



The National Aquatic Safety Company, LLC

BASIC LIFEGUARD EXAM A

1. 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.
2. 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.
3. LSR stands for Loss of Spontaneous Respiration.
 - A. True
 - B. False
4. Children 3 & under are a high risk group because they are more likely to become an LSR than the rescue data indicates.
 - A. True
 - B. False
5. Chest compressions for an infant and child should be at least to a depth of.
 - A. 1/2 the chest thickness.
 - B. 1/3 the chest thickness.
 - C. 2/5 the chest thickness.
 - D. 1/5 the chest thickness.
6. If the second guard enters the water and the rescue is going “bad”, his first responsibility is to the _____.
 - A. The pool management company that they are employed by.
 - B. Rescuing of the victim
 - C. Task of seeing that the initial rescuer is nose up, stable, and breathing.
 - D. Family of the victim.



7. Several signs that show when a second guard may have to get involved in a rescue are listed below, except.
 - A. The first rescuer does a surface dive.
 - B. The first rescuer surfaces with a passive swimmer.
 - C. The first rescuer surfaces from under the water and taps his head in the water.
 - D. Whenever the first rescuer positions a victim in a spinal support maneuver.
8. A rescuer must remember the following when attempting to take a victim from a bystander, except.
 - A. Always identify yourself and assure the bystander that you are there to help.
 - B. Move aggressively to get the victim in a nose up, breathing and stable position.
 - C. Be careful that the bystander does not harm the victim when trying to get the victim out of the water.
 - D. All of the above answers are appropriate, and should be remembered.
9. Whenever a rescuer is attempting a rescue from the front and the victim lunges towards the rescuer they should _____.
 - A. perform the Steve maneuver
 - B. perform the Travis maneuver
 - C. perform Mark maneuver
 - D. perform the Kyle technique
10. If a victim does grab the rescuer during a rescue attempt, they should _____.
 - A. Roll over on to their back so that the rescuer has their nose up and they can breathe while swimming the victim to safety and reassuring the victim.
 - B. Continue the rescue, if the rescuer loses the rescue tube, then they are not to panic, but continue to swim the victim to the side.
 - C. Protect their throat and neck from injury by ducking their head while continuing the rescue. They should talk to the victim and reassure them while the rescuer maintains control of the rescue.
 - D. All of the above are appropriate answers.
11. Whenever rescuers are placing a possible spinal victim on a backboard, they should submerge the backboard and bring it under the victim from the feet of the victim towards the head.
 - A. True
 - B. False
12. The face up spinal support technique requires the rescuer to place their arms under the victim's hips, and under his neck applying slight tension on the spine if repositioning the head is necessary. While the victim's face is up and they are floating on their back.
 - A. True
 - B. False



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13. As stated in the text, for NASCO lifeguards, stable is defined as having the victim in a place of no further harm.
 - A. True
 - B. False
14. According to the text, between 10%-20% of all rescues that have been recorded deal with two or more victims.
 - A. True
 - B. False
15. The majority of the time when multiple victims are encountered it involves a parent and a child or two people about the same age.
 - A. True
 - B. False
16. The main objective of the rescuer is to get the victim nose up, stable, and breathing.
 - A. True
 - B. False
17. What methods can be used to enter the water and approach a victim suspected of having a spinal injury?
 - A. Slip in and swim to the victim making as few waves as possible.
 - B. Compact jump and rush to the victim.
 - C. Slip in and shake the victim when you reach them.
 - D. Dive in headfirst and swim under water to the victim.
18. What is a rescuer's main objective if a victim grabs them?
 - A. Protect themselves and forget about the victim.
 - B. Get themselves and the victim into a nose up, stable, and breathing position.
 - C. Struggle with the victim until they realize the lifeguard is the one in charge.
 - D. Reassure the victim and roll them face first into the water.
19. A general rule on turbidity is if the lifeguard cannot see the bottom drain in the deepest part of the pool, then the guard probably cannot see a victim on the bottom either.
 - A. True
 - B. False
20. What extrication method requires the rescuers to roll the victim towards them, and then lift the victim onto the deck?
 - A. Backboard lift
 - B. Three or more person lift
 - C. The mop drag
 - D. The ultimate deck lift.



21. What is the correct order for securing a suspected spinal injury patient to a back board?
 - A. Head, chest, middle, and feet
 - B. Middle, chest, head, and feet
 - C. Chest, middle, feet, head
 - D. Feet, chest, head, middle
22. Vocalization while performing CPR has several benefits including _____.
 - A. It helps maintain the rhythm of the rescuers.
 - B. It helps to show or establish control of the situation.
 - C. It helps the mental state of the rescuers as well as provides reassurance to onlookers.
 - D. All of the above are correct answers A, B, and C.
23. Whenever performing the rear approach rescue, the guard should remember the following, except.
 - A. Keep their head turned downward and to the side. This will protect the guard's head behind the victim's back and lessen the effect of a rear head-butt from the victim.
 - B. Place the victim in a forceful full-nelson hold in order to establish control.
 - C. Talk to the victim throughout the rescue and reassure them that they are going to be O.K.
 - D. Keep the rescue tube between them and the victim, reach around the victim's chest and grasp the victim firmly.
24. During the course of two-person CPR, and there are several compressors available, the compressors should "switch" or "Change" every 5 cycles, or 2 minutes. When these "switches" or "changes" occur they should be ≤ 5 seconds.
 - A. True
 - B. False
25. When two rescuers are performing CPR on an adult the compression to breathe ratio is _____.
 - A. 30:2
 - B. 15:2
 - C. 1:5
 - D. 5:1
26. When two rescuers are performing CPR on a child the compression to breath ratio is _____.
 - A. 30:2
 - B. 15:2
 - C. 1:5
 - D. 5:1



27. When two rescuers are performing CPR on an infant, and there is a BVM, the compression to breath ratio is _____.
A. 30:2
B. 15:2
C. 1:5
D. None of the above.
28. If air does not go into the unconscious non-breathing victim when the rescuer initially attempts to ventilate, the rescuer should _____.
A. Move to the side of the patient and perform (5) five chest thrusts.
B. Roll the victim on their side and do back blows.
C. Re-tilt the head and re-position it and attempt to ventilate a second time.
D. Get a deep breath and blow harder through the mask into the victim until successful.
29. How long should the rescuer check to see if an unconscious non-breathing victim has a pulse or not _____?
A. 1- 4 seconds.
B. 5-10 seconds.
C. 20-25 seconds.
D. 25-30 seconds.
30. Identify the answer that is not a sign or symptom of shock.
A. Cool clammy skin.
B. Irregular heart rate.
C. Curling of the toes.
D. Irregular breathing rate.
31. SDS's are required to be kept at the facilities so that all of the chemicals are identified and that if an emergency situation occurs then the hazards associated with the chemical can be identified and appropriate treatment can begin if required.
A. True
B. False
32. The signs and symptoms of heat stroke are listed below, except.
A. The skin is red in color
B. The skin is cool to the touch
C. There is a hard, rapid pulse
D. The skin is dry



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33. The rescuer is expected to perform CPR and be the link between rescue and advanced life support care that will be provided by the EMS service, this service is supposed to respond in less than 8-10 minutes according to their national standards.
A. True
B. False
34. When beginning to administer artificial respiration to an infant, the rescuer is to give _____, and watch the chest rise and fall.
A. One long full breath
B. Two full breaths
C. Three short puffs
D. Two puffs of breaths, enough for the chest to rise and fall between each puff.
35. In the drowning sequence, after two minutes without respiration, the patient is in a serious state decline and respirations have either ceased or are about to cease.
A. True
B. False
36. While reassessing the victim after a non-critical incident, the lifeguard should do the following, except.
A. Remove the victim from the water.
B. Observe and evaluate condition
C. Allow the victim to go home and take a nap.
D. Release the victim to a parent, guardian, or some other responsible adult.
37. Prior to making a rescue, a professional lifeguard should know the following.
A. The EAP.
B. Who will be responding to the incident and what organizations to expect.
C. Where the equipment is stored, how to get it, and how to use it.
D. All of the above answers are some of the things that a lifeguard must know prior to making a rescue.
38. Inconsistent rule enforcement is one of the most common complaints in an aquatic facility.
A. True
B. False



39. Match the number to the correct statement on the left. Pick the letter answer that puts the numbers in the correct order.
- | | |
|------------------------------|--|
| The rescuer is o.k. _____ | 1. One long whistle blast |
| Major emergency _____ | 2. Fist in the air |
| Cover my zone _____ | 3. One short whistle blast |
| Get attention of Guest _____ | 4. Two short whistle blasts |
| Get attention of Guard _____ | 5. Tapping top of head out of the water |
| The rescuer needs help _____ | 6. Tapping top of head while in the water. |
- A. 6, 1, 5, 4, 3, 2
B. 6, 1, 5, 3, 2, 4
C. 6, 4, 3, 5, 2, 1
D. 6, 1, 5, 3, 4, 2
40. The rescuer should always put on gloves and utilize universal precaution whenever they come in contact with blood or other body fluids in order to avoid being exposed to a blood borne pathogen.
A. True
B. False
41. Assisting young people with putting on a life jacket that fits them well is a great way of safeguarding your facility, and creating good will while promoting a professional image for your Guest.
A. True
B. False
42. Part of your EAP may require that a bystander assist with calling the Emergency Medical Service. If they are to use the facility's phone, what information should be prominently posted by the phone?
A. The EMS Operator's phone number
B. The Phone number of the facility that you are calling from.
C. The street address and directions to the facility that you are calling from.
D. All of the above are correct A, B, and C.
43. When dealing with the opposite sex, one must avoid any appearance of inappropriate behavior or touching.
A. True
B. False
44. Because most of the duties of a lifeguard are the same day to day, it is "OK" to take short cuts whenever completing procedures like cleaning the facility and monitoring the chemicals in the pool.
A. True
B. False



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45. It is essential that a lifeguard take over the rescue from a Guest, even though the Guest may have found the victim initially.
A. True
B. False
46. Children look up to lifeguards as role models, and it is up to the professional lifeguard to treat everyone with respect and to be polite in order to continue this belief.
A. True
B. False
47. Select the situation that would not be significant to a lifeguard proficient at “Reading the Pool.”
A. A large female that is extremely hesitant to enter the water.
B. A small child that is a “wall climber” and is inching ever closer to the deep end of the pool.
C. A child is jumping and turning around to catch themselves on the wall before their head goes under water.
D. The Pepsi machine is not dispensing product, as it should.
48. Why is one of the most dangerous places in a pool at the lifeguard’s feet?
A. It is difficult to discipline yourself to look down.
B. Many Guest go unnoticed at the lifeguard’s feet
C. The lifeguard gets too comfortable, thinking nothing will happen in their area.
D. All of the above A, B, and C are correct.
49. The five keys to identify a victim in distress on or near the surface are facial expression, irregular body movements-including the absence of motion, loss of body position, head back-nose up, and no kicking.
A. True
B. False
50. In 1984, a survey of Texas Public Pools, NASCO found that approximately one person drowned for every 142,000 guests each year statewide.
A. True
B. False