

# NASCO Lifeguard Training

## Chapter Review Questions

Please answer all of the following questions and return to an instructor. You will not be permitted to write the exam until your completed review questions are received.

### Chapter 1 Review Questions

1. Define drowning.

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2. Define dry drowning.

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3. Define wet drowning.

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### Chapter 2 Review Questions

1. What is the primary objective of any in water rescue?

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2. What is the worst thing a lifeguard could do for a victim in any emergency situation?

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3. An easy way to summarize the CPR sequence is the following: \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_ and \_\_\_\_\_.

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4. What was the fastest drowning ever recorded by NASCO?

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5. What are the five roles of a lifeguard?

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6. How many hours of inservice are required per month?

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7. Explain, "If you don't see the victim nothing else matters."

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**Chapter 3 Review Questions**

1. In order to minimize exposure to ultra-violet solar radiation a lifeguard should wear the following items:

\_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_

2. Common symptoms of dehydration include \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_.

3. Training and physical conditioning are not important in lifeguarding. True or False?

8. List some examples of personal protective equipment available to lifeguards:

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9. List some common blood borne pathogens:

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**Chapter 4 Review Questions**

1. A person's \_\_\_\_\_, \_\_\_\_\_, \_\_\_\_\_ and \_\_\_\_\_ are all determining factors in assessing somebody's ability to float.

2. a) List the 5 signs and symptoms of a surface victim.

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b) How many of these signs need to be present for a drowning to occur? \_\_\_\_\_

3. What is a 447? \_\_\_\_\_

4. List the signs and symptoms of a submerged victim.

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5. The preferred method of approaching a victim is from the front. True or False?

6. The preferred victim approach is from which direction? Why?

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**Chapter 5 Review Questions**

1. The most important task of the lifeguard is that of \_\_\_\_\_.
2. The area right at the guard's feet is one of the most dangerous places in any pool. True or False?
3. Why or why not?

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4. Can you achieve a proper scan without moving you head? Yes or No?
5. One complete scan of your zone should not take any longer than \_\_\_\_\_ seconds.

6. Five ways to ensure effective scanning are; \_\_\_\_\_

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7. The standard lifeguard trap involves:

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8. Relying solely on counting people in the water is a proven and sound scanning technique. True or False?

**Chapter 6 Review Questions**

1. \_\_\_\_\_ is one of the most common sources for guest complaints.
2. Lifeguards do not have to follow the same rules as guests because they have much more experience on the slides and can anticipate the ride more easily. True or False?
3. Identifying guests who require \_\_\_\_\_ is a prime example of preventative lifeguarding.
4. Crowd control is not a major factor when managing an aquatic emergency. True or False?
5. Knowing the rules and the reasons for them is your Manager's job and not the concern of a lifeguard. True or False?

**Chapter 7 Review Questions**

1. Define the following signals:

a) One long whistle blast:

\_\_\_\_\_

b) One short whistle blast:

\_\_\_\_\_

c) Two short whistle blasts:

\_\_\_\_\_

d) Two (or more) long whistle blasts:

\_\_\_\_\_

e) Raised fist in the air while in the water:

\_\_\_\_\_

f) Lifeguard patting their head in the water:

\_\_\_\_\_

g) Lifeguard patting their head while on the deck:

\_\_\_\_\_

2. List the keys that would prompt you to act as a secondary lifeguard.

\_\_\_\_\_  
\_\_\_\_\_

3. Whenever a guard enters the water, who is responsible for scanning that guard's water and making sure the rescue is going well?

\_\_\_\_\_

**Chapter 8 Review Questions**

1. List the compression to breath ratios for one person CPR for the following:

a) Adult \_\_\_\_\_

b) Child \_\_\_\_\_

c) Infant \_\_\_\_\_

3. Upon removing an unconscious victim from the water the rescuer should \_\_\_\_\_ and administer

\_\_\_\_\_.

4. If a guest has a pulse but is not breathing the rescuer should do what?

\_\_\_\_\_

5. Airway management is essential when dealing with an unconscious victim. True or False?
6. Abdominal thrusts are used when dealing with an infant with an obstructed airway. True or False?
7. To find a pulse on an adult victim the rescuer should use the \_\_\_\_\_ artery.
8. How many guards are required to use a BVM effectively? \_\_\_\_\_

**Chapter 9 Review Questions**

1. What are the two ways of entering the water under four feet deep?  
\_\_\_\_\_
2. If you suspect a spinal injury you should \_\_\_\_\_ to the water and try not to disturb the victim.
3. When performing the Heimlich maneuver in the water a lifeguard should continue to administer them until the water stops coming out of the victim's mouth. True or False?
4. The mob drag should be used on conscious victims. True or False?
5. When performing artificial respiration in the water it is not necessary to use a mask. True or False?
6. The Travis maneuver is used as a \_\_\_\_\_ defense.

**Chapter 10 Review Questions**

1. List the major differences between a community pool and a waterpark.  
\_\_\_\_\_  
\_\_\_\_\_
2. List some possible guest incidents on a serpentine tube slide.  
\_\_\_\_\_  
\_\_\_\_\_
3. List some possible areas of concern in a wavepool.  
\_\_\_\_\_  
\_\_\_\_\_
4. List some of the responsibilities of a slide dispatcher.  
\_\_\_\_\_  
\_\_\_\_\_
5. List some of the responsibilities of a catch pool or run out guard.  
\_\_\_\_\_  
\_\_\_\_\_
6. \_\_\_\_\_ and \_\_\_\_\_ are the most common accidents in any aquatic facility.
7. The purpose of guard rotations is:  
\_\_\_\_\_