



READ THE INDICATED CHAPTER OF THE ALERT MANUAL
ANSWER IN POINT FORM

TOTAL MARKS _____/35

1. Chapter 1 List 6 significant differences between the role and training of Lifeguards and Lifesavers. (3 marks)
2. Chapter 1 The most important aspect of Lifeguarding is preventing accidents from happening. List 3 general ways to prevent accidents in your swimming pool. Which of these is the key way for dealing with patrons? (3 marks)
3. Chapter 2 Explain both the "INTENSIVE" and "EXTENSIVE" approaches to the supervision of swimmers. List two advantages and two disadvantages of each system. (5 marks)
4. Chapter 2 Lifeguards may be stationed at a variety of positions. Explain the positions a Lifeguard may use. Include two significant advantages and two disadvantages of each type of position. (5 marks)
5. Chapter 3 Emergencies can be either MAJOR or MINOR. State the difference between these two types. List the general procedures of each type. (5 marks)
6. Chapter 4 Mrs. Pat Jones, a hysterical mother, comes to you regarding her missing four year old boy. He is blonde, wearing red trunks, is a non-swimmer and has not been seen for 20 minutes. What are the key steps to be taken to deal with the situation efficiently? (4 marks)
7. Chapter 7 You are lifeguarding and have seen someone push another swimmer into the water. Explain how you would handle both swimmers in this situation. Support your actions with solid reasons. (4 marks)
8. Chapter 10 Draft a 4 hour Inservice training program outline to build your pool aquatic skills, in which you would enjoy participating. (2 marks)

Justify the expense of the Inservice training program to a skeptical tax payer, with 3 reasons. (4 marks)