

**LIFEGUARDING****REVIEW QUESTIONS****CHAPTER 2: INJURY PREVENTION AND FACILITY SAFETY****Multiple Choice**

**Circle the correct answer to the question.**

- 1. Signs posted in an aquatic facility are an example of what injury-prevention strategy?**
  - a. Communication with patrons.
  - b. Facility safety checks.
  - c. Patron surveillance.
  - d. Written hazard standard.
  
- 2. Rules common to the use of facility equipment and play structures include all of the following EXCEPT—**
  - a. Do not climb on lifeguard stands or towers.
  - b. Do not sit or hang on lane lines or lifelines.
  - c. Enter, ride and exit the slide head-first.
  - d. One person at a time on the diving board.
  
- 3. Which of the following rules are common for diving boards and towers?**
  - a. Only one bounce allowed on the diving board.
  - b. Only one person on the diving board at a time.
  - c. Swim immediately to the closest ladder or wall.
  - d. All of the above.
  
- 4. Play structure guidelines include—**
  - a. No climbing on inflatable play structures on or over dry land.
  - b. No toys allowed in the water.
  - c. Not letting play structure become overcrowded.
  - d. Both a and c.
  
- 5. If a patron continues to break facility rules—**
  - a. You may need a supervisor or manager to resolve the problem, or give a warning that continued behavior will result in the patron being asked to leave.
  - b. You must immediately call the police.
  - c. You should allow them to get hurt, they would not listen anyway.
  - d. You should immediately have them removed from the facility.
  
- 6. Safety checks should be conducted—**

- a. Before opening and after closing the facility.
- b. Before opening the facility and during operations.
- c. Before opening the facility, during daily operations and at closing.
- d. Several times a day when you are not on surveillance duty.

**7. When performing patron surveillance at an outdoor aquatic facility, a lifeguard should clear everyone from the water—**

- a. At the first sound of thunder or sighting of lightning.
- b. Upon hearing a thunderstorm warning for the area on the NOAA Weather Radio All Hazards network.
- c. When less than 5 seconds lapse between hearing thunder and seeing lightning.
- d. When thunderhead clouds are seen overhead.

**8. According to the National Lightning Safety Institute, lifeguards may reopen the pool to patrons following severe weather—**

- a. 30 minutes after the last rainstorm.
- b. 30 minutes after the last sound of thunder or last sighting of lightning.
- c. After a NOAA Weather Radio All Hazards network thunderstorm warning expires.
- d. As soon as the sun is shining again.

**Multiple Answers**

**9. For each of the hazards at a waterfront facility, place a “U” by those that are underwater hazards, a “P” by those that are caused by pier formations and a “C” by those that are caused by a change in water conditions.**

- Holes in the swimming area
- Currents
- Unanchored floating rafts
- Unregulated fishing areas
- Submerged objects
- Tidal changes
- Thermoclines
- Marine life

**10. Examples of life-threatening conditions include—**

- Sunburn.
- Nonfatal submersion.
- Broken finger.
- Injuries to the head, neck or back.
- Unconsciousness.

- Laceration to the cheek.
- Sprained ankle.
- Heart attack.
- Severe bleeding.
- No breathing.
- Broken tooth.

**11. You are lifeguarding at a multi-attraction aquatic facility that has a permanent slide. You must be aware of the following guidelines—**

- Enforce age, height and weight guidelines.
- Only allow two riders on the slide at a time.
- Enter, ride and exit the slide head-first only.
- Keep hands inside the slide.
- No standing or stopping.
- Keep slide entry and exit points clear.

**12. The Hazard Communication Standard has rules about hazardous chemicals to prevent injury and illness caused by an exposure. According to the standard, employees have a right to know—**

- What chemicals a facility should purchase.
- Which hazardous chemicals are in the facility.
- How to identify chemical hazards at the employee's facility.
- Which chemicals employees may not have to handle.
- What to do if they or others are exposed to such hazards.

**13. Place “WP” in front of those rules or regulations common to a waterpark and “WF” in front of those rules or regulations common to a waterfront.**

- No playing or swimming under piers.
- No personal watercraft in swim areas.
- Patron height restrictions.
- No swimsuits with metal rivets, buttons or fasteners.
- No stacking of tubes.
- No fishing near swimming areas.

**True or False**

**Circle true or false.**

**14. True False A drowning happens when a person suffocates in the water.**

**15. True False People with heart disease, diabetes, high or low blood pressure, seizures,**

epilepsy or other medical conditions should not be allowed to use the spa or hot tub.

16. True False **A facility with play structures is just like any other facility and no additional precautions are needed.**
17. True False **Nonswimmers or weak swimmers may become careless during the excitement of using play structures.**
18. True False **Swimmers can be surprised by the fall from a drop slide or rope swing.**
19. True False **If a patron is visiting a facility for the first time, lifeguards should be willing to give the person a break if he or she does not follow a rule.**
20. True False **Safety checks are the responsibility of the lifeguard on surveillance duty.**
21. True False **Weather affects the safety of swimmers both indoors and outdoors.**
22. True False **Management is required to provide lifeguards and other employees with information and training about the chemicals stored and used at their workplace, if their jobs involve handling such items.**
23. True False **The Material Safety Data Sheet (MSDS) must be kept in a location that is only known to the lifeguard supervisor.**
24. True False **A lifeguard who follows the OSHA Bloodborne Pathogens Standard eliminates the risk of disease spreading from one person to another from bloodborne pathogens.**

#### **Fill in the Blanks**

25. **The two most serious aquatic emergencies to prevent are \_\_\_\_\_ and \_\_\_\_\_, \_\_\_\_\_ and \_\_\_\_\_ injuries.**
26. **Excited children may run, fall and be injured around sprays and fountains in \_\_\_\_\_ water.**
27. **\_\_\_\_\_ checks are the primary method of facility surveillance.**
28. **Three general categories of hazards at a waterfront facility are—**

- a. \_\_\_\_\_ hazards.
- b. \_\_\_\_\_ formations.
- c. Changing \_\_\_\_\_ conditions.

29. After clearing the pool due to severe weather, the National Lightning Safety Institute recommends lifeguards wait \_\_\_\_\_ minutes from the last sound of thunder or last sighting of lightning before letting patrons back into the water.

30. Management has an obligation to protect lifeguards as well as patrons. One major responsibility management should address is \_\_\_\_\_ or dangerous conditions.

31. Management must maintain \_\_\_\_\_ on the facility and its employees.

32. Federal regulations are written and enforced to protect people from chemical \_\_\_\_\_ in and around a facility.

33. After an emergency, management is generally responsible for—

- a. Closing and reopening the \_\_\_\_\_.
- b. Interacting with the \_\_\_\_\_.
- c. \_\_\_\_\_ procedures.
- d. Helping \_\_\_\_\_ with problems related to the incident.
- e. Reviewing the incident and addressing any needed \_\_\_\_\_ in operations or in the facility's \_\_\_\_\_.

### Ordering

Place the following in the correct order.

34. Place in order the steps used by a lifeguard to educate patrons about inappropriate behavior.

- \_\_\_ Explain a safe alternative behavior or activity.
- \_\_\_ Explain the hazard or danger.
- \_\_\_ Get the patron's attention.

### Circle the Correct Answer from the Pair

35. A tornado (warning/watch) means that a tornado has been sighted and that everyone should take shelter immediately.

### Short Answer

36. List at least six rules which should be posted in writing at almost any aquatic facility.

- 37. Lifeguards are more effective at their jobs if they understand how accidents and injuries occur. List three ways this understanding may help lifeguards prevent injuries.**
- 38. Why is it important that a lifeguard enforce rules at his or her aquatic facility?**
- 39. Give at least two reasons a patron may break rules at an aquatic facility.**
- 40. List at least four general areas and equipment to inspect that may be on a facility safety check list.**
- 41. List at least five weather conditions that a lifeguard should be alert to while working at an outdoor facility.**

- 42. What is the most common problem facing lifeguards on surveillance duty at an outdoor aquatic facility when heavy rain or high winds occur?**
- 43. What is one important reason lifeguards at an indoor facility should be aware of approaching severe weather?**
- 44. List at least three responsibilities that a lifeguard should expect from management regarding safety.**
- 45. List at least three reasons why management would require lifeguards to maintain a variety of records and reports.**