can be subject to subpoena.
  - a) True
  - b) False
- 12) Approximately 1 in 5 drowning deaths are adults between 25-35 years of age.
  - a) True
  - b) False
- 13) Effective communication is a vital component of any effective EAP.
  - a) True
  - b) False
- 14) We know that drownings occur most often when there is no lifeguard on duty. When there is a lifeguard on duty, the RID factor has been identified as causes of drowning incidents. Which of the following best describes the RID factor?
  - a) Recovery, Intrusion, Distraction
  - b) Response Time, Incident Command, Drowning Incidents
  - c) Recognition, Intrusion, Distraction
  - d) Recognition, Intrusion, Drowning Risk
- 15) In most cases, those working in emergency services have jobs that are responsive in nature. In other words, they are called once an emergency has occurred. Lifeguards, on the other hand, have jobs that should be preventative in nature. In other words, lifeguards should be working to prevent or eliminate emergencies from occurring.
  - a) True
  - b) False
- 16) Even a lifeguard may appear, to the untrained eye, to be sitting in the stand daydreaming, the reality is that a lifeguard is constantly working by scanning the water for signs of trouble every minute of the time he or she is in the stand and responsible for patron surveillance.
  - a) True
  - b) False
- 17) All of the following are signs of a swimmer in distress EXCEPT:
  - a) head low in the water
  - b) arms extended ineffectively slapping the water
  - c) bobbing up and down in the water
  - d) head above the water's surface with a strong kick and forward progress
- 18) Zones of coverage are established based upon the number of lifeguards on staff.
  - a) True
  - b) False
- 19) Each zone of coverage should only ever have one lifeguard responsible for patron surveillance in that area.
  - a) True
  - b) False
- 20) Anytime there are at least two distinct zones of coverage in a swimming area, there is an area where two zones meet and overlap. This area is always scanned by the lifeguard(s) assigned to each of the respective zones. We call this overlapping coverage.
  - a) True
  - b) False

- 21) Which of the following best describes the technique a lifeguard should use when scanning the swimming when performing patron surveillance?
- a) visually inspect the area for signs of distress; examine both the water's surface and below the water's surface; look closer at any swimmer(s) you think may be exhibiting any signs of distress
  - b) quickly visually inspect only the water's surface so that you are better able to look at all the swimmers as quickly as possible
  - c) only visually inspect the area below the water's surface since most signs of distress start below the water with lack of kick by a swimmer in distress
  - d) scanning is completed differently from one facility to another and what the lifeguard should look for differs based upon the population of swimmers at each facility
- 22) Rotations of lifeguards is a dangerous practice that tends to take the attention of each lifeguard away from patron surveillance.
- a) True
  - b) False
- 23) Lifeguard rotations should be completed, at minimum, every 20 minutes to ensure each lifeguard on staff remains alert.
- a) True
  - b) False
- 24) When a lifeguard is executing a tossing assist, he or she must ensure that the ring buoy or rescue tube is tossed beyond the victim to eliminate the risk of tossing the flotation device short of the victim's reach and wasting time having to pull the flotation device back to the deck to redeploy.
- a) True
  - b) False
- 25) Only a shepherd's crook should be used to effectively execute a reaching assist.
- a) True
  - b) False
- 26) The two most commonly used entries used by pool lifeguards are:
- a) walk-in entry and the slide in entry
  - b) head-first dive entry and feet first dive entry
  - c) cannon ball jump entry and scissors jump entry
  - d) cannon ball jump entry and run-in entry
- 27) A lifeguard should always approach an active victim from the front as to not cause further panic in the victim.
- a) True
  - b) False
- 28) The only difference between an active and passive victim is that the passive victim is too tired to panic or to help kick once the lifeguard secures him or her.
- a) True
  - b) False
- 29) When spinal trauma is suspected, the lifeguard should always use the slide-in entry to lessen the movement of water and, hence, lessen the possible movement of the victim's back.
- a) True
  - b) False
- 30) A lifeguard should always use the slide-in entry for a passive victim if he or she is unsure how or what caused the victim to become passive.
- a) True
  - b) False

- 31) A passive victim should always be rolled face-up in the water and the lifeguard should assess airway and breathing. If needed, two ventilations should be provided while the victim is on the tube and still in the water.
- True
  - False
- 32) Lifeguards should never use the rescue tube with more than one victim on it at the same time.
- True
  - False
- 33) Patron surveillance and assisting distressed swimmers is the lifeguard's only responsibility. The overall safety and management of risks in other areas of the pool facility - i.e. pump rooms, pool deck, etc. - is the sole responsibility of the pool's manager.
- True
  - False
- 34) Every aquatics facility must have an EAP of which every staff member is familiar. And, this EAP must be practiced on a regular basis.
- True
  - False
- 35) EAP refers to:
- Emergency Assistance Plan
  - Emergency Action Plan
  - Emergency Aquatic Protocols
  - Emergency Accident Procedures
- 36) It is advisable for all aquatics facilities to develop relationships with local emergency services teams. The EAP should be routinely practiced together with these emergency services departments to ensure seamless execution when needed.
- True
  - False
- 37) Which best describes the signs and symptoms of spinal trauma?
- Dizziness; Bloodshot eyes; Confusion; Severe Bleeding
  - Respiratory distress; Shock; Confusion; Nausea
  - Nausea; Dizziness; Poor capillary refill; Constricted pupils
  - Pain in Head, neck and/or back; Fluids exiting nose, mouth, Ears, or eyes; Numbness and/or weakness; Altered state of consciousness; Imbalance on their feet
- 38) The two most commonly used techniques to stabilize the head, neck, and back of a suspected victim of spinal in the pool are:
- Arm Splints and Head-Chin-Chest Grip
  - C-Spine and Horse Collar
  - C-Collar and Spinal Straightness
  - Spinal Correction and Arm Splints
- 39) Under no circumstances should the lifeguard(s) immobilize a victim of suspected spinal trauma on a backboard.
- True
  - False
- 40) It is not unusual for pool facilities to have only one lifeguard or staff member. In these cases, it is appropriate to have by-standers assist the lifeguard keeping in mind that the bystander is not trained and should only do exactly as the lifeguard instructs.
- True
  - False

- 41) Which of the following is not an example of a lifeguard obtaining consent of a victim requiring first aid?
- a) The victim is unconscious and has sustained life threatening injuries. The lifeguard assumes implied consent and initiates emergency care.
  - b) The victim is conscious and choking. The lifeguard asks permission to provide care and the victim shakes her head indicating permission to provide emergency care.
  - c) The lifeguard asks the conscious victim if he/she can assist. The victim declines emergency care. The lifeguard, however, determines that the victim's condition is life-threatening and therefore provides care anyway.
  - c) The conscious victim declines emergency care from the lifeguard. A few minutes later, the victim loses consciousness as a result of his/her injuries. The lifeguard now assumes implied consent and provide emergency care.
- 42) Once a lifeguard begins emergency care, under the law it is considered abandonment if the lifeguard discontinues emergency care. There are a few circumstances in which the lifeguard is permitted to discontinue care. Which of the following is NOT one of these reasons?
- a) The lifeguard's shift ends while he or she is providing emergency care and awaiting the arrival of EMS.
  - b) Someone of equal or higher certification takes over emergency care for the victim
  - c) The scene becomes too unsafe for the lifeguard to continue providing emergency care
  - d) Victim no longer requires emergency care
- 43) It is important that the lifeguard understand the proper whistle signals to be used at the facility in which he or she is employed.
- a) True
  - b) False
- 44) Once a lifeguard's World Academy of Safety & Health certification expires, the lifeguard has a maximum of thirty (30) to successfully complete a recertification course. If the lifeguard fails to successfully complete a recertification class within this timeframe, he or she must complete a full World Academy of Safety & Health lifeguard certification course to earn back his or her certificate.
- a) True
  - b) False
- 45) During the thirty (30) day certification grace period, the lifeguard is still permitted to work under his or her certificate.
- a) True
  - b) False
- 46) It is the responsibility of any certified lifeguard to know and understand any state and/or local regulations, policies, or laws governing lifeguards in his or her geographic location.
- a) True
  - b) False
- 47) All lifeguards should inspect both the first aid kit and the rescue equipment at his or her facility prior to the start of each shift to ensure it is functional and ready to be used in the case of an emergency.
- a) True
  - b) False

- 48) A lifeguard must know and understand all of the rules at the facility in which he or she is working.  
a) True  
b) False
- 49) A lifeguard should close the pool to swimmers if he or she is unable to clearly see the filter return grate on the bottom of the pool.  
a) True  
b) False
- 50) At pool facilities with only one staff member, it is best for the lifeguard to use techniques to assist distressed swimmers that allow the lifeguard to remain on deck to lessen the chances of trouble in the water for the lifeguard.  
a) True  
b) False

Final Exam Score: \_\_\_\_\_%

Instructor Name: \_\_\_\_\_ Instructor ID #: \_\_\_\_\_

Instructor Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Instructor Training Center Affiliation: \_\_\_\_\_