

**NATIONAL LIFEGUARD SERVICE  
THEORY  
100 QUESTION ASSIGNMENT  
Revised April 2003**

**NAME:** \_\_\_\_\_ **DATE:** \_\_\_\_\_

**MARKED BY:** \_\_\_\_\_ **MARKS:** \_\_\_\_\_

**Chapter 1 – Lifeguarding in Action**

1. What are the four major roles of a Lifeguard? (4)

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2. Who is a Lifeguard responsible to? (4)

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**Chapter 2 – Accident Prevention: Facility Analysis and Supervision**

3. List six areas of risk at a swimming facility? (6)

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4. How can you control risk or eliminate risk at a facility and give an example for each. (4)

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5. What are two characteristics of Pool Rules? Give one example, which is governed by provincial legislation and one rule that are determined, by your local municipality. (4)

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6. What are six factors to consider when determining how many lifeguards to put on duty? (6)

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7. What are four factors to consider when determining where to position your Lifeguards? (4)

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8. Name one advantage and one limitation for each of the three Guarding Approaches, Zone, Global, and Combination. (6)

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9. Name four factors that affect your scanning technique? (4)

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10. Identify three scanning strategies? (3)

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11. Name four pool features or equipment that require additional direct supervision? (4)

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12. For supervised areas, what is the R.I.D. Factor? (3)

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13. Name three conditions that can occur that can limit or restrict your ability to see patrons in distress. (3)

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**Chapter 3 – Aquatic Emergencies: Recognition and Intervention**

14. What are two signs or two symptoms of a distressed, drowning and injured victims? (6)

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15. Name six behaviors that can lead to patrons in trouble? (6)

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16. How do you prepare and plan for an emergency? (1)

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17. Name two similarities and two differences in how you would deal with a Minor versus a Major Emergency? (4)

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18. With a Major Emergency, how would you divide up the duties of a three-guard team rescue? (3)

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19. Communication during an emergency is important, name two factors for effective communication between lifeguards, to victim and with Emergency Services Personnel? (2)

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**Chapter 4 – Lifeguarding Skills and Procedures**

20. What is a Rescue Response? (1)

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21. From the Lifeguard's rescue checklist what are the four "R's"? (4)

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22. List four entries appropriate for a pool? (4)

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23. Name four factors that should be considered when choosing a contact or non-contact rescue? (4)

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24. List four techniques or equipment for supporting victim's shoulders and head above the surface? (4)

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25. Name four factors that could be consider before choosing an appropriate removal? (4)

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26. What is a focal point? (1)

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27. List three factors you should consider on selecting a focal point? (3)

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28. Name three guarding procedures that would change from a single-guard versus multi-guarding facility? (3)

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29. Name four activities that can be performed by a bystander? (4)

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30. List six factors that could be considered when selecting a spinal technique? (6)

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31. List four steps to find a missing person? (4)

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32. Name four situations in which an aquatic facility would be evacuated? (4)

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33. List four factors to consider when dealing with an unsuccessful rescue? (4)

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**Chapter 5 –Waterfront and Surf Rescue**

34. When choosing a point of entry for a rescue, list four facts to consider? (4)

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35. List four removals suitable for a waterfront or surf? (4)

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36. List two factors that a lifeguard should consider when rescuing multiple victims? (2)

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37. When retrieving a scuba victim from a depth, how do you position the airway? (1)

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38. List four steps that you would take to rescue an unconscious victim with a rescue board? (4)

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39. List four steps that you would take to rescue a conscious victim with a power craft? (4)

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40. List four factors to consider when conducting a search at a beach? (4)

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41. List four search methods for in water rescues? (4)

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**Chapter 6 – Aquatic Emergency Care**

42. What are the five basic steps of emergency care? (5)

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43. List four things that you should consider when assessing the rescue scene? (4)

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44. What is a primary survey? (1)

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45. What is a secondary survey? (1)

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46. List five vitals that are regularly checked? (5)

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47. List five things that you should record as part of your report? (5)

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48. What two things should be used to protect you from cross contamination? (2)

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49. List 8 items you should have in a basic first aid kit? (8)

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50. What is Critical Incident Stress? (1)

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51. List four signs or symptoms of Critical Incident Stress? (4)

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52. List four ways to deal positively with post-incident stress? (4)

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**Chapter 7 – Public Relations and Education**

53. List four ways to improve Public Relations? (4)

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54. List four ways to improve Public Education? (4)

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55. List four steps to take to resolve a complaint? (4)

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56. List four common safety rules? (4)

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**Chapter 8 – The Lifeguard and the Law**

57. What are the three types of Laws? (3)

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58. What is the difference between Civil and Criminal cases? (2)

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59. What four things does a Coroner's Inquest determine? (4)

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60. What three things need to be proven to find fault in a case of negligence? (3)

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61. What is the difference between duty of care and standard of care? (2)

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62. Why must consent be given when administering first aid? (1)

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63. What is the age of consent for first aid? (1)

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64. What is the responsibility of the parent or guardian when administering first aid to a child? (1)

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65. What is liability insurance? (1)

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66. What is the purpose of Provincial Legislation? (1)

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67. How long do you need to keep Pool Logs on file? (1) (*Refer to Provincial Regulations for actual requirements*)

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68. How many patrons can a 16-year-old lifeguard with their NLS supervise on their own? (1) (*Refer to Provincial Regulations for actual requirements*)

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**Chapter 9 – Administration and Management**

69. When managing a seasonal outdoors aquatic facility what are four areas of responsibility? (4)

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70. List four questions that are typically found on an application for employment? (4)

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71. List four topics found in a staff manual? (4)

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**Chapter 10 – Pre-Season and In-service Lifeguard Training**

72. List four components of a pre-season or in-service Training session? (4)

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73. Why is ongoing training important? (1)

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74. Why is it important for a lifeguard to be physically fit? (1)

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75. List five characteristics of physical fitness? (5)

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76. What is the purpose of lifeguards performing simulated emergencies? (1)

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77. List four ways a lifeguard can participate in professional development opportunities? (4)

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**Chapter 11 – Swimming Pool Operation and Safety**

78. Name two types of filters? (2)

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79. How is the water disinfected? (1)

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80. What is the recommended level of free available chlorine? (1) (*Refer to Provincial Regulations for actual requirements*)

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81. What two chemicals are used to increase and decrease pH at a swimming pool? (2)

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82. What is the recommended range for pH? (1) (*Refer to Provincial Regulations for actual requirements*)

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83. What is the purpose of the Material Safety Data Sheet (MSDS)? (1)

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84. What is included in the Workplace Hazardous Materials Information System training? (3)

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85. List four water tests performed and recorded daily? (4)

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86. List four steps to take following a pool fouling? (4)

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87. List four reasons a lifeguard would close a swimming pool. (4)

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**Chapter 12 – Surf and Waterfront Operation and Safety**

88. List three environmental considerations an operator of a beach should check pre-season before opening to the public? (3)

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89. List four surf conditions that may affect a swimmer's safety? (4)

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90. List four "lifeguard to patron" communication methods. (4)

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91. List three colors of flags and their purpose that are often used at Beach to communicate with the public. (3)

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92. List four considerations when determining the location of the guarding towers. (4)

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93. List ten items of equipment desired on a rescue boat under 6m in length. (10)

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94. List four items recorded on a daily log report. (4)

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**Chapter 13 – Waterpark Operation and Safety**

95. List four typical features of a waterpark facility that increases the risk to patrons? (4)

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96. List four rules of a waterslide. (4)

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97. List four challenges when scanning a continuous river ride. (4)

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98. List four rules for a wave pool. (4)

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99. Why is it not advisable to dive from an elevated tower into waves at a Wave Pool? (1)

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100. List four rules for a Tarzan swing. (4)

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