1) How would you protect yourself from the weather?
   a. Hydrate regularly by drinking plenty of water.
   b. Maintain an adequate energy level by eating or snacking when appropriate.
   c. Take caution to not unnecessarily over exert yourself in the heat.
   d. All of the above

2) What is the primary responsibility of a professional lifeguard?
   a. Watch patrons
   b. Guard life
   c. Make money
   d. Get a tan

3) Lifeguards can reduce the incidence of accidents and injuries by?
   a. Sectioning off unsafe areas with rope, markers or lane lines
   b. Remove or cure obvious safety hazards
   c. Rotate lifeguard staff frequently to keep staff alert
   d. All of the above

4) A secondary task of a professional lifeguard may include which of the following?
   a. Surveillance
   b. Scanning
   c. Performing cleaning chores
   d. Texting friends

5) A lifeguard must be able to quickly decide when and how to quickly and safely clear all swimmers from a swimming area.
   a. True
   b. False

6) The guard must be intimately familiar with the particular safety hazards and emergency response plan of the specific waterfront environment in which he or she will work.
   a. True
   b. False

7) What is the definition of a swimming pool?
   a. Manmade structures containing chemically treated water for swimming
   b. A swimming area
   c. A body of water surrounded by cement
   d. An outdoor area for swimming

8) No certification guarantees that a lifeguard is capable of effectively supervising every aquatic environment.
   a. True
   b. False

9) How can a lifeguard be sure of making good decisions?
   a. Act quickly
   b. Use the P-I-C-T-U-R-E decision making method
   c. Don't practice decision making skills
   d. Use the T-H-I-N-K decision making method

10) A lifeguard must be aware of the legal issues associated with being a lifeguard, such as: Duty to act and standard of care.
    a. True
    b. False
11) How Does Negligence Pertain to the Lifeguard?
   a. A lifeguard acts in such a manner to intentionally hurt a patron
   b. A lifeguard will be deemed legally negligent, if the lifeguard fails to act or uphold the minimum standard of care, and as a result injury to a patron occurs or worsens
   c. A lifeguard will be deemed legally negligent, if the lifeguard upholds the minimum standards expected of a lifeguard
   d. All of the above

12) Negligence includes: Administering improper or ineffective aid.
   a. True
   b. False

13) Most states have passed Good Samaritan laws.
   a. True
   b. False

14) Does a lifeguard need a victim's consent to help?
   a. Yes
   b. No

15) Express consent is?
   a. Only written permission
   b. The same as implied consent
   c. An unambiguous authorization or request for help (e.g., cry or request for help)
   d. Direct and unambiguous refusal for help

16) Sometimes injured victims in need of care may reject assistance due to fear, denial, panic, and lack of knowledge, religious beliefs, or other reasons.
   a. True
   b. False

17) The law generally requires that once a lifeguard begins providing care to a victim in need, the lifeguard cannot cease that care until: Select all that apply.
   a. A professional rescuer relieves the lifeguard
   b. Another party with equal or greater emergency training relieves the lifeguard
   c. The victim no longer requires any care
   d. All of the above

18) Does confidentiality apply to the lifeguard, while he/she is providing care to a victim?
   a. Yes
   b. No

19) Accountability Act (HIPAA) of 1996. This act dictates that the rescuer may only share medical information learned about the victim with emergency medical personnel and medical staff associated with providing care for the victim.
   a. True
   b. False

20) Should a lifeguard document an accident?
   a. Yes
   b. No

21) What is an Emergency Action Plan?
   a. It is the course of action that a lifeguard should follow in the event of an accident or emergency, even though it has not been well thought out, established, written or rehearsed prior to the emergency
   b. It is name and number of the people a lifeguard should call for instructions in an emergency
   c. It is an established procedure that a lifeguard staff should follow in the event of an accident or emergency
   d. None of the above
22) Onsite training should include, but is not limited to the following: Select all that apply.
   a. Lifeguard, CPR, AED, First Aid, and Oxygen administration certification and refresher training
   b. Rehearsal of accident prevention and emergency response scenarios
   c. Activities designed to hone staff decision making skills
   d. All of the above

23) A lifeguard, while on duty, is personally responsible for all of his or her actions before, during, and after accidents and emergencies. Therefore, after certification training, a lifeguard must repeatedly practice and keep sharp all of his or her lifeguard skills.
   a. True
   b. False

24) A lifeguard should discourage unsafe behavior by staff and swimmers.
   a. True
   b. False

25) Facilities which may include swimming pools, wading pools, hot tubs, water slides, sprinklers, inflatable structures, docks, rafts, and/or play equipment are called what?
   a. Multi-attraction aquatic facilities
   b. Waterfronts
   c. Lakes
   d. Wading or shallow water pools

26) Never use drugs or alcohol that could in any way impair your ability to perform as a professional lifeguard, and jeopardize the safety of yourself or others.
   a. True
   b. False

27) Together lifeguards and aquatic facilities can reduce the incidence of accidents and injuries by adhering to the following practices.
   a. Post warnings or announce safety risks
   b. Close or restrict unsafe areas
   c. Rotate lifeguard staff frequently to keep staff alert
   d. Both A&B
   e. All of the above

28) Negligence includes which of the following?
   a. Administering improper or ineffective aid
   b. Failing to mitigate harm to a patron
   c. Acting in an unprofessional or irresponsible manner, which results in harm to a patron
   d. All of the above

29) A victim’s consent to help can be either express or implied.
   a. True
   b. False

30) Abandonment of a victim occurs when a lifeguard begins providing emergency care to a victim in need, and then ceases without proper cause.
   a. True
   b. False
CHAPTER 1 ANSWER KEY

1. D—ALL OF THE ABOVE
2. B—GUARD LIFE
3. D—ALL OF THE ABOVE
4. C—PERFORMING CLEANING CHORES
5. A—TRUE
6. A--TRUE
7. A—MANMADE STRUCTURES CONTAINING CHEMICALLY TREATED WATER FOR SWIMMING
8. A--TRUE
10. A--TRUE
11. B—A LIFEGUARD WILL BE DEEMED LEGALLY NEGLIGENT, IF A LIFEGUARD FAILS TO ACT OR UPHOLD THE MINIMUM STANDARD OF CARE AND AS A RESULT, INJURY TO A PATRON OCCURS OR WORSENS
12. A--TRUE
13. A--TRUE
14. A--YES
15. C—AN UNAMBIGUOUS AUTHORIZATION OR REQUEST (I.E, CRY OR REQUEST FOR HELP)
16. A--TRUE
17. D—ALL OF THE ABOVE
18. A--YES
19. A--TRUE
20. A--YES
21. C—AN EMERGENCY ACTION PLAN IS AN ESTABLISHED PROCEDURE THAT A LIFEGUARD SHOULD FOLLOW IN THE EVENT OF AN ACCIDENT OR EMERGENCY
22. D—ALL OF THE ABOVE
23. A--TRUE
24. A--TRUE
25. A—MULTI ACTION AQUATIC FACILITY
26. A--TRUE
27. E—ALL OF THE ABOVE
28. D—ALL OF THE ABOVE
29. A--TRUE
30. A--TRUE
1) A life threatening emergency consists of?
   a. Drowning or near drowning (victim enters the water and cannot maintain positive buoyancy at the surface).
   b. Loss of consciousness (victim blacks out in or around the water, leaving victim totally incapacitated).
   c. Excessive bleeding (victim experiences a large enough loss of blood to endanger victim’s life).
   d. All of the above

2) Mild dehydration (victim loses too much bodily fluid from heat and exertion causing dizziness, fatigue, muscle cramps, etc.), is considered a life threatening emergency.
   a. True
   b. False

3) How can you better prevent injuries? Which one does NOT apply.
   a. Enforce the safety rules of the aquatic facility.
   b. Perform routine equipment and facility safety checks once a year.
   c. Know your responsibilities as a professional lifeguard, and do your job.
   d. Communicate with fellow lifeguard staff, and work together to maintain a safe environment.
   e. All of the above

4) The aquatic facility manager will usually educate the lifeguard about the safety rules associated with their aquatic facility.
   a. True
   b. False

5) Several common safety rules apply at an aquatic facility, which of the following does NOT apply?
   a. No horseplay or running.
   b. No glassware allowed.
   c. Patrons must shower using pool.
   d. Alcoholic beverages allowed.

6) At a water park, there is a limit of number of patrons on a ride at one time.
   a. True
   b. False

7) Waterslides can be fun and a popular attraction at an aquatic facility, but they present additional risks. To mitigate these risks aquatic facilities with waterslides should always follow the slide manufacturer’s instructions, and post rules similar to the ones listed below. Which of the following does NOT apply?
   a. Do not stop, spin, rotate, tumble, kneel or stand up inside slide.
   b. Riders must enter and exit slide feet first.
   c. Proper bathing suits required (no cut offs, zippers, or rivets).
   d. Eyeglasses are permitted.

8) It is always advisable that anyone that cannot swim well should wear a U.S. Coast Guard approved life jacket in and around the water.
   a. True
   b. False

9) Lifeguards should not encourage weak and non-swimmers, who do not own their own life jacket, to rent or borrow a life jacket from the aquatic facility.
   a. True
   b. False
10) Lifeguards should prohibit individuals from wearing life jackets improperly.
   a. True
   b. False

11) The U.S. Coast Guard classifies life jackets based on the buoyancy of the jacket?
   a. True
   b. False

12) Lifeguards should not permit non-swimmers to use non-Coast Guard approved inflatables as a substitute for Coast Guard approved floatation devices.
   a. True
   b. False

13) There are common rules for the hot tub and spas. Which one does NOT apply?
   a. No children under age of 16 allowed in the hot tub.
   b. No diving.
   c. All bathers must take a thorough soap and water shower in the hot tub.
   d. Pregnant women are not permitted to use hot tub.

14) Several common rules for using playing structures in an aquatic facility may include the following.
   a. The number of people on structure at one time is limited to a specific number.
   b. Do not swim under structure.
   c. No footwear allowed on inflatables.
   d. All of the above

15) Waterslides, swings, diving boards, giant inflatables, fountains, sprinklers, wave pools, etc. are fun, but they create additional hazards to patrons.
   Below are listed several of the common hazards caused by play attractions. Which one does NOT apply?
   a. Play attractions may tempt weak or non swimmers, into deep water.
   b. Rough play and horseplay is allowed on play attractions.
   c. Slip and fall accidents will happen more often.
   d. Slick, uneven or moving surfaces may cause weak and non-swimmers may accidentally fall into water.

16) A lifeguard has a responsibility to courteously inform patrons about the safety rules of the facility and to instruct patrons on how to behave to best protect against accident or injury.
   a. True
   b. False

17) Below are listed several methods a lifeguard can use to constructively and effectively caution patrons to behave in accordance with the aquatic facility’s safety rules. Check all that apply.
   a. Politely and professionally get patron's attention.
   b. Inform patron as to which activity they are performing that is prohibited.
   c. Emphasize the danger of performing the prohibited activity.
   d. All of the above

18) The whistle is an instrumental piece
of lifeguard equipment. It should be used to gain the immediate attention of staff and patrons. However, it should be used sparingly and professionally, so that it will not be ignored when used by the lifeguard.

a. True  
b. False

19) Lifeguards should allow anyone to use a whistle in and around the swimming area.

a. True  
b. False

20) The lifeguard may use the whistle to communicate with patrons in a loud and noisy swimming area. Several examples of a lifeguard’s professional use of a whistle may include which of the following?

a. One short, loud blast signifies lifeguard demands attention from patron(s).

b. Two short, loud blasts signifies lifeguard is giving second warning to patron(s).

c. Five long, loud blasts signifies everyone out of the water or swimming area is closed.

d. All of the above

21) Repeating five short, loud blasts on the whistle signifies emergency, lifeguard in need of immediate assistance.

a. True  
b. False

22) Each aquatic facility may have its own language of communicating by whistle, which is more effective and professional than yelling from one lifeguard to the next.

Every lifeguard should familiarize him or herself with their employer’s policy on communicating with the whistle.

a. True  
b. False

23) Below are several suggestions on how a lifeguard may conduct him/herself professionally. Which one does NOT apply?

a. Do not use profanity.

b. Conduct yourself with pride.

c. Antagonize patrons.

d. Do not patronize patrons.

24) If a lifeguard behaves timidly, patrons, especially children and teenagers, are more likely to take advantage of the lifeguard’s lack of confidence and disobey facility safety rules, thereby making the lifeguard’s job of enforcing safety rules much more difficult.

a. True  
b. False

25) A professional lifeguard should act: responsibly, confidently, and consistently quickly, fairly and respectfully.

a. True  
b. False

26) A lifeguard or management should conduct and document a facility
safety check before the beginning of each lifeguard shift and at closing.

a. True
b. False

27) A safety check is an inspection of all facility safety equipment (i.e. first aid kit, AED, oxygen canister, backboards, life rings, surfboard, kayak, personal flotation devices, phone, log book, surveillance cameras, etc.).

a. True
b. False

28) A lifeguard should never conduct a facility safety check while the lifeguard is on-duty and responsible for supervising a swimming area.

a. True
b. False

29) Routine checks will help staff become more familiar with the location, maintenance and operation of the safety equipment, ultimately resulting in better staff and equipment performance in an emergency.

a. True
b. False

30) The Lifeguard should inspection of all emergency response equipment (i.e., first aid kit, AED, backboards, personal flotation devices, lifesaving rings, Shepard’s Crooks, telephones, radios, signaling devices, etc.).

a. True
b. False

CHAPTER 2 ANSWER KEY

1. D--ALL OF THE ABOVE
2. B--FALSE
3. E—ALL OF THE ABOVE
4. A--TRUE
5. D--ALL OF THE ABOVE
6. A--TRUE
7. D--ALL OF THE ABOVE
8. A--TRUE
9. B--FALSE
10. A--TRUE
11. A--TRUE
12. A--TRUE
13. C--
14. D--ALL OF THE ABOVE
15. B--FALSE
16. A--TRUE
17. D--ALL OF THE ABOVE
18. A--TRUE
19. B--FALSE
20. D--ALL OF THE ABOVE
21. A--TRUE
22. A--TRUE
23. C--
24. A--TRUE
25. A--TRUE
26. A--TRUE
27. A--TRUE
28. A--TRUE
29. A--TRUE
30. A--TRUE
1) The lifeguard's highest priority is the protection and safety of the patrons in the swimming area.
   a. True
   b. False

2) Given that active surveillance is the lifeguard's most effective tool to prevent patron accidents and injuries, the lifeguard will devote the majority of his/her time to active surveillance.
   a. True
   b. False

3) When a patron’s behavior must be corrected for the sake of safety, the lifeguard must be prepared to intervene effectively without delay or hesitation to stop the unsafe behavior and maintain a safe swimming environment.
   a. True
   b. False

4) The key elements of effective surveillance are?
   a. Victim recognition
   b. Effective scanning
   c. Lifeguard station
   d. Area of responsibility
   e. All of the above

5) The lifeguard should give surveillance priority to least dangerous areas. That is to say, the lifeguard must survey the least dangerous areas first and most often.
   a. True
   b. False

6) Examples of patron behavior suggesting that the patron is in need of lifeguard assistance or may soon be in need of lifeguard assistance, may include, but are not limited to:
   a. Patron cries for help
   b. Patron excessively splashes, and patron fights to stay afloat
   c. Patron exhibits frightened facial expressions
   d. All of the above

7) It is imperative that the lifeguard understands the behaviors which suggest a patron is in distress.
   a. True
   b. False

8) Prompt lifeguard assistance to a patron in distress is NOT the difference between life and death for the victim.
   a. True
   b. False

9) Whenever the lifeguard is on duty, he/she is required to be engaged in high quality, constant surveillance, and if he/she fails to do so, he/she may be deemed negligent, and may be held legally responsible for any injuries occurring to the patron(s).
   a. True
   b. False

10) A lifeguard must be diligent in monitoring all swimmers because, in an instant, any swimmer can easily become a swimmer-in-distress.
    a. True
    b. False
11) A capable and competent swimmer would not become a swimmer-in-distress at the sudden onset of a muscle cramp, exhaustion, inhaling water, or sudden illness.
   a. True  
   b. False

12) An active drowning victim is a swimmer that is conscious and in the process of drowning as he/she struggles and fails to maintain buoyancy at the surface of the water.
   a. True  
   b. False

13) The passive drowning victim, because he/she is unconscious, still poses as great a threat to the rescuer as does the active (struggling) drowning victim.
   a. True  
   b. False

14) There is an array of illnesses that can suddenly befall a swimmer, which can put the swimmer into immediate risk of drowning. These afflictions are called Sudden Illnesses.
   a. True  
   b. False

15) A heart attack victim may exhibit all or some of the following signs and symptoms.
   - Constant chest pain or pressure, which may cause difficulty breathing
   - Nausea, vomiting and or flu like symptoms
   - Perspiring
   - All of the above
   a. True  
   b. False

17) The lifeguard must prevent the following individual/s access to whirlpools, hot tubs and spas because the hot water in the pools poses unique and dangerous risks to them:
   - Pregnant women
   - Individuals with cardiac problems
   - Patrons with circulatory problems
   - All of the above

18) Hypothermia is when an individual becomes cold and cannot maintain his/her normal core body temperature 98.6° F (37.0° C), and as a result, the individual's core body temperature drops below 95.0° F (35.0° C).
   a. True  
   b. False

19) The reasons for the high accident rate associated with alcohol and drug intoxication in the swimming area is that alcohol and drugs often impair a victim's:
   - Coordination
   - Logical thinking
   - Aversion to risk
   - All of the above

20) Many drownings occur when a victim cannot maintain positive buoyancy (floating or swimming) at the surface of the water and the water is too deep for the victim to stand up.
   a. True  
   b. False
A diving board itself is extremely hazardous, and when it is improperly used it can be treacherous. A lifeguard must ensure that the diving board is operating properly and that all patrons use it only in accordance with the facility safety rules.

22) Play structures, depending on the construction and function, DO NOT pose unique hazards to patrons.

23) A lifeguard must enforce the facility safety rules for patrons using the play structures.

24) When there is a submerged object in the swimming area, the lifeguard must mark the object with a flag or buoy, so that it or its location is visible to the swimmers at the surface.

25) If the submerged object has sharp edges or presents a danger to swimmers, the lifeguard does not need to rope off the area above the object.

26) Docks, wharfs and rafts are usually semi-permanent, wooden or plastic structures that are placed in the swimming area for fun or to make managing the swimming area easier.

27) The degree of slope of the bottom of the swimming area can be a hazard to swimmers. If the degree of slope is too steep, swimmers may slip, slide, stumble or otherwise be physically propelled down the slope and into deeper water.

28) The entrances and exits from the water do not present serious hazards for swimmers.

29) A lifeguard's vision can be impaired by the direct glare of the sun or the indirect reflection of sunlight off the water.

30) A lifeguard's vision, and therefore ability to safely supervise a swimming area, can be impaired by fog or darkness.

31) In most Department of Health jurisdictions it is required that a lifeguard be able to clearly see to the bottom of the swimming pool that he/she is supervising. If the lifeguard cannot see to the bottom of the pool, the Department of Health will likely declare the pool unsafe because a lifeguard cannot easily identify a victim on the bottom of the pool.

32) If hazardous marine life is common to the swimming area the lifeguard does not need to take extra precautions to notify and protect swimmers in the area.
33) Some of the most common underwater entanglements hazards are:
   a. Nets
   b. Ropes
   c. Fishing lines
   d. All of the above

34) A lifeguard must consider any flotation device a toy, if it is not a U.S. Coast Guard approved lifesaving instrument being used in accordance with U.S. Coast Guard guidelines.
   a. True
   b. False

35) Some of the most popular flotation toys are:
   a. Inflatable rafts
   b. Kickboards
   c. Swim boards
   d. All of the above

36) If a flotation device is deemed a toy, the lifeguard must not allow it to be used as a lifesaving device responsible for supporting an incapable swimmer on top of the water.
   a. True
   b. False

37) The type of play activities and games permitted in a swimming area can greatly contribute to accidents and injuries.
   a. True
   b. False

38) It is the lifeguard’s responsibility to seek out every blind spot in the swimming area, and to take the necessary action to reduce the amount of area that the lifeguard cannot see from his/her lifeguard station.
   a. True
   b. False

39) If the lifeguard cannot safely supervise any dimly illuminated section of the swimming area, the lifeguard must immediately notify the swimming facility management or close those unsafe sections of the swimming area during the times when dark shadows obscure the lifeguard’s ability to safely supervise the area.
   a. True
   b. False

40) Parents are primarily responsible for protecting the safety of their children in a swimming area.
   a. True
   b. False

41) If a lifeguard does not fully understand the facility safety rules, the purpose of those rules, and how to effectively enforce those rules, then the lifeguard should still accept the duty of being a lifeguard at that facility.
   a. True
   b. False

42) The lifeguard must be aware of all changing hazards that can impact the safety of a swimming area, and make the necessary adjustments to eliminate the risk to patron safety at the onset of the hazard.
   a. True
   b. False
A lifeguard must seek out victims before they drown. A lifeguard cannot wait for patrons to signal him/her that another swimmer is in distress. That is because, often times, patrons pay no attention to the swimmer next to them or can’t even distinguish a swimmer playing from a victim drowning.

43) a. True  
   b. False

A lifeguard, whether he/she is experienced or inexperienced, must always demonstrate confidence and error on the side of caution and action.

44) a. True  
   b. False

For scanning to be effective, a lifeguard does not need to be active during the process. A lifeguard should just passively watch patrons in the water.

45) a. True  
   b. False

Prior to scanning, a lifeguard should study his/her area of responsibility making sure to identify all of the less obvious areas where a victim might be found or a hazard could be located.

46) a. True  
   b. False

Each facility will have its own rule about how often a lifeguard must scan his/her area of responsibility.

47) a. True  
   b. False

In the case where there is only one lifeguard on duty, and the lifeguard must interrupt the scan to respond to an emergency, warn patrons of a hazard, or correct unsafe patron behavior, the lifeguard should try to quickly respond to the urgent matter and then resume the scan from the beginning.

48) a. True  
   b. False

Lifeguard fatigue can be compounded by a variety of causes, including dehydration.

49) a. True  
   b. False

If the lifeguard cannot see the entire area of responsibility, the lifeguard must move from point to point so that he/she can monitor the entire area of responsibility or management must reduce the size of the area of responsibility, so that he/she can see the entire area of responsibility.

50) a. True  
   b. False

The elevated lifeguard station generally provides the lifeguard with the least vantage point for monitoring patrons because it does not provide the lifeguard with an unobstructed and broader view of the swimming area.

51) a. True  
   b. False

Unlike elevated lifeguard stations, ground-level stations are not positioned at a raised level above patrons. Typically, the ground-level station is a hut, chair, table or area on the deck, dock or beach.

52) a. True  
   b. False
53) The lifeguard must never let patrons, who are attempting conversation or interaction with the lifeguard, distract him/her or compromise the quality of supervision that the lifeguard is providing to his/her area of responsibility.

a. True  
b. False

54) In some recreational water facilities, lifeguards supervise the swimming area from within the water. In such instances, the lifeguards are usually stationed on watercraft (i.e., boats, kayaks, canoes, rowboats, surf boards, paddle boards, jet skis, wave runners, etc.), and patrol the perimeter of the swimming area.

a. True  
b. False

55) The primary benefits of having lifeguards patrol the swimming area from within the water are:

a. The lifeguard is closer to victims and is therefore better prepared to supervise and correct hazardous patron behavior in the water
b. With the use of watercraft the lifeguard can rapidly respond to victims in distress

c. With the use of watercraft, the lifeguard can effectively patrol a larger swimming area

d. All of the above

56) In small swimming areas with calm water (i.e., pond, lake or quarry) non-motorized watercraft are usually employed. The most popular types of such watercraft are surf boards, paddle boards, kayaks, canoes, and rowboats.

a. True  
b. False

57) It is not necessary for lifeguards using watercraft as part of their job to be properly trained on the basic safe use and maintenance of the watercraft that they will be using on the job.

a. True  
b. False

58) The lifeguard must inspect and test the watercraft that he/she is going to use before he/she uses it. The purpose is to determine that the watercraft is reliable and in good condition before he/she puts it into service.

a. True  
b. False

59) When conducting the safety inspection of a boat before use, the lifeguard must ensure that the watercraft is stocked with all of the safety equipment required by the U.S. Coast Guard and governing local authorities.

a. True  
b. False

60) Examples of typical safety equipment required on boats include, but are not limited to:

a. Emergency paddles or oars  
b. Multiple life vests  
c. Rescue tube(s)  
d. All of the above

61) By staying in one location too long and watching the same scene for too long, a lifeguard can become bored, tired, and even sleepy; thereby compromising the safety of patrons.

a. True  
b. False
62) All too often lifeguards fail to continue surveillance while walking the deck or beach or moving from one lifeguard station to another. A routine rotation schedule and protocol, which requires lifeguards to continuously engage in surveillance while on duty, will keep the aquatic facility safer.

a. True  
b. False  

63) Lifeguards must remember that during rotations and/or any transfer of the rescue tube, all lifeguards must maintain patron surveillance throughout the entire process and at all times while on duty.

a. True  
b. False  

64) It is not necessary to keep lifeguards refreshed and alert, lifeguards do not need to take scheduled breaks and rotate stations.

a. True  
b. False  

65) Lifeguards should rotate lifeguard stations every 2-3 hours.

a. True  
b. False  

66) All changes in lifeguard rotation or break schedules must be approved by the lifeguard supervisor or facility management.

a. True  
b. False  

67) A lifeguard should never accept responsibility at a station for which he/she has not been properly trained or for which he/she is not capable of supervising safely.

a. True  
b. False  

68) An aquatic facility should be divided into several areas of responsibility. Each area of responsibility should be supervised by at least one lifeguard while it is open to patrons.

a. True  
b. False  

69) No two areas of responsibility are ever physically identical. In fact, during a single shift, a lifeguard may supervise one area of responsibility, and then shortly thereafter be expected to supervise a vastly different area of responsibility.

a. True  
b. False  

70) An area of responsibility might be supervised by a plan of Total Coverage. Under a plan of Total Coverage, a lifeguard might be responsible for supervising the entire swimming pool, water park, play structure or swimming area.

a. True  
b. False  

71) Under a plan of Zone Coverage, the swimming area is divided into several sections of responsibility, and each lifeguard is responsible for supervising one of those sections.

a. True  
b. False  

72) Back-Up Coverage is when one lifeguard or more lifeguards take over the supervisory responsibilities for another lifeguard who is incapable of supervising the area of responsibility because he/she is responding to an emergency or he/she is in some other way incapable of supervising his/her own assigned area of responsibility.

a. True  
b. False
73) The “L-I-F-E Factor” stands for which of the following:

a. Life–Intervention–Find-External
b. Life–Interuption–Find-External
c. Location–Interuption–Find–Extra duties
d. Location-Invention-Fight-Extra duties

74) The “L” in the “L-I-F-E Factor” reminds the lifeguard to always position himself/herself in the proper location to identify and respond to emergencies.

a. True
b. False

75) The “I” in the “L-I-F-E Factor” reminds the lifeguard to never let interruptions from patrons and other responsibilities impair his/her ability to identify and respond to emergencies.

a. True
b. False

76) The “F” in the “L-I-F-E Factor” reminds the lifeguard that he/she must always be able to quickly and accurately find victims exhibiting the instinctive drowning response.

a. True
b. False

77) The “E” in the “L-I-F-E Factor” reminds the lifeguard that he/she should perform extra duties while simultaneously conducting surveillance.

a. True
b. False
CHAPTER 3 ANSWER KEY

1. A-TRUE
2. A-TRUE
3. A-TRUE
4. E-ALL OF THE ABOVE
5. B-FALSE
6. D-ALL OF THE ABOVE
7. A-TRUE
8. B-FALSE
9. A-TRUE
10. A-TRUE
11. B-FALSE
12. A-TRUE
13. B-FALSE
14. A-TRUE
15. D-ALL OF THE ABOVE
16. A-TRUE
17. D-ALL OF THE ABOVE
18. A-TRUE
19. D-ALL OF THE ABOVE
20. A-TRUE
21. A-TRUE
22. B-FALSE
23. A-TRUE
24. A-TRUE
25. B-FALSE
26. A-TRUE
27. A-TRUE
28. B-FALSE
29. A-TRUE
30. A-TRUE
31. A-TRUE
32. B-FALSE
33. D-ALL OF THE ABOVE
34. A-TRUE
35. D-ALL OF THE ABOVE
36. A-TRUE
37. A-TRUE
38. A-TRUE
39. A-TRUE
40. A-TRUE
41. B-FALSE
42. A-TRUE
43. A-TRUE
44. A-TRUE
45. B-FALSE
46. A-TRUE
47. A-TRUE
48. A-TRUE
49. A-TRUE
50. A-TRUE
51. B-FALSE
52. A-TRUE
53. A-TRUE
54. A-TRUE
55. D-ALL OF THE ABOVE
56. A-TRUE
57. B-FALSE
58. A-TRUE
59. A-TRUE
60. D-ALL OF THE ABOVE
61. A-TRUE
62. A-TRUE
63. A-TRUE
64. B-FALSE
65. B-FALSE
66. A-TRUE
67. A-TRUE
68. A-TRUE
69. A-TRUE
70. A-TRUE
71. A-TRUE
72. A-TRUE
73. C- Location–Interruption–Find–Extra duties
74. A-TRUE
75. A-TRUE
76. A-TRUE
77. B-FALSE
78. B-FALSE
79. A-TRUE
80. A-TRUE
81. A-TRUE
82. B-FALSE
83. D-ALL OF THE ABOVE
84. A-TRUE
85. D-ALL OF THE ABOVE
86. A-TRUE
87. A-TRUE
88. A-TRUE
89. A-TRUE
90. A-TRUE
91. A-TRUE
92. A-TRUE
93. A-TRUE
94. A-TRUE
95. A-TRUE
96. A-TRUE
97. A-TRUE
98. A-TRUE
99. A-TRUE
100. A-TRUE
1) When operating a public aquatic facility, there are no managerial responsibilities.

   a. True
   b. False

2) A lifeguard must not accept employment or responsibilities which are beyond the scope of his/her training.

   a. True
   b. False

3) Management is responsible for providing at least the following to all lifeguards that they employ:

   a. A safe work environment
   b. Published safety procedures
   c. Published operations procedures
   d. All of the above

4) The lifeguard should never work in an environment that is unsafe.

   a. True
   b. False

5) The employer is responsible for providing and repairing all lifeguard safety equipment required by local law.

   a. True
   b. False

6) In some jurisdictions, the lifeguard on-duty can be held accountable for facility violations. Therefore, the lifeguard should be aware of all local laws governing the operation of aquatic facilities, and encourage management to comply with all these local laws.

   a. True
   b. False

7) The lifeguard should not immediately notify management in writing of any required equipment that is missing or broken.

   a. True
   b. False

8) The lifeguard should always keep a written copy of any important messages he/she relays to management. Future circumstances may require the lifeguard to prove that he/she is not responsible for any facility violations or hazards.

   a. True
   b. False

9) The employer of a lifeguard does not need to publish and make available facility safety procedures, such as an Emergency Action Plan (EAP).

   a. True
   b. False

10) The employer of a lifeguard should publish and make available facility operating procedures, such as an opening closing procedures, and daily operating procedures.

    a. True
    b. False

11) A lifeguard should discuss with management exactly how management wants the lifeguard to enforce the facility rules and consequences for each violation.

    a. True
    b. False
12) Patrons may not be happy to accept the direction and facility rule violation consequences from the lifeguard. Therefore, the lifeguard should seek instructions from management on how management wants the lifeguard to act in the event the lifeguard encounters uncooperative patrons?

a. True  
b. False

13) If the lifeguard cannot satisfactorily perform all of the employer's required tasks, the employer does not need to provide supplement training to the lifeguard.

a. True  
b. False

14) A lifeguard should always refresh his/her skills and knowledge, inspect condition of rescue equipment, and practice emergency response procedures.

a. True  
b. False

15) The lifeguard is responsible for notifying management of any facility safety hazards, operational deficiencies, failures to comply with local laws or deficiencies in the facility published safety plans, and areas for safety or operational improvements.

a. True  
b. False

16) Facility management is responsible for maintaining the records for all of the operations of the aquatic facility, which may include:

a. Facility Safety Checklists  
b. Facility health, sanitation, and maintenance records  
c. Facility water management records (i.e., PH/Acid levels, chlorine levels)  
d. All of the above

17) Management will typically store records for several years with the expectation that they may be required in the future—sometimes, as a result of a lawsuit.

a. True  
b. False

18) A lifeguard should always take very seriously the act of completing facility operating forms, as these forms may be analyzed by the courts and/or government bodies pursuant to a legal investigation.

a. True  
b. False

19) Individuals under the age of 18 are commonly viewed as children by the government. Therefore, the government attempts to protect these individuals from exploitation by employers.

a. True  
b. False
20) If a lifeguard is under the age of 18, the lifeguard should ask his/her employer what federal or state labor department restrictions, if any, apply to him/her as due to his/her age.

a. True
b. False

21) In an attempt to protect individuals from hazardous chemicals, the federal government has issued regulations regarding the use, handling, transporting, and storage of certain dangerous chemicals.

a. True
b. False

22) Facility management does not need to inform lifeguards of all hazardous chemicals with which the lifeguard may come in contact during his/her employment at the facility.

a. True
b. False

23) Management should securely store all hazardous chemicals, so that the chemicals are only accessible to those individuals that are authorized to access the chemicals.

a. True
b. False

24) A lifeguard should ask management where all MSDS are located. The lifeguard should then read all MSDS, and comply with all instructions on the MSDS.

a. True
b. False

25) Pursuant to federal regulations, all employees have a right to know the following information:

a. Which hazardous chemicals are located in the facility
b. What are the hazards and risks of each dangerous chemical stored in the facility
c. Location of all hazardous in the facility
d. All of the above

26) The federal Occupational Safety and Health Administration (OSHA) created the Blood Borne Pathogens Standard directed at diminishing the risk of individuals spreading disease.

a. True
b. False

27) Facility management should inform and train employees on how to eliminate or at least reduce the risk of disease transmission from blood borne pathogens in the workplace.

a. True
b. False

28) Local and state governments may also impose regulations on the operation of aquatic facilities.

a. True
b. False
29) It is the responsibility of the lifeguard to discover and learn all applicable local and state aquatic facility regulations. The lifeguard will be held accountable for failing to comply with any applicable government regulation.

   a. True  
   b. False

30) The maximum number of patrons in the water at the aquatic facility at one time is 150 persons.

   a. True  
   b. False

31) Local and state regulations often restrict patron use of public aquatic facilities (pools, hot tubs, spas, waterslides, ponds, lakes, rivers, oceans, etc.), when a patron is suffering from a communicable illness, such as any illness that can be passed from the infected host to another individual through the water.

   a. True  
   b. False

32) Cryptosporidium is a particularly resilient germ that will survive only two hours in chlorinated water.

   a. True  
   b. False
CHAPTER IV KNOWLEDGE REVIEW

CHAPTER 4 ANSWER KEY

1. B--FALSE
2. A--TRUE
3. D—ALL OF THE ABOVE
4. A--TRUE
5. A--TRUE
6. A--TRUE
7. B--FALSE
8. A--TRUE
9. B--FALSE
10. A--TRUE
11. A--TRUE
12. A--TRUE
13. B--FALSE
14. A--TRUE
15. A--TRUE
16. D—ALL OF THE ABOVE
17. A--TRUE
18. A--TRUE
19. A--TRUE
20. A--TRUE
21. A--TRUE
22. B--FALSE
23. A--TRUE
24. A--TRUE
25. D—ALL OF THE ABOVE
26. A--TRUE
27. A--TRUE
28. A--TRUE
29. A--TRUE
30. B--FALSE
31. A—TRUE
32. B--FALSE
1) The most common area of the spine injured by patrons is the cervical (neck).
   a. True  
   b. False

2) It should be noted that improperly moving a victim with a spinal cord injury can worsen the injury, and possibly cause death.
   a. True  
   b. False

3) It is not critically important that a lifeguard knows how to properly prevent, identify, and respond to spinal cord injuries.
   a. True  
   b. False

4) A head, neck, and back injury are, as the name implies, an injury to the skull or spine.
   a. True  
   b. False

5) Lifeguards should pay special attention to prevent patrons from unsafely engaging in activities which could result in head, neck, or back injuries.
   a. True  
   b. False

6) To help lifeguards identify a victim with a head, neck or back injury, the lifeguard should assume that a head, neck or back injury may have occurred with any injury:

   Check all that apply:
   a. Caused by jumping or diving into the water
   b. Involving a blow to the head, neck or back
   c. Involving a diving board or waterslide
   d. All of the above

7) Individuals suffering from head, neck, and back injuries often exhibit one or more of the following signs and symptoms:
   a. Some loss of memory or brain function, including drowsiness, headache, seizures, bleeding from the head (including head, eyes, ears, nose, and mouth) neck or back
   b. Tongue hanging to the side and missing teeth
   c. Loss of hair, ears red and bruised
   d. All of the above

8) If a lifeguard suspects an individual is experiencing a head, neck or back injury, the lifeguard must stabilize the head, neck and back restricting any movement.
   a. True  
   b. False

9) Moving an individual’s injured head, neck or back may aggravate the injury, and cause further harm.
   a. True  
   b. False

10) Because of the serious nature of head, neck and back injuries, if the lifeguard is unsure whether a head, neck or back injury has occurred, the lifeguard should treat the victim as if such an injury has occurred.
    a. True  
    b. False

11) What determines the type of care
you should provide to a victim with a head, neck or back injury?

a. The victim’s medical state
b. The victim’s location
c. Presence of rescue equipment
d. All of the above

12) If the lifeguard believes that the victim may have a head, neck or back injury, the lifeguard must instruct the victim to relax and not move.

a. True
b. False

13) A victim with head, neck and back injuries who responds to the lifeguard’s questions by shaking his/her head – will help minimize the victim injuries.

a. True
b. False

14) Allowing the lifeguard to hold and stabilize the victim’s head (also known as in-line stabilization), will support and immobilize the victim’s head, neck and back and prevent exacerbating any injuries.

a. True
b. False

15) To best minimize movement of the victim’s head, the lifeguard should gently clasp the left and right sides of the victim’s head. The lifeguard’s hands should be open and the fingers spread wide to provide broad support.

a. True
b. False

16) While stabilizing the victim’s head and restricting head movement, the lifeguard must put pressure, stress, weight and tension on the victim’s head, neck and back.

a. True
b. False

17) If the victim is conscious and responsive, the lifeguard should try not to cover the victim’s ears while the lifeguard is holding the sides of the victim’s head.

a. True
b. False

18) If the victim is lying down, the lifeguard should take the position of kneeling on the ground above the victim’s head. This position will allow the lifeguard to create a more stable hold with which to support the victim’s head.

a. True
b. False

19) Obscuring the victim's field of vision can increase the victim’s anxiety level and provoke the victim to move or become uncooperative.

a. True
b. False

20) While stabilizing the victim’s head, the lifeguard does not need to continuously examine the victim.

a. True
b. False
21) If a lifeguard suspects that a victim is suffering from a head, neck or back injury in the water, the lifeguard should respond by signaling other on-duty lifeguards, if any, that there is an emergency, and that he/she is going to respond.

a. True  
b. False

22) When responding to head, neck and back injuries, ensure that you and other on-duty lifeguards respond in accordance with the employer’s Emergency Action Plan (EAP) as it pertains to head, neck, and back injuries.

a. True  
b. False

23) The Emergency Action Plan (EAP) may require responding lifeguards to perform some or all of the following tasks:

- Call 911 or local emergency medical services.
- Retrieve the appropriate rescue equipment, such as backboard, head & neck brace, AED, first aid kit, etc.
- Clear the swimming area of all patrons.
- All of the above

24) The preservation of life must be the lifeguard’s first priority with an injured victim.

a. True  
b. False

25) If a head, neck or back injury is suspected, always minimize movement of the victim’s head, neck and back. Movement may aggravate any existing injury.

a. True  
b. False

26) If a victim is injured in the water, the lifeguard should transport victim through the water to an area where the rescuer can effectively stabilize victim.

a. True  
b. False

27) A team of rescuers usually cannot provide stabilization better than a lone rescuer.

a. True  
b. False

28) As a lifeguard you should determine medical status in 10 seconds or less, and check victim for: signs of life, breathing and consciousness.

a. True  
b. False


a. True  
b. False

30) If vomiting occurs while victim is on a backboard, roll the victim and backboard to the victim’s left side and use your finger clear the victim’s mouth of any residual vomit.

a. True  
b. False
31) Responding to an unconscious victim in the water who may be suffering from a head, neck or back injury is one of the most difficult, and yet most important, rescue scenarios a lifeguard may experience.

a. True  
b. False

32) It is difficult for a lifeguard to be able to determine if an unconscious victim found in the water is alive. The lifeguard should not attempt in the water to determine if the unconscious victim is breathing.

a. True  
b. False

33) When a lifeguard suspects a victim is suffering from a head, neck or back injury, and the victim is face-up at the surface in water 3 feet or deeper, the lifeguard should perform the head and chin support method.

a. True  
b. False

34) If a victim is injured and not breathing or shows no signs of life, you must immediately evacuate the victim from the water, and commence emergency care on land. The victim cannot afford for you to wait for emergency medical services to arrive.

a. True  
b. False

35) When using the Head and Chin Support method in deep water and rolling a victim to the face-up position, you can attempt to submerge beneath the victim with a rescue tube.

a. True  
b. False
CHAPTER 5 ANSWER KEY

1. A-TRUE
2. A-TRUE
3. B-FALSE
4. A-TRUE
5. A-TRUE
6. D—ALL OF THE ABOVE
7. A-TRUE
8. A-TRUE
9. A-TRUE
10. A-TRUE
11. D—ALL OF THE ABOVE
12. A-TRUE
13. B-FALSE
14. A-TRUE
15. A-TRUE
16. B-FALSE
17. A-TRUE
18. A-TRUE
19. A-TRUE
20. B-FALSE
21. A-TRUE
22. A-TRUE
23. D-TRUE
24. A-TRUE
25. A-TRUE
26. A-TRUE
27. A-TRUE
28. A-TRUE
29. A-TRUE
30. A-TRUE
31. B-FALSE
32. A-TRUE
33. A-TRUE
34. A-TRUE
35. B-FALSE
1) The backboard is a buoyant board of wood or hard plastic about 9 ½ feet long and 9 feet wide.
   a. True
   b. False

2) The backboard is intended to be used by rescuers when a victim is suspected to be suffering from a head, neck or back injury on land or in the water.
   a. True
   b. False

3) A minimum of two lifeguards are required to operate a backboard.
   a. True
   b. False

4) If there are an insufficient number of lifeguards available to safely conduct the backboarding procedure, the lifeguard should attempt backboarding the victim alone.
   a. True
   b. False

5) The lifeguard should make sure the aquatic facility backboard equipment is in satisfactory and reliable condition.
   a. True
   b. False

6) Spine injuries can become significantly worse, if the victim is moved.
   a. True
   b. False

7) If the lifeguard must lower the standing victim to the ground without the use of a backboard, the lifeguard should first secure the aid of several other lifeguards or responsible persons to assist.
   a. True
   b. False

8) At all times while the team of rescuers is lowering the standing victim to the ground without the use of a backboard, the lifeguard must continue to provide in-line stabilization to the victim’s head, neck and back.
   a. True
   b. False

9) When lowering the standing victim to the ground with the use of a backboard, the lifeguard should:
   a. Solicit assistance from at least two more lifeguards
   b. Position backboard behind standing victim
   c. Provide inline stabilization
   d. All of the above

10) To remove a victim on a backboard from the water and on to a beach or pool deck with a beach-like entry, the rescuers should follow the steps below.
   a. Position board perpendicular to the beach
   b. Place head-end on beach
   c. Both rescuers drag board from water
   d. All of the above

11) To ensure that rescuers perform well in special backboarding environments, management should provide specific training these environments during employee orientation and in-service training.
   a. True
   b. False

12) Rehearsal of emergency shut-off procedures to quickly stop water propulsion, flow and movement will make backboarding in the water safer for victims.
   a. True
   b. False
13) The rescuer stabilizing the head should NOT speak to the victim in a calm and confident voice in an effort to relax the victim, gain cooperation from the victim, and solicit important information from the victim.
   a. True
   b. False

14) It can be particularly challenging for rescuers to respond to a victim in extreme shallow water who is face-down and suffering from a head, neck or back injury.
   a. True
   b. False

15) Head, neck, and back injuries are often the result of a victim impacting the bottom of the swimming area with force.
   a. True
   b. False

16) The deeper a body of water, the more difficult it will be to impact the bottom of that body of water with force.
   a. True
   b. False

17) Whenever the victim is in rough moving water, the rescuers should attempt to move the victim to calmer water to reduce the jostling of the victim's head, neck and back.
   a. True
   b. False

18) If the victim cannot be easily moved to calmer water, the rescuers should attempt to shield the victim from the force of the moving water.
   a. True
   b. False

19) The rescuer should not use a surf board, raft, backboard, human wall or any other reasonable method to protect the victim from the force of the moving water.
   a. True
   b. False

20) If the victim is found in water that is being moved mechanically, such as a ride in a water park (i.e., wave pool, artificial river rides, water slides, etc.), then the rescuer should immediately activate the emergency stop switch to halt the motion of the water.
   a. True
   b. False

21) Management at the aquatic facility should review and rehearse all backboarding procedures – both routine and site specific drills during lifeguard orientation and in-service training.
   a. True
   b. False

22) The force of the mechanically propelled water in simulated river or stream attractions may be significant and cause serious injury or worsen a victim's existing head, neck or back injury.
   a. True
   b. False

23) Once a victim is discovered to be suffering from a head, neck or back injury on an artificial river or stream attraction, the lifeguard must immediately protect the victim from objects and people floating downstream and impacting the victim.
   a. True
   b. False
24) Once a victim has been properly protected from the risk of objects or other patrons colliding into the victim, the lifeguard must immediately roll the victim into a face-up position and provide proper head, neck and back stabilization to the victim, until additional rescue help arrives or the victim may be safely moved.

a. True
b. False

25) With in-line stabilization in effect, the lifeguard must maneuver the victim so as to point the victim’s head upstream and the victim’s legs downstream. This position will allow any moving water to best flow around the victim, reduce splashing, and help keep the victim’s head, neck and back in a straight line.

a. True
b. False

26) A catch pool is the body of water at the beginning of a slide or attraction.

a. True
b. False

27) A speed slide is a narrow slide with a very high and steep decent that usually follows a straight path.

a. True
b. False

28) The narrow diameter of a speed slide also increases the possibility of the rider striking his/her head against the sidewall of the slide during decent down the slide.

a. True
b. False

29) A wave pool is a pool where there is mechanically generated wave action for fun and enjoyment. The waves can be very forceful and make swimming quite difficult. Patrons usually swim or ride on floats in the pool.

a. True
b. False

30) The lifeguard must pay special attention to not let the force of the water to bend or twist the victim. Likewise, the lifeguard must prevent the victim from turning sideways into the waves, where the force of the moving water may bend or twist the victim.

a. True
b. False

31) A concussion is a temporary impairment of brain function resulting from an impact to the head. If promptly treated with proper medical care, it does not usually result in permanent brain damage.

a. True
b. False
CHAPTER VI KNOWLEDGE REVIEW

CHAPTER 6 ANSWER KEY

1. B-FALSE
2. A-TRUE
3. A-TRUE
4. B-FALSE
5. A-TRUE
6. A-TRUE
7. A-TRUE
8. A-TRUE
9. D-ALL OF THE ABOVE
10. D-ALL OF THE ABOVE
11. A-TRUE
12. A-TRUE
13. B-FALSE
14. A-TRUE
15. A-TRUE
16. A-TRUE
17. A-TRUE
18. A-TRUE
19. B-FALSE
20. A-TRUE
21. A-TRUE
22. A-TRUE
23. A-TRUE
24. A-TRUE
25. A-TRUE
26. B-FALSE
27. A-TRUE
28. A-TRUE
29. A-TRUE
30. A-TRUE
31. A-TRUE
1) Even when a lifeguard is working at special aquatic events where the participants are strong and capable swimmers, the lifeguard must still diligently perform effective scanning and surveillance.

   a. True
   b. False

2) Special aquatic events where the participants are likely to be strong and capable swimmers include, but are not limited to:
   - Competitive swimming meets;
   - Competitive diving meets;
   - Water polo matches;
   - Synchronized swimming competitions;
   - Lifeguarding competitions; and
   - Scuba diving classes.

   a. True
   b. False

3) While supervising an aquatic special event, a lifeguard need not learn from the organizers of the special event what are their safety rules, procedures, and unique hazards associated with the special event activities.

   a. True
   b. False

4) A lifeguard must learn the safety rules, procedures, and unique hazards associated with aquatic special event activities, if the lifeguard is going to supervise those aquatic special event activities.

   a. True
   b. False

5) A lifeguard should plan how to effectively conduct an in water rescue during the special event because often times, these special events will have lane lines and other barriers in the water, which may complicate the act of swimming to a victim or transporting a victim in the water.

   a. True
   b. False

6) When an aquatic facility has lane lines in the swimming area, the aquatic facility’s Emergency Action Plan (EAP) should address how to transport victims through the water because transporting a victim through the water when lane lines are present may be difficult.

   a. True
   b. False

7) At an aquatic special event, where the participants may be strong swimmers, a lifeguard should nonetheless enforce facility rules regardless of swimmers’ abilities or event festivities.

   a. True
   b. False

8) In scuba diving class, the lifeguard must monitor submerged divers to ensure that they continuously emit bubbles to evidence that they are breathing underwater.

   a. True
   b. False

9) In scuba diving class, divers wear heavy equipment; therefore the lifeguard should continuously monitor whether the divers can maintain positive buoyancy on the surface of the water.

   a. True
   b. False
10) It is always recommended and usually required that a lifeguard be on duty and monitoring aquatic lessons, such as:

- Swim practice;
- Swim lessons;
- Diving practice;
- Diving lessons;
- Scuba diving lessons;
- Water aerobics;
- Water exercise classes;
- Water therapy classes; and
- Other aquatic instructional activities.

a. True
b. False

11) Even if the instructor of the aquatic activity (i.e., swim coach, scuba instructor, etc.) is a certified lifeguard, there should also be a lifeguard on duty monitoring the swimmers in the water.

a. True
b. False

12) A lifeguard should always assume that the aquatic activity instructor is capable of providing all of the necessary assistance to the participants.

a. True
b. False

13) A lifeguard should monitor aerobic activity participants for signs of excessive fatigue or injury.

a. True
b. False

14) A lifeguard should know the medical conditions and physical limitations of any participants in water therapy or geriatric aquatic programs.

a. True
b. False

15) A lifeguard should allow aquatic instructors to use any equipment in the water that the instructor desires, even if the equipment has not been authorized by the management of the aquatic facility.

a. True
b. False

16) A lifeguard should be prepared to intervene in an aquatics class, if the lifeguard believes that an activity is unsafe or a participant needs assistance.

a. True
b. False
CHAPTER 7 ANSWER KEY

1. A-TRUE
2. A-TRUE
3. B-FALSE
4. A-TRUE
5. A-TRUE
6. A-TRUE
7. A-TRUE
8. A-TRUE
9. A-TRUE
10. A-TRUE
11. A-TRUE
12. B-FALSE
13. A-TRUE
14. A-TRUE
15. B-FALSE
16. A-TRUE
1) Once employed as a lifeguard at a youth camp, the lifeguard must participate in onsite aquatic safety training conducted by the camp administrators. The lifeguard must learn his/her employer's swimming area hazards and specific water safety practices.

   a. True
   b. False

2) Lifeguarding at a youth camp swimming facility is usually much less challenging than lifeguarding at a traditional swimming pool environment.

   a. True
   b. False

3) In addition to the common hazards presented by traditional swimming pool environments, youth camp swimming facilities present many additional and unique hazards to their young patrons.

   a. True
   b. False

4) At the beginning of the camp session and before campers are permitted to enter the swimming area for the first time, the lifeguard staff should conduct a swimming area safety orientation.

   a. True
   b. False

5) Taking the necessary time to thoroughly and properly orient campers to the swimming area will increase patrons’ likelihood to obey the facility rules, and create a more safely operating facility.

   a. True
   b. False

6) Spotters and Lookouts are non-lifeguard staff, whose purpose is to help the lifeguards supervise the campers in the water. The job of spotters and lookouts is to supervise the children’s behavior in and around the water, ensure that children comply with the facility’s swimming area rules, and immediately notify a lifeguard of any swimmer in distress or danger.

   a. True
   b. False

7) All campers and staff which will be participating in any water activities at the camp (i.e., swimming, boating, etc.) must have their swimming skills tested by a demonstration of swimming abilities.

   a. True
   b. False

8) Campers should be permitted into any swimming area regardless of whether they have demonstrated the requisite swim skills to swim safely in that area.

   a. True
   b. False

9) After the initial camp swim test, subsequent swim tests should be conducted every few weeks to give individuals who have improved their swimming abilities the opportunity to progress to the next highest swim level, and gain permission into additional water activities and swimming areas.

   a. True
   b. False

10) At youth camps the swimming area should be divided into clearly defined sections; each section should correspond to one of the camps designated swimmer classifications.

    a. True
    b. False
11) Each swimming area section must be clearly marked and fully enclosed or encircled by a continuous reliable barrier, such as a beach, dock, pier, wharf, wall, lane lines or a rope with buoys. The barrier around each swimming area section must reliably prevent swimmers from accidentally straying into the section.

   a. True  
   b. False

12) The aquatics staff (lifeguards, swim instructors, spotters and lookouts) should be vigilant in ensuring that swimmers never access a swimming area for which they are not authorized. Swimmers must remain in the area to which they are assigned.

   a. True  
   b. False

13) The buddy system pairs two campers together while they are in or around the swimming area. Each buddy is responsible for both himself/herself and his/her buddy.

   a. True  
   b. False

14) Each partner in the buddy pair should have similar swimming skills and the same camp designated swimming classification.

   a. True  
   b. False

15) The buddy pair should be assigned to the swimming area for which both swimmers are authorized to access.

   a. True  
   b. False

16) Each buddy must immediately notify the lifeguard, if his/her buddy is either lost or in distress.

   a. True  
   b. False

17) Swimmers that are buddies must stay together at all times while in and around the swimming area.

   a. True  
   b. False

18) Each buddy should be accountable for the behavior of his/her buddy, and must encourage his/her buddy to act responsibly and in accordance with the rules while in and around the swimming area. If one buddy violates the facility’s rules, both buddies should be penalized.

   a. True  
   b. False

19) At scheduled intervals (i.e., every 20 or 30 minutes) or when necessary, a lifeguard should signal all swimmers, usually with a whistle blast, that a buddy check is commencing. All swimmers in the swimming area must stop all activities, remain stationary, cease making noise, and hold their buddy’s hand high in the air.

   a. True  
   b. False

20) The primary purpose of the buddy check is to quickly and accurately determine whether all campers are in compliance with the buddy system, and confirm that no camper has lost his/her partner in the water.

   a. True  
   b. False

21) The buddy check (procedure to confirm every swimmer has a partner) will reveal if one swimmer is missing, however, it will not reveal whether a pair of swimmers is missing. Only the buddy count (procedure of counting the total numbers of swimmers present) will identify if a pair or swimmers is missing.

   a. True  
   b. False
22) If a swimmer cannot locate his/her buddy before the lifeguard finishes counting to ten, the lifeguard should deem that swimmer has lost his/her buddy, but need not bother commencing any emergency response.

   a. True
   b. False

23) If after a buddy check it is determined that a swimmer is indeed missing, the lifeguard should immediately activate the facility's emergency action plan (EAP) for a submerged swimmer. An in-water search must not be delayed while some camp staff members search for the missing swimmer outside of the water.

   a. True
   b. False

24) At the conclusion of a buddy check, if every swimmer is holding hands with his/her buddy, then the buddy check is complete. The lifeguard should then commence a buddy count to confirm that the expected number of swimmers in the swimming area exactly matches the actual number of swimmers in the swimming area.

   a. True
   b. False

25) Instructional classes should be conducted under the strict supervision of at least one authorized swim instructor and the lifeguard on duty for the swimming area.

   a. True
   b. False

26) If two or more lifeguards confirm that the expected number of swimmers in the water exactly matches the actual number of swimmers in the water, then the lifeguard may conclude the buddy count and signal all swimmers that they may resume recreational activities.

   a. True
   b. False

27) When using a buddy board to track individuals in the swimming area, absolutely no one should be permitted in or out of the swimming area without first being accounted for on the buddy board or tracking device.

   a. True
   b. False

28) If after a buddy count it is determined that the expected number of swimmers and the actual number of swimmers present do not exactly match, then the lifeguard should delay an in-water search for any potentially missing swimmer, and delay activating the facility's emergency action plan (EAP).

   a. True
   b. False

29) The buddy system should enhance a lifeguard’s ability to supervise a swimming area. It does not in any way reduce a lifeguard’s responsibility to perform constant surveillance and supervision.

   a. True
   b. False

30) The camp staff must inform campers on what to do if they have lost sight of their buddy.

   a. True
   b. False

31) Similar, to the lost buddy scenario, the camp staff must inform campers on what to do if they witness either their buddy or another swimmer in distress.

   a. True
   b. False

32) Youth camps aquatic facilities do not need to have a buddy board or other device that tracks exactly who enters and exits the swimming area.

   a. True
   b. False
33) By examining the buddy board or tracking device, a staff member must be able to easily determine:

- How many swimmers are in the swimming area;
- What is the classification of each swimmer in the swimming area; and
- The name of each swimmer in the swimming area.

a. True  
b. False

34) No swimmer needs a buddy tag to access the swimming area at a youth camp.

a. True  
b. False

35) Buddy tags should be assigned to every swimmer based on his/her performance during the camp administered swim test.

a. True  
b. False

36) The buddy tags should be color coded, with every camp designated swimmer classification having its own distinct color.

a. True  
b. False

37) The buddy tag should display the swimmer's full name and camp group affiliation (i.e., group name, cabin number, etc.). This information will enable camp staff to easily determine the identity of any missing swimmer, access his/her medical records, and emergency contact information on file with the camp administrators.

a. True  
b. False

38) Youth camps never require swimmers to wear color coded wristbands while in the swimming area, where the color on the wristband is the same color as the swimmer's buddy tag color.

a. True  
b. False

39) Color coded wristbands enable the aquatic staff to identify the swimming ability of any camper at a single glance.

a. True  
b. False

40) The buddy board should not be divided into sections which exactly correspond to the sections of the physical swimming area.

a. True  
b. False

41) When a swimmer exits the water, he/she must immediately move his/her buddy tag from the section on the buddy board that indicated where he/she was swimming, and place the tag in the “out” section on the buddy board.

a. True  
b. False

42) On the buddy board there may be a section for water activities, which should be further sectioned by specific water activities (i.e., row boats, canoes, sailboat, scuba diving, snorkeling, etc.).

a. True  
b. False

43) Buddy tags that are not currently being used by swimmers should be collected and retained by an appointed staff member.

a. True  
b. False
44) During camper orientation to the swimming area, all campers must be informed of the importance of not playing with their buddy tags, misusing the tags in any way or storing them, even temporarily, anywhere other than on the buddy board.

   a. True
   b. False

45) Immediately before entering the swimming area, every camper must hang his/her buddy tag on a hook in the section on the buddy board that represents the swimming area section where he/she will be located in the water.

   a. True
   b. False

46) Before a camper can move from one section in the swimming area to another section in the swimming area, he/she must first move his/her buddy tag on the buddy board to indicate the correct section of the swimming area where he/she will be located in the water.

   a. True
   b. False

47) When a camper places a tag on the buddy board, regardless of section in which the tag is placed, each buddy should place his/her tag next to or on top of his/her buddy’s tag to indicate that they are a buddy pair swimming together.

   a. True
   b. False

48) It is not necessary for a member of the aquatic staff to be stationed at the buddy board to ensure every camper correctly places his/her tag on the board; nor is it necessary for this staff member to ensure that no one enters or exits the swimming area without first correctly positioning his/her tag on the board.

   a. True
   b. False

49) Immediately upon exiting the water, every camper must move his/her tag on the buddy board to the “out” section on the buddy board indicating that the swimmer is no longer in the water.

   a. True
   b. False

50) For added safety, some camps choose to use a system of colored wristbands or caps to supplement the buddy system.

   a. True
   b. False
CHAPTER 8 ANSWER KEY

1. A-TRUE
2. B-FALSE
3. A-TRUE
4. A-TRUE
5. A-TRUE
6. A-TRUE
7. A-TRUE
8. B-FALSE
9. A-TRUE
10. A-TRUE
11. A-TRUE
12. A-TRUE
13. A-TRUE
14. A-TRUE
15. A-TRUE
16. A-TRUE
17. A-TRUE
18. A-TRUE
19. A-TRUE
20. A-TRUE
21. A-TRUE
22. B-FALSE
23. A-TRUE
24. A-TRUE
25. A-TRUE
26. A-TRUE
27. A-TRUE
28. B-FALSE
29. A-TRUE
30. A-TRUE
31. A-TRUE
32. B-FALSE
33. A-TRUE
34. B-FALSE
35. A-TRUE
36. A-TRUE
37. A-TRUE
38. B-FALSE
39. A-TRUE
40. B-FALSE
41. A-TRUE
42. A-TRUE
43. A-TRUE
44. A-TRUE
45. A-TRUE
46. A-TRUE
47. A-TRUE
48. B-FALSE
49. A-TRUE
50. A-TRUE
1) A waterfront swimming facility is a natural outdoor swimming area such as a lake, pond, river or quarry or other naturally occurring body of water.
   a. True 
   b. False 

2) Due to the unique perils present in the ocean, working as a lifeguard at an ocean facility does not require additional training and knowledge.
   a. True 
   b. False 

3) A waterfront swimming area presents most of the typical dangers encountered in a swimming pool, plus many more.
   a. True 
   b. False 

4) Weather conditions do not play a critical role in the operation of waterfront facilities. Weather does not prevent the opening or cause the unscheduled closing of a waterfront facility.
   a. True 
   b. False 

5) Upon hearing the sound of thunder or seeing lightning, a lifeguard should:
   a. Clear all people from water. 
   b. Clear all people from elevated positions. 
   c. Move all people to safe area. 
   d. All of the above 

6) It is not important to keep patrons away from windows and doorways.
   a. True 
   b. False 

7) Due to the disturbance of heavy rain on the surface of the water in a pool, it can diminish a lifeguard’s ability to see beneath the surface of the water.
   a. True 
   b. False 

8) Upon the onset of a heavy rain, a lifeguard should immediately clear everyone from the swimming area, and move everyone to a safe indoor area, if possible.
   a. True 
   b. False 

9) Dark cloudy skies, usually indicative of thunder storms, can diminish surface visibility making it more difficult to see and be seen at a distance.
   a. True 
   b. False 

10) Because of the density of water, cold water will lower a swimmer’s body temperature significantly faster than cold air.
    a. True 
    b. False 

11) The harsh glare of the sun can impede one’s ability to see or been seen.
    a. True 
    b. False 

12) Polarized lens in sunglasses are the only type of lens that enable a wearer positioned above the surface of the water to see below the surface of the water.
    a. True 
    b. False
13) Dehydration is known to cause cramping.
   a. True  
   b. False

14) Direct prolonged exposure to harsh sunlight never causes serious sunburn and discomfort.
   a. True  
   b. False

15) The lifeguard should warn patrons that are exhibiting sunburn, and encourage them to put on clothing to cover the affected skin, remain in the shade, or apply sun block.
   a. True  
   b. False

16) If fog prevents a lifeguard from effectively supervising a facility, the lifeguard should delay the opening of the facility or close the facility early, until the fog evaporates and the lifeguard can properly supervise the swimming area.
   a. True  
   b. False

17) Docks, platforms, and other structures receive much attention and use from patrons, and serve as potential entanglements for swimmers. Therefore, patrons should not be permitted to swim beneath any floating structure.
   a. True  
   b. False

18) Manmade structures positioned in or on the water are never an obstacle for the lifeguard being able to view the entire swimming area.
   a. True  
   b. False

19) A lifeguard, before every shift, should inspect which of the following items on swimming area platforms?
   a. decaying boards
   b. protruding nails
   c. frayed ropes
   d. All of the above

20) A lifeguard should always pay special attention to patrons near known hazards on land or in the water.
   a. True  
   b. False

21) Access to underwater hazards may be restricted or the underwater hazard identified by the placement of? Check all that apply.
   a. flags
   b. a rock
   c. a baseball bat
   d. black tape

22) The most common underwater waterfront hazards are: rocky, jagged, sloping, mucky, or uneven bottom to the water, which makes entering, exiting, and standing much easier.
   a. True  
   b. False

23) Submerged objects such as rocks, tires, tree stumps, machinery, etc. can be an attraction to playful patrons.
   a. True  
   b. False
24) Marine life inhabiting fresh water is seldom dangerous (i.e., snapping turtles, crabs, snakes, eels, etc.), but can induce fear and even panic in swimmers.
   a. True
   b. False

25) Seaweed, kelp, and other underwater plants can present entanglements to swimmers, which can further entangle the swimmer, if the swimmer struggles.
   a. True
   b. False

26) A lifeguard should restrict or prohibit access to all known land and underwater hazards.
   a. True
   b. False

27) With large swimming areas, the lifeguard should not have to consider how much time it will take for the lifeguard to get to a patron in distress and provide help.
   a. True
   b. False

28) Waterfront swimming areas will always have better underwater visibility than a properly maintained swimming pool.
   a. True
   b. False

29) On a waterfront, it will be very difficult to see submerged victims and objects without a snorkel mask or goggles.

   Therefore, lifeguards working on a waterfront must always have a snorkeling mask or goggles readily available to maximize their underwater ability to see.
   a. True
   b. False

30) Waterfront swimming areas are often large in size and can accommodate many more patrons than the average swimming pool facility.
   a. True
   b. False

31) Lifeguards in waterfront facilities must scan areas less, and are more able to focus on individuals.
   a. True
   b. False

32) Dehydration, heat exhaustion, and heat stroke can all cause which of the following?
   a. nausea
   b. dizziness
   c. fainting
   d. All of the above

33) Dehydration, heat exhaustion, and heat stroke can pose a serious threat to life.
   a. True
   b. False

34) A lifeguard should always be familiar with the depths and bottom terrain of the entire area that he/she supervises.
   a. True
   b. False

35) A lifeguard should always be aware of routine and possible currents, tides, and strong water flows.
   a. True
   b. False
36) Boats and watercrafts must never be permitted in the designated swimming area.
   a. True
   b. False

37) To prohibit boats and watercrafts from entering the swimming area, a lifeguard should consider encouraging management to post signs, markers, buoys, and ropes.
   a. True
   b. False

38) A lifeguard should ensure that outdoor swimming areas are closed at least an hour before it becomes difficult to clearly see and safeguard the entire swimming area.
   a. True
   b. False
CHAPTER IX KNOWLEDGE REVIEW

CHAPTER 9 ANSWER KEY

1. A--TRUE
2. B--FALSE
3. A--TRUE
4. B--FALSE
5. D—ALL OF THE ABOVE
6. B--FALSE
7. A--TRUE
8. A--TRUE
9. A--TRUE
10. A--TRUE
11. A--TRUE
12. A--TRUE
13. A--TRUE
14. B--FALSE
15. A--TRUE
16. A--TRUE
17. A--TRUE
18. B--FALSE
19. D—ALL OF THE ABOVE
20. A--TRUE
21. A—FLAGS
22. B--FALSE
23. A--TRUE
24. A--TRUE
25. A--TRUE
26. A--TRUE
27. B--FALSE
28. B--FALSE
29. A--TRUE
30. A--TRUE
31. B--FALSE
32. D—ALL OF THE ABOVE
33. A--TRUE
34. A--TRUE
35. A--TRUE
36. A--TRUE
37. A--TRUE
38. A--TRUE
1) To effectively perform as a lifeguard in a water park or similar environment, the lifeguard must participate in on-site aquatic safety training conducted by his/her employer, so that the lifeguard can learn his/her employer’s aquatic hazards and specific water safety practices.
   a. True
   b. False

2) Play structures in an aquatic environment can enhance fun, and never enhance the danger to patrons.
   a. True
   b. False

3) Which of the following are examples of permanent play structures?
   - Water slides
   - Drop-off slides
   - Sprinklers
   - Fountains
   - Waterfalls
   a. All of the above, except on answer
   b. All of the above

4) Which of the following characteristics of play structures increase the need for additional lifeguard surveillance around play structures?
   - Occupies a large enough space to be an area of responsibility.
   - Expands the regular on duty lifeguard’s area of responsibility.
   - Creates significant hazards to patrons.
   - Causes high volume patron activity.
   - Invokes a high excitement level in patrons.
   - Requires constant enforcement of the rules of use.
   a. All of the above, except on answer
   b. All of the above
5) Which of the following factors should a lifeguard keep in mind, when supervising the use of a play structure?

- Does the play structure create additional risks?
- Can the lifeguard reasonably mitigate the risk to patron safety?
- Can the lifeguard limit or control patron traffic on the play structure?
- What are the access restrictions to use the play structure?
- What are the safety restrictions for proper use of the play structure?
- Can the lifeguard manage the patron excitement to reduce the chance of accidents resulting from over excitement?
- How can the lifeguard effectively supervise blind spots on the play structure?
- How can the lifeguard prevent patrons from swimming underneath the structure or into unsafe areas around the play structure?
- Is the play structure fun enough to be a successful attraction?
- What are the time limits for patrons on the play structure?
- For minor children, is parental or adult supervision required to use the play structure?

a. All of the above, except one answer.
b. All of the above.

6) Play structures require enhanced surveillance, which may include the lifeguard preventing:

- Reckless behavior due to over excitement,
- Overcrowding on the structure,
- Patrons misjudging the water depth,
- Patrons from being uninformed about what to expect from any drop into the water,
- Running on the structure to reduce the risk of patrons slipping and falling,
- Patrons from being uninformed about the strength of the water movement or flow on or around the play structure,
- Patrons from jumping and diving into the water from unsafe areas,
- Patrons from throwing unauthorized balls or toys,

a. All of the above, except on answer
b. All of the above

7) When an aquatic facility hosts deep water activities, the facility must provide the lifeguard with specific in-service training on how to best supervise the facility’s deep water activities, and how to respond to emergencies that may result from those activities.

a. True
b. False
8) In general, when conducting surveillance of deep water activities a lifeguard must:

- Limit one patron at a time on any overhead platform (i.e., waterslide, rope swing, diving platform, diving spring board, etc.) or ladder, and never allow horseplay or excessive procrastination on the overhead platform or ladder.

- Monitor activities on the surface of the water.

- Monitor activities below the surface of the water.

- Limit use of any overhead swing, rope or cable above the water to one user at a time.

- Watch all patrons dropping into the water and confirm that they re-surface and swim to land safely.

- Prohibit patrons from diving into water that is less than nine feet in depth.

- Control the volume of patron traffic on the structure, and limit it to a volume that the lifeguard can effectively supervise.

- Watch patrons using inner tubes or rafts, and be aware that the inner tube or raft can overturn.

- Be positioned at the top, middle and bottom of the structure to ensure proper use and patron safety.

- Require patrons to use the structure only in the way for which it is intended.

- Enforce all access requirements for the structure.

- Caution patrons to only ride the slide in the proper position (i.e., lying down with arms crossed over chest).

- The lifeguard must limit one rider at a time on the slide.

- The lifeguard at the bottom of the slide should signal the lifeguard at the top of the slide when it is safe for another rider to descend the down the slide.

a. All of the above, except one answer
b. All of the above

9) The water park facility (employer) must provide the lifeguard (employee) with specific in-service training on how to best supervise the facility’s activities and attractions, and how to respond to emergencies that may result from those activities and attractions.

a. True
b. False
10) Which of the following actions must a lifeguard perform when conducting surveillance in a water park?

- Monitor patrons at all times around the attraction.
- Dispatch riders safely.
- Keep all patrons and all areas on the attraction in his/her eyesight, or on camera, as much as possible.
- Carefully familiarize himself/herself with the attraction on which he/she will work.
- Monitor overhead activities, if any.
- Monitor activities on the surface of the water.
- Monitor activities below the surface of the water.
- Limit use of any overhead swing, rope or cable above the water to one user at a time.
- Be mindful that a patron dropping into the water from a height may be injured or surprised.
- Prohibit patrons from diving into water that is less than nine feet in depth.
- Control the volume of patron traffic on the structure, and limit it to a volume that the lifeguard can effectively supervise.
- Watch patrons using inner tubes or rafts, and be aware that the inner tube or raft can overturn.
- Be positioned at the top, middle and bottom of the structure to ensure proper use and patron safety.
- Require patrons to use the structure only in way for which it is intended
- Enforce all access requirements.
- Caution patrons to only ride the slide in the proper position (i.e., lying down with arms crossed over chest).
- Limit one rider at a time on the slide.
- The lifeguard at the bottom of the slide should signal the lifeguard at the top of the slide when it is safe for another rider to descend down the slide.

a. All of the above, except one
b. All of the above

11) On winding river rides, the lifeguard coverage on the attraction should attempt to keep all riders in the sight of at least one lifeguard during the entire ride.

a. True
b. False

12) While supervising a waterslide, the lifeguard should ensure that riders do not:

- Slow or stop on the decent down the slide.
- Link or meet with other riders to form a chain of riders during the decent down the slide.
- Bump or touch any other rider while descending down the slide.
- Descend the slide on an unauthorized riding device.
- Descend the slide with more than one rider on an authorized riding device.
- Descend the slide in an unauthorized body position (i.e., head-first or stomach down position).

a. All of the above, except one answer
b. All of the above
13) On a waterslide, the lifeguard at the top of the slide must:

- Inform riders of the facility safety rules.
- Orally instruct every rider on what he/she can and cannot do while descending down the waterslide.
- Confirm that riders are not wearing unauthorized clothing.
- Observe patrons to ensure that riders are sober, and capable of safely descending the slide.
- Prohibit riders from using any unauthorized riding equipment.
- Confirm that any authorized riding equipment is in good and safe condition before rider descends down the slide.
- Instruct riders on how to properly use authorized riding equipment.
- Assist riders with any authorized riding equipment.
- Encourage all riders to hurry up and descend down the slide as quickly as possible.
- Confirm that every rider meets any ride requirements (i.e., height, weight, age or other).

a. All of the above, except one answer
b. All of the above

14) On a waterslide, the dispatcher must:

- Dispatch riders at authorized intervals.
- Release riders down the slide, only when it is confirmed that the previous rider has vacated the area in the catch pool at the end of the slide.
- Slow or halt the release of riders, if there is a traffic jam on the slide.
- Confirm riders are properly positioned on any riding equipment immediately before descending the slide.
- Refrain from touching patrons.
- Try not to pair unfamiliar riders.
- Try not to pair very small children.
- Prohibit patrons from forcing a reluctant rider to descend the slide.

a. All of the above, except one answer
b. All of the above
15) On a waterslide, the lifeguard at the bottom of the slide must:
   - Supervise riders as they terminate the waterslide.
   - Help patrons to stand up and exit the catch pool.
   - Monitor each patron in the catch pool to see if they are injured or need help.
   - To solicit feedback about the ride, ask riders how they enjoyed the ride.
   - Look for signs that the slide is not operating properly.
   - Ensure that the wave action or water flow in the catch pool does not knock patrons off balance or hold them underwater.
   - Facilitate the quick and direct exit of every rider from the terminating point of the slide to safety outside of the catch pool.
   - Seek out prohibited rider behavior, and warn riders against repeating the hazardous behavior.
   - Search for broken or unsafe riding equipment, and immediately remove that equipment from use.
   - Remove any stray objects that are found at the terminating point of the ride.
   - Confirm that all riders comply with the access restrictions for the slide.
   - Seek out patrons that are not sober, report them to management and ban them from the attraction.
   - Be on guard for patrons that are violating any of the facility and/or attraction rules. Then take the appropriate corrective action.
   - Signal dispatcher at the top of the slide when the terminating point of the slide is clear, and it is safe to dispatch another rider from the top of the ride.

   a. All of the above, except one answer
   b. All of the above

16) On waterslides, a lifeguard is required near the middle of the slide, if neither the lifeguard at the top of the slide nor the lifeguard at the bottom of the slide can see the middle of the slide and/or the response time to the middle of the slide from the lifeguards at the top and bottom is unacceptably long.

   a. True
   b. False

17) On waterslides, a lifeguard stationed along the middle of the slide should:
   - Assist troubled riders.
   - Prevent congestion of rider traffic.
   - Ensure patrons obey the facility and attraction safety rules.
   - Notify the dispatcher to slow or stop the release of riders down the slide, if necessary.
   - Monitor the proper functioning of the waterslide.
   - Remove any stray objects that are found on the waterslide.

   a. All of the above, except one
   b. All of the above
18) A drop-off waterslide is a slide that terminates a few feet below water, and when the rider slides off the end of the slide, the rider is underwater.
   a. True
   b. False

19) The lifeguard stationed at the bottom of a drop slide must:
   - Ensure that riders safely slide off the end of the slide and drop into the water.
   - Confirm that every rider ejects from the end of the slide feet-first or in an authorized body position.
   - Visually confirm that riders were not injured from the waterslide, drop into the water, or while attempting to vacate the catch pool.
   - Make sure that all riders that slide off the end of the slide and fall into the drop zone quickly evacuate the drop zone.
   - Assist any riders that are experiencing difficulty or could benefit from assistance.
   - Be on guard that riders being ejected from the end of the slide may be shocked by the height of the fall to the catch pool, depth of the water in the catch pool, or temperature of the water in the catch pool.
   - Seek out patrons that are violating the facility or attraction safety rules.
   - Signal the dispatcher at the top of the slide when to slow or stop releasing riders down the slide.
   - Signal the dispatcher at the top of the slide when it is safe to release another rider down the slide.
   a. All of the above, except one answer
   b. All of the above

20) A speed slide is a very steep and straight waterslide that may have gently rising hills. Near the end of the slide, the slide gently curves and gradually becomes increasingly parallel to the ground, and the water in the slide gradually deepens by a few inches.
   a. True
   b. False

21) A free-fall slide is similar to the speed slide, except the free-fall slide has a very gradual drop. It is usually a nearly parallel to the ground and does not create a sensation of falling from a great height.
   a. True
   b. False
22) In addition to all of the responsibilities of a lifeguard at the top of a speed slide, the lifeguard at the top of the free-fall slide also must:

- Require patrons waiting in line to stand a safe distance away from the mouth of the slide and the rider preparing to descend the slide.
- Signal the next rider in line when it is safe for the rider to approach the mouth of the slide.
- Fully inform the rider of the riding rules on the slide.
- Prevent riders from descending the slide until he/she gives the rider permission to descend the slide.
- Confirm each rider is ready to descend the slide safely before the rider descends the ride.
- Never permit a panicky or obviously frightened rider to descend the slide.
- Never dispatch a rider down the slide until he/she has confirmed that it is safe to do so.
- Inform riders that serious injury or even death can result from failure to obey the facility safety rules for the slide.

a. All of the above, except one answer
b. All of the above

23) Wave pools are typically rectangular shaped pools that start with a shallow water walk-in entry. The water usually increasingly deepens to a depth that may be too deep for patrons to stand. Waves are mechanically produced and directed down the length of the pool from the deep end to the shallow end. The waves may be produced with various heights, patterns, and intervals. Patrons are often provided with flotation devices (i.e., inner tubes or rafts) on which they ride and use to stay afloat.

a. True
b. False

24) The lifeguard stations at a wave pools are headwall, side walls, and shallow end.

a. True
b. False

25) In a wave pool, at least one lifeguard station must be equipped with an emergency shut off switch to abruptly turn off the production of waves in the wave pool.

a. True
b. False

26) Whenever patrons are permitted to use inner tubes, rafts or other flotation devices while in the swimming area, patrons have a tendency of relying too much on the floatation devices to keep buoyant.

a. True
b. False

27) Kiddie pools are commonly pools too deep for small children to stand. The maximum depth of kiddie pools might be ten or eleven feet. This type of pool often has recreational play structures (i.e., gently sloping waterslides, fountains, sprinklers, climbing apparatuses, or play structures).

a. True
b. False
28) Common problems in kiddie pools include, rough play, height requirement violations, age requirement violations, inadequate parental supervision, children using pool as toilet, and overexposure to the sun or water.

a. True  
b. False

29) In kiddie pools, as in all other swimming environments, parents supervising their children must not be permitted to ignore, temporarily abandon, or negligently supervise their children in the water or play areas.

a. True  
b. False

30) In kiddie pools, as in all other swimming environments, while assisting a child, the lifeguard must continue to scan and thoroughly supervise all other patrons in his/her area of responsibility.

a. True  
b. False
CHAPTER X KNOWLEDGE REVIEW

CHAPTER 10 ANSWER KEY

1. A—TRUE
2. B—FALSE
3. B—ALL OF THE ABOVE
4. B—ALL OF THE ABOVE
5. A—ALL OF THE ABOVE, EXCEPTION ONE
6. B—ALL OF THE ABOVE
7. A—TRUE
8. B—ALL OF THE ABOVE
9. A—TRUE
10. A—ALL OF THE ABOVE
11. A—TRUE
12. B—ALL OF THE ABOVE
13. A—ALL OF THE ABOVE, EXCEPTION ONE
14. B—ALL OF THE ABOVE
15. B—ALL OF THE ABOVE
16. A—TRUE
17. B—ALL OF THE ABOVE
18. B—FALSE
20. A—TRUE
21. B—FALSE
22. B—ALL OF THE ABOVE
23. A—TRUE
24. A—TRUE
25. A—TRUE
26. A—TRUE
27. B—FALSE
28. A—TRUE
29. A—TRUE
30. A—TRUE