



The National Aquatic Safety Company, LLC

A TEAM EXAM

For each question, choose the best possible answer. There is only one answer per question.

1. The objective of any rescue is to
 - a. Get the victim out of the water and then do CPR
 - b. Get the victim nose up, stable, and breathing
 - c. Re-tilt the head
 - d. To get wet and cool off on a really hot day.
2. Which of the following is **not** one of the basic jobs of the lifeguard?
 - a. Recognize
 - b. Prevent
 - c. Rescue
 - d. CPR
3. Which of the following is it acceptable to do a compact jump?
 - a. Shallow water
 - b. Water over 5 feet deep
 - c. Beach
 - d. Water less than 5 feet deep
4. When doing the log roll, you must be careful to protect
 - a. The head
 - b. Yourself
 - c. Your partner
 - d. The elbows
5. A lifeguard hanging involves
 - a. Getting a hand caught in the lifeguard stand
 - b. Getting a foot caught in the lifeguard stand
 - c. Getting the rescue tube strap caught in the lifeguard stand
 - d. Getting the whistle lanyard caught in the lifeguard stand
6. The preferred rescue is
 - a. Rear
 - b. Front
 - c. Block and Turn Release
 - d. Endorphin



The National Aquatic Safety Company, LLC

7. The use of examination/surgical gloves and AR masks is generally referred to as:
 - a. U V protection
 - b. First aid
 - c. Universal precautions
 - d. System recuperation
8. Which of the following is **not** a sign of a victim on the surface?
 - a. Color variation
 - b. Facial expression
 - c. Irregular motion including the absence of motion
 - d. Head back nose up
9. Which of the following is not a sign of a victim on the bottom?
 - a. Loss of body position
 - b. Hanging posture
 - c. Bubbles
 - d. No motion
10. The 4-4-7 is a victim which is
 - a. Four years old, four feet tall, seven feet deep
 - b. Four years old, four feet tall, seven feet from the bank
 - c. Four feet tall, four feet deep, seven years old
 - d. Four feet tall, four feet deep, seven feet from the bank.
11. The 3-3 is a victim which is
 - a. 3 feet from the bank, 3 feet deep
 - b. 3 feet from the bank, 3 feet from safety
 - c. 3 years old, 3 feet from safety
 - d. 3 years old, 3 feet deep
12. If you try to ventilate and the air does not go in your next step is to
 - a. Blow harder
 - b. Re-tilt the head to attempt to open the airway
 - c. Chest compress
 - d. Sweep the airway
13. Which of the following is **not** one of the 5 keys to scanning?
 - a. Seeing what you expect to see
 - b. Head is in constant motion
 - c. Pronounced downward head swing with a bump to look at the middle of your zone
 - d. The scan is completed in less than 15 seconds



The National Aquatic Safety Company, LLC

14. Which of the following is **not** a symptom of spinal column fracture?
 - a. Loss of feeling in the feet and hands
 - b. What you see and what you hear
 - c. Blue lips
 - d. Victim holding the neck
15. When dealing with a guest complaint, you should always
 - a. Listen carefully to what the guest is saying
 - b. Explain that they have to obey the rules like everyone else
 - c. Spend as little time as possible listening to the complaint so that you can get on to more important duties.
 - d. Avoid talking to guests
16. Which of the following does **not** lead to instant discharge in most cases?
 - a. Horse play
 - b. Talking back to a supervisor
 - c. Breaking any rule on any ride, slide, attraction, or pool.
 - d. Being at work on time, in uniform, and being courteous
17. Which of the following is **not** a characteristic of a good employee?
 - a. Always on time
 - b. Calls in when sick before their shift time
 - c. Wears the proper uniform
 - d. Always has a reason for not doing what their supervisor asked them to do
18. What is the order that the straps are placed on a victim when securing them to a backboard?
 - a. Head, chest, middle, feet
 - b. Chest, middle, feet, head
 - c. Chest, feet, middle, head
 - d. Feet, middle, chest, head.
19. One of the most important variables in determining the survivability of a non-breathing victim is.
 - a. Time to intervention in restoring breathing.
 - b. Time to local EMS response.
 - c. Age of victim.
 - d. Use of AED.
20. The largest percentage of rescues are:
 - a. Adults in deep water.
 - b. Teenagers on bowl slides.
 - c. Children 12 & under in 5 feet or less of shallow water.
 - d. Children 3 & under in shallow water.