

## LIFEGUARDING

### REVIEW QUESTIONS

#### CHAPTER 1: THE PROFESSIONAL LIFEGUARD

##### Multiple Choice

Circle the correct answer to the question.

1. **The “F” in the FIND decision-making model stands for—**
  - a. Features of lifeguarding.
  - b. Figure out the problem.
  - c. Find the problem.
  - d. Focus on lifeguarding.
  
2. **Good Samaritan laws are designed to protect most professional rescuers from—**
  - a. The risk of legal action as a result of sharing information about the victim with bystanders and local media.
  - b. The risk of legal action as long as they act in good faith, within the scope of their training and are not negligent.
  - c. The need to legally document what was seen, heard and done at the scene.
  - d. The need to obtain consent before providing care.
  
3. **Before providing care for a conscious injured or ill victim, you must first—**
  - a. Announce to bystanders what you are going to do.
  - b. Begin to write your record of what happened.
  - c. Find out if you have a duty to act.
  - d. Obtain the victim’s consent.
  
4. **Which of the following is NOT a responsibility of lifeguards?**
  - a. Educating patrons about facility rules and regulations.
  - b. Ensuring the victim returns to his or her previous state of health.
  - c. Minimizing or eliminating hazardous situations or behaviors.
  - d. Providing needed care for the victim.
  
5. **Which of the following personal characteristics should be true of a professional lifeguard?**
  - a. Eat and hydrate properly only on days when you are working.
  - b. Maintain a professional attitude, appearance and healthy lifestyle.
  - c. Update certifications within a year after they expire.

d. Use sun protection and sunglasses only on hot, sunny days.

**6. If a victim of injury or illness refuses care, you should—**

- a. Continue to provide care as needed.
- b. Explain to the victim why he or she needs care and request the victim to at least allow someone more highly trained, such as EMS personnel, to evaluate the situation.
- c. Interview bystanders and fill out the incident report.
- d. Tell the victim you are trained to help, your level of training and what you think may be wrong.

**7. Negligence includes all of the following EXCEPT—**

- a. Failing to control or stop any behaviors that could result in further harm or injury.
- b. Failing to provide care.
- c. Providing inappropriate care.
- d. Providing the standard of care.

**Matching**

**8. Match each term with the correct definition.**

- A. Abandonment**
- B. Confidentiality**
- C. Duty to Act**
- D. Negligence**
- E. Standard of Care**

- \_\_\_ Legal responsibility to act in an emergency while on the job.
- \_\_\_ The victim's right to privacy, which is protected by not sharing information learned about the victim.
- \_\_\_ Guidelines and expectations for professional rescuers, which may be established in part by their training program and in part by state or local authorities.
- \_\_\_ A failure to follow the standard of care or failure to act, which results in someone being injured or causes further harm to the victim.
- \_\_\_ Leaving the scene of an emergency or ceasing to provide care for a victim who requires ongoing care before someone with equal or greater training arrives and takes over.

**Multiple Answers**

**Place a check next to the correct answer or answers.**

**9. To look professional and be prepared to respond appropriately to any situation, a professional lifeguard must—**

- Wear the lifeguard uniform when on and off duty.
- Be well groomed.
- Keep rescue equipment locked in the storage room so it is ready for use when on duty.
- Sit or stand upright at the lifeguarding station.
- Keep eyes focused on the assigned area of responsibility at all times.
- Keep essential personal gear, such as sunglasses, away from the lifeguard station while on surveillance duty.
- Observe all facility rules, regulations and policies.
- Eat only when in the lifeguard office or on the lifeguard stand when the area of responsibility is clear of patrons.

**10. Which of the following situations would require obtaining consent from the individual or from a parent or guardian before providing care?**

- An unconscious victim of a head injury.
- A person who is conscious with a minor open wound.
- A person who is currently conscious but previously was unconscious, according to his friend.
- A child who is with his parents but is unconscious from an accident.
- A person who can talk and can give information regarding his or her injury or illness.
- An unconscious child at a lakefront who carpooled with another family but whose parents or guardian cannot be located.
- A college student who is confused and was seriously injured during a nonfatal submersion.

**True or False**

**Circle true or false.**

- 11. True False    The vast majority of states and the District of Columbia have Good Samaritan laws.**
  
- 12. True False    Good Samaritan laws protect people who willingly provide emergency care without accepting anything in return.**
  
- 13. True False    Good Samaritan laws protect people from legal liability resulting from a victim's injury if they act in good faith and provide care outside of their level of training.**
  
- 14. True False    Good Samaritan laws may not protect a rescuer from legal liability resulting from a victim's injury if the rescuer stopped providing care and left the scene of the emergency before another rescuer of equal or more**

advanced training arrived to take over.

15. True False **Good Samaritan laws protect all lifeguards.**
16. True False **Since accuracy is important in completing your agency's accident reports, remember to record facts, names and personal opinions and feelings when completing the forms.**
17. True False **To learn what the lifeguard team members should expect from one another, team members must communicate and practice the facility's EAP together.**
18. True False **Annual certification training may include CPR and AED review courses, lifeguarding review courses and review of lifeguarding knowledge and skills.**
19. True False **Only lifeguards at seasonal facility need to have annual certification training.**
20. True False **Seasonal lifeguards can lose knowledge and skills during the off-season.**

#### Fill in the Blanks

21. The primary responsibility of a lifeguard is to ensure patron safety and protect lives. This can be done in several ways, such as—
- \_\_\_\_\_ injuries by minimizing or eliminating hazardous situations or behaviors.
  - \_\_\_\_\_ facility rules and regulations and \_\_\_\_\_ patrons about them.
  - Recognizing and \_\_\_\_\_ quickly and effectively to all emergencies.
  - Administering \_\_\_\_\_ and CPR or using an AED in an emergency and, if trained, administering emergency oxygen when needed.
  - Informing other \_\_\_\_\_, facility staff and management when more help or equipment is needed.
22. The lifeguard team will work together better when they understand the expectations of \_\_\_\_\_ as well as what they can expect from each other.
23. When using the FIND decision-making model applied to lifeguarding decisions, FIND means—
- \_\_\_\_\_ out the problem.



**31. How can management ensure a good lifeguard team for their facility?**

**32. Name three things management can do to support the professional lifeguard.**

