



**Lifeguard Candidate Review Document**



## Lifeguard Candidate Review Document

### Chapter One, *Lifeguard Accountability and Professionalism*

#### ASSESSMENT

1) The E&A license has become the standard of care in the aquatic industry.

True or False?

2) What four aspects of your job will be documented in an auditor evaluation?

1) \_\_\_\_\_

2) \_\_\_\_\_

3) \_\_\_\_\_

4) \_\_\_\_\_

3) Professional lifeguards perform well during audits, because they perform well most of the time they are on the job.

True or False?

4) Lack of professionalism affects the ability to enforce rules effectively.

True or False?

5) As a lifeguard you are part of a team, contributing to the total operation of a facility and the protection of the guests at that facility.

True or False?



## Lifeguard Candidate Review Document

### Chapter One, *Lifeguard Accountability and Professionalism*

#### CRITICAL THINKING

1) What can you do as a lifeguard to promote a professional image?

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2) How might a guest feel if he or she witnessed unprofessional behavior by a lifeguard?

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3) What effect could an unprofessional staff have on facility attendance?

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4) Does unprofessional behavior affect the ability of a lifeguard to enforce rules effectively?

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5) What benefit does licensing provide the lifeguard profession?

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6) Why do lifeguards need to maintain skills at the "test ready" level?

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## Lifeguard Candidate Review Document

### Chapter Two, *Awareness and Recognition*

#### ASSESSMENT

1) Dry drowning occurs more frequently than wet drowning.

True or False?

2) Name four types of guests who would be considered high risk:

1) \_\_\_\_\_

2) \_\_\_\_\_

3) \_\_\_\_\_

4) \_\_\_\_\_

3) At what time of day do most rescues occur?

\_\_\_\_\_

4) A distressed guest on the bottom of the pool will be easy to see.

True or False?

5) Guests can be conscious on the bottom and still need to be rescued.

True or False?

6) Scanning patterns for a zone should not be changed.

True or False?

7) The 10/20 Protection Standard allows you 10 seconds to \_\_\_\_\_ a distressed guest and 20 seconds to \_\_\_\_\_ the guest and begin rendering aid.

8) You should scan only the area of your facility where guests are present.

True or False?



## Lifeguard Candidate Review Document

### Chapter Two, *Awareness and Recognition*

#### ASSESSMENT *Cont.*

9) Name three locations of an aquatic facility where greater numbers of rescues occur.

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_

10) List the five stages of drowning:

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_
- 4) \_\_\_\_\_
- 5) \_\_\_\_\_

#### CRITICAL THINKING

1) What are some situations that would require you to change your scanning technique?

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## Lifeguard Candidate Review Document

### Chapter Two, *Awareness and Recognition*

#### CRITICAL THINKING *Cont.*

2) How does the 10/20 Protection Standard affect what you do?

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3) What circumstances might make it more difficult for you to remain vigilant and how can you control them?

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4) What can you do to keep your attention level high no matter what the circumstances?

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## Lifeguard Candidate Review Document

### Chapter Three, *Reacting to an Emergency*

#### ASSESSMENT

1) The Emergency Action Plan (EAP) is activated by\_\_\_\_\_.

2) While a lifeguard is making a rescue, who covers his or her zone?

\_\_\_\_\_

3) Match the communication signal on the left with the correct purpose on the right:

1) One short whistle blast	_____	a) Indicate a major emergency
2) Raised fist	_____	b) Give direction
3) Two long whistle blasts	_____	c) Get a guest's attention
4) Crossed arms	_____	d) Watch my area
5) Tapping head	_____	e) Resume activity
6) One long whistle blast	_____	f) Activate EAP
7) Pointing	_____	g) Lifeguard needs help
8) Thumbs up	_____	h) Stop dispatch
9) Two short whistle blasts	_____	i) Get the attention of a lifeguard or supervisor

4) What information should be posted next to the telephone?

\_\_\_\_\_

5) What is the difference between an assist and a rescue?

\_\_\_\_\_

\_\_\_\_\_

6) The rescue tube is an optional piece of equipment for lifeguards at wave pools.

True or False?

7) BSI precautions regard all body fluids as if they are contaminated.

True or False?

8) When rotating, it is important to look professional and maintain the 10/20 Protection Standard.

True or False?



## Lifeguard Candidate Review Document

### Chapter Three, *Reacting to an Emergency*

#### CRITICAL THINKING

- 1) What do you do if the guard to your right makes a rescue and raises a clenched fist while in the water?

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- 2) When does a pool or facility have to be cleared of remaining swimmers?

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- 3) Why should a stand-mounted phone be used for emergencies or official business only?

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- 4) How does having an EAP in place improve the safety of a facility?

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## Lifeguard Candidate Review Document

### Chapter Four, *Rule enforcement, Guest Relations, and Additional Responsibilities*

#### ASSESSMENT

1) What are three components of proper rule enforcement?

1) \_\_\_\_\_

2) \_\_\_\_\_

3) \_\_\_\_\_

2) What is the Golden Rule of guest relations?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

3) Name three actions you can take to help control a crowd:

1) \_\_\_\_\_

2) \_\_\_\_\_

3) \_\_\_\_\_

4) Every rescue requires careful documentation.

True or False?

5) Working as a lifeguard means you:

a) Should expect to participate in regular in-service training.

b) May have to perform related duties at your facility.

c) Will be expected to maintain professional standards.

d) All of the above.



## Lifeguard Candidate Review Document

### Chapter Four, *Rule enforcement, Guest Relations, and Additional Responsibilities*

#### CRITICAL THINKING

1) How would you handle an irate guest?

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2) What is the best way to enforce a rule?

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3) What types of related (non-lifeguarding) duties are included as part of a lifeguard's responsibilities?

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4) What benefits arise from positive guest relations between lifeguards and guests?

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5) Why is crowd control such an important concept during an aquatic emergency?

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## Lifeguard Candidate Review Document Chapter Five, *Guest on the Surface – Breathing*

### ASSESSMENT

- 1) The difference between a distressed swimmer assist and a submersion incident rescue is that in a submersion incident, the guest is unconscious.  
True or False?
  
- 2) The compact jump entry is performed with the legs apart.  
True or False?
  
- 3) In order for a front drive to be the most successful, you must keep your arms straight and keep driving and kicking.  
True or False?
  
- 4) Active guests in distress must always be approached from the front.  
True or False?
  
- 5) Communication between lifeguards in a two-lifeguard rescue is not important.  
True or False?
  
- 6) Why is it important to always try to grab underneath the armpit as soon as possible when assisting a guest?  

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- 7) When making an assist or rescue, it is important to reassure the guest by \_\_\_\_\_  
to him or her.
  
- 8) When executing the approach stroke you should position the rescue tube in front of your chest.  
True or False?



## Lifeguard Candidate Review Document Chapter Five, *Guest on the Surface – Breathing*

### CRITICAL THINKING

#### Front Drive Rescue:

- 1) What are some of the things you can do if a guest grabs you while you are executing a front drive?

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- 2) Why should you talk to the guest? What should you say?

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- 3) For what type of distressed guest is the front drive rescue designed?

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## Lifeguard Candidate Review Document Chapter Five, *Guest on the Surface – Breathing*

### CRITICAL THINKING *Cont.*

#### Rear Hug Rescue:

- 1) What should you do if the guest is distressed?

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- 2) What should you do if the guest is too big for you to wrap your arms around him or her?

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#### Two-Lifeguard Rescue:

- 1) What would you do if the guest became unconscious after the rescue was complete?

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- 2) What is necessary for effective teamwork during this rescue?

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- 3) What situation might cause a guest to be out of control and make a two-lifeguard rescue necessary?

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## Lifeguard Candidate Review Document Chapter Six, *Rescue Breathing and Airway Management*

### ASSESSMENT

1) What three techniques can be used to clear an obstructed airway?

1) \_\_\_\_\_

2) \_\_\_\_\_

3) \_\_\_\_\_

2) Which procedure is the most efficient method of airway management for a guest without a suspected spinal injury?

\_\_\_\_\_

3) Which part of a resuscitation mask lowers your risk of exposure to infectious diseases?

\_\_\_\_\_

4) How should you determine the volume of breath you give to a non-breathing guest?

\_\_\_\_\_

5) What are three complications that can occur when using a resuscitation mask?

1) \_\_\_\_\_

2) \_\_\_\_\_

3) \_\_\_\_\_

6) If repositioning the head does not open an obstructed airway in an unconscious guest, you should begin

\_\_\_\_\_

7) For a conscious adult guest who has a complete airway obstruction, you should perform the Heimlich maneuver until the object is dislodged or the guest becomes unconscious.

True or False?

8) For a conscious infant with a complete airway obstruction, you should give two back blows and five abdominal thrusts.

True or False?



## Lifeguard Candidate Review Document Chapter Six, *Rescue Breathing and Airway Management*

### CRITICAL THINKING

- 1) How would you manage the airway of a non-breathing guest who may have a spinal injury?

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- 2) If a manual suction unit is not effective, what other method can you use to clear an obstruction or bodily fluid?

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- 3) If you cannot get the guest's chest to rise and fall, does that mean the airway is obstructed?

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- 4) What does the repositioning of the airway (after an initial attempt at providing ventilation has failed) accomplish?

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## Lifeguard Candidate Review Document

### Chapter Seven, *CPR and AED*

#### ASSESSMENT

1) CPR Skills are easy to recall, even without practice.

True or False?

2) Put the following steps of the adult initial assessment in the correct order, starting with the first step:

a) If the guest does not respond, activate the EAP	_____
b) Use the head tilt with chin-lift or jaw-thrust technique	_____
c) Shake and shout, "Are you okay?"	_____
d) Look, listen, and feel	_____
e) Check for a pulse	_____
f) Give two normal breaths	_____
g) Perform CPR	_____

3) If a guest has a pulse but is not breathing, what should you do?

\_\_\_\_\_

4) If a guest does not have a pulse, what should you do?

\_\_\_\_\_

5) An infant's pulse should be checked at the carotid artery in the neck for up to 10 seconds.

True or False?

6) If the first breath does not go in when you are performing rescue breathing, reposition the guest's head and try again.

True or False?

7) Which link in the chain of survival is the most critical in restoring a normal heart rhythm after a cardiac arrest?

- a) Early activation of the EAP
- b) Early CPR
- c) Early Defibrillation
- d) Early advanced care



## Lifeguard Candidate Review Document

### Chapter Seven, *CPR and AED*

#### ASSESSMENT, *cont.*

- 8) The most common initial abnormal heart rhythm in a person undergoing cardiac arrest is:
- a) Normal sinus rhythm
  - b) Ventricular tachycardia
  - c) Ventricular fibrillation
  - d) Third-degree heart block
- 9) List the four general steps involved in the operation of any AED:
- a) \_\_\_\_\_
  - b) \_\_\_\_\_
  - c) \_\_\_\_\_
  - d) \_\_\_\_\_
- 10) A guest has collapsed in the locker room. You see him as others catch and lay him on the ground. He is unconscious, is not breathing, and has no pulse. If an AED is immediately available, your first step is to:
- a) Perform 1-minute of CPR
  - b) Apply the AED
  - c) Call 9-1-1 or your local emergency number
  - d) Perform the Heimlich maneuver.
- 11) Treatment differs if a guest is found to have an implantable defibrillator or pacemaker.
- True or False?
- 12) When an AED is in use, how far should the rescue team and guest in distress be from water's edge?
- \_\_\_\_\_



## Lifeguard Candidate Review Document

### Chapter Seven, *CPR and AED*

#### CRITICAL THINKING

- 1) If an 11-month-old infant is too large for you to support on your arm for back blows or chest thrusts, what should you do?

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- 2) If the guest vomits while you are performing CPR, what should you do?

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- 3) When should you stop CPR?

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- 4) What do you do if you see fluid or vomit in the mouth?

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## Lifeguard Candidate Review Document

### Chapter Seven, *CPR and AED*

#### CRITICAL THINKING *cont.*

5) Why is it so important to start rescue breathing as quickly as possible?

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6) When should you perform CPR?

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7) After the *Initial Analysis*, the AED reports “no shock advised.” What should you do next?

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8) If you fail to wear gloves when removing a medical patch, what may occur?

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## Lifeguard Candidate Review Document Chapter Eight, *Supplemental Oxygen Support*

### ASSESSMENT

- 1) The value of aiding resuscitation procedures by applying supplemental oxygen has not been clearly established.  
True or False?
- 2) The delivery systems recommended for lifeguard use employ a portable oxygen cylinder with a continuous flow regulator providing oxygen at a rate of up to 15 liters per minute.  
True or False?
- 3) At the beginning of each day, the oxygen delivery system should be checked for proper functionality.  
True or False?
- 4) In a submersion event, supplemental oxygen should be on-site and ready for use as soon as possible.  
True or False?
- 5) How many rescuers are needed to use a bag valve mask most effectively? \_\_\_\_\_

### CRITICAL THINKING

- 1) If you were alone, how would you supply supplemental oxygen to a non-breathing guest?  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
- 2) When should an oxygen cylinder be replaced?  
\_\_\_\_\_
- 3) Why should the supplementary oxygen system be checked daily?  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



## Lifeguard Candidate Review Document Chapter Nine, *Guest on the Surface – Not Breathing*

### ASSESSMENT

- 1) Once you have executed an unconscious guest skill and the guest is on the rescue tube, what is the next action to be executed?

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- 2) List three things you may have to do to adapt a rear hug for use with an unconscious guest:

1) \_\_\_\_\_

2) \_\_\_\_\_

3) \_\_\_\_\_

- 3) Why is it important to start rescue breathing in the water?

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- 4) Placing an unconscious guest on the rescue tube, with the rescue tube under the guest's back, is usually an ideal way to open the airway.

True or False?

- 5) It is important to remove an unconscious guest from the water quickly, with minimal risk of injury to the guest or the rescuer.

True or False?

- 6) Another word for removal is extrication.

True or False?

- 7) A method of removing a non-breathing guest that is both quick and safe is using a backboard.

True or False?



## Lifeguard Candidate Review Document Chapter Nine, *Guest on the Surface – Not Breathing*

### CRITICAL THINKING

1) When would you use the non-spinal extrication technique?

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2) Assume that, for some reason, your backboard is not readily available and it will take a minute or so for it to arrive. What are your options?

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3) What complications might occur when attempting to provide ventilations in the water?

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## Lifeguard Candidate Review Document

### Chapter Ten, *Submerged Guest*

#### ASSESSMENT

1) Although a guest is submerged just a couple of feet, he or she may be unable to get the surface.

True or False?

2) What should you do to help prevent pulling yourself into the guest or pulling yourself over the top of the rescue tube?

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3) What is the procedure used to rescue a submerged guest within reach?

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4) An unconscious guest could be face down on the surface of the water or on the bottom of the pool.

True or False?

5) When surface diving to the bottom, you should descend \_\_\_\_\_ first.

6) After surface diving to the bottom, where should you position yourself in relation to the guest?

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7) If a guest is submerged in deep water and is conscious, where should you place the rescue tube in relation to the guest's body when you reach the surface of the water?

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8) What should you do if a guest is unconscious and not breathing when you reach surface?

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## Lifeguard Candidate Review Document

### Chapter Ten, *Submerged Guest*

#### CRITICAL THINKING

1) What should you do if the guest grabs your arm when you attempt to use the duck pluck rescue?

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2) What should you do if you cannot reach the guest using the duck pluck rescue?

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3) What should you do if a guest becomes unconscious after you place the rescue tube in front of him or her?

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4) What should you do if a conscious guest struggles against your rescue attempts?

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## Lifeguard Candidate Review Document

### Chapter Eleven, *Spinal Injury Management*

#### ASSESSMENT

- 1) Which of the following conditions is a sign of possible spinal injury?
  - a) Pain in the neck or back
  - b) Inability to move
  - c) Bruising or deformity
  - d) All of the above
  
- 2) The technique used to minimize movement of a guest's head and neck in the water is called the spine splint.  
  
True or False?
  
- 3) Which of the following statements about the Vise Grip is true?
  - a) It requires the guest's arms to be positioned at his or her sides.
  - b) It requires two or more lifeguards to perform the technique.
  - c) It requires the lifeguard to place the guest's arms next to the guest's ears.
  - d) It requires the lifeguard to keep the guest face down in the water.
  
- 4) The Vise Grip can be performed:
  - a) In shallow or deep water.
  - b) On a conscious or unconscious guest
  - c) On a guest at the surface or one who is submerged.
  - d) All of the above.
  
- 5) When a guest is being backboarded due to a suspected spinal injury, it is acceptable to release the support of the guest's head to remove the guest from the water.  
  
True or False?



## Lifeguard Candidate Review Document

### Chapter Eleven, *Spinal Injury Management*

#### CRITICAL THINKING

1) In what situations would the Vice Grip be used?

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2) How should you apply the Vice Grip if a guest were:

a) Sitting on the side of the pool?

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b) Standing in the water?

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3) If you had to perform two-lifeguard backboarding in deep water, how would you make it work?

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4) Why do airway, breathing, and circulation take priority over careful spinal immobilization?

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## Lifeguard Candidate Review Document

### Chapter Twelve, *Handling Risks*

#### ASSESSMENT

1) For each of the physical conditions listed, name one action you can take to minimize the effects.

a) Dehydration: \_\_\_\_\_

b) Skin Damage: \_\_\_\_\_

c) Eye Damage: \_\_\_\_\_

2) If you are involved in a lawsuit, it could take many years to resolve and could have a significant impact on your future.

True or False?

3) You should attend 1 hour of in-service training per month.

True or False?

4) The best way to protect yourself from legal liability is to be attentive, efficient, and skilled.

True or False?

5) List four things you can do to reduce the emotional effects of being involved in a submersion event.

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## Lifeguard Candidate Review Document

### Chapter Twelve, *Handling Risks*

#### CRITICAL THINKING

1) How could a lawsuit affect you, even if you were not the primary lifeguard performing a rescue?

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2) How might your failure to drink an adequate amount of fluid or wear appropriate sunglasses become factors in a lawsuit against you?

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3) What are strategies you can use to manage stress associated with a traumatic rescue event?

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## Lifeguard Candidate Review Document Chapter Thirteen, *Injuries and Medical Emergencies*

### ASSESSMENT

- 1) Basic care skills, if not performed, could lead to additional injury and possible death.

True or False?

- 2) Life-threatening emergencies are those that compromise a guest's responsiveness, airway, breathing, or circulation in any way, including those situations with massive bleeding.

True or False?

- 3) As a lifeguard, your safety comes second to the guest's.

True or False?

- 4) The first thing you should do after encountering an injured or ill guest is perform a focused physical exam.

True or False

- 5) In the focused physical exam, you are checking responsiveness, breathing, and circulation.

True or False

- 6) Match the sign or symptom with its type of burn:

_____ Blisters of varying size on skin surface	a. Superficial
_____ Multicolored wounds	b. Partial-thickness
_____ Red skin, slight swelling	c. Full-thickness

- 7) Matching:

_____ Direct Pressure	a. Scrape
_____ Elevation	b. First method used for controlling bleeding
_____ Abrasion	c. Protecting yourself from contact with body fluids
_____ BSI precautions	d. Along with direct pressure, the second stage of controlling bleeding



## Lifeguard Candidate Review Document Chapter Thirteen, *Injuries and Medical Emergencies*

### ASSESSMENT *cont.*

8) Treatment for muscle, bone, and joint injuries should begin only after problems found in the initial assessment have been cared for properly.

True or False?

9) To treat fainting without head or neck injury, you should monitor the guest's responsiveness, breathing, and circulation, elevate the legs, and loosen restrictive clothing.

True or False?

10) There are many different causes of seizures and each must be treated differently.

True or False?

11) The type of shock that occurs when the body has a severe allergic reaction is called \_\_\_\_\_.

12) When caring for external bleeding, you should apply pressure at a pressure point before applying direct pressure and elevating the area.

True or False?

### CRITICAL THINKING

1) How would you care for a guest who has severe bleeding and is not breathing?

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2) How would you care for a guest who is diabetic, states he feels faint, has eaten very little, and has been physically active at your facility?

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## Lifeguard Candidate Review Document

### Chapter Fourteen, *Open Water Lifeguarding*

#### ASSESSMENT

1) List four common causes of incidents at waterfront facilities:

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_
- 4) \_\_\_\_\_

2) What is the purpose of the flag system?

\_\_\_\_\_

\_\_\_\_\_

3) In calm water areas, at what time of day is visibility usually the best?

\_\_\_\_\_

4) Give two examples of rescue equipment used at open water facilities but not at pools and waterparks:

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_

5) Identify four weather factors that you should be aware of as a waterfront lifeguard.

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_
- 4) \_\_\_\_\_

6) Identify and describe the two search techniques you will use if you suspect that a missing guest is submerged.

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_



