

**LIFEGUARDING  
REVIEW QUESTIONS  
CHAPTER 3: PATRON SURVEILLANCE**

**Multiple Choice**

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

- 1. When a person's inner core temperature rises above its normal temperature of 98.6° to a temperature of 102.6°F or higher, the person is suffering from—**
  - a. A cold-related illness.
  - b. A heat-related illness.
  - c. Seizure.
  - d. Thermocline.
  
- 2. The guidelines for effective scanning include all of the following EXCEPT—**
  - a. Scan above and below the surface of the water, and include the bottom of the pool in the scan.
  - b. Scan for potential problems, particularly arm and leg action, body position and movement through the water.
  - c. Scan the patrons in the assigned area of responsibility.
  - d. Spend more time and attention on patrons who are good swimmers, since they tend to have problems quickly but quietly.
  
- 3. If a lifeguard is asked a question during patron surveillance, he or she should—**
  - a. Ignore the patron.
  - b. Quickly explain that you cannot look at the patron while talking, but you are still listening.
  - c. Refuse to answer the patron's question, telling him or her to wait until you are on break.
  - d. Stop scanning, answer the question in less than 30 seconds and then return to surveillance duty.
  
- 4. What are the three types of coverage for a lifeguard's area of responsibility involved in patron surveillance?**
  - a. Area coverage, overlap coverage and total coverage
  - b. Total coverage, back-up coverage and area coverage
  - c. Total coverage, back-up coverage and zone coverage
  - d. Zone coverage, area coverage and overlap coverage

**Matching**

- 5. Match each term with the correct definition.**
  - A. Active drowning victim**
  - B. Distressed swimmer**
  - C. Passive drowning victim**

## **D. Swimmer**

- The person makes little or no forward progress in the water. The person might float, scull or tread water. Depending on the means of support, the body position might be horizontal, vertical or diagonal. The face is usually out of the water and he or she can call for help.
- In most cases the person's arms and legs work in a coordinated and effective way. The body position is nearly horizontal, and there is some breath control. The person is able to make recognizable progress through the water.
- The person might float face-down, at or near the surface, or might sink to the bottom.
- The person struggles to keep the face above water in an effort to breathe. The arms are extended to the side, pressing down for support. The body position is vertical with no supporting kick. The person might continue to struggle underwater.

## **6. Match each term with the correct definition.**

### **A. Elevated stations**

### **B. Ground-level stations**

### **C. Rescue water craft**

- These stations offer a limited view of the entire swimming area since patrons might be hidden from view by play structures or other patrons. The primary purpose of this type of station is to be close to patrons.
- These stations usually provide the most effective position for patron surveillance because they offer an excellent place for scanning the area of responsibility. This type of station often provides a much better view of patron activities than other positions and is particularly important at a single lifeguard facility.
- These stations typically patrol the outer edge of a swimming area. Often, someone in trouble in the water can be reached quicker from this type of station than from other types of stations.

## **Multiple Answers**

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

## **7. Four elements of effective surveillance include—**

- Area of responsibility.
- Communication strategies.
- Effective scanning.
- Facility safety checks.
- Victim recognition.
- Lifeguard stations.
- Aquatic injury-prevention strategies.

### True or False

Circle true or false.

8. True False A lifeguard's primary tool to ensure patron safety and protect lives is patron surveillance.
9. True False Making a decision that a patron is in trouble in the water must be based on his or her behavior in the water, age and physical characteristics.
10. True False An intoxicated person can always sober up by going swimming.
11. True False Scan crowded areas carefully. Partially hidden arm movements might indicate that a victim is actively drowning.
12. True False Lifeguards should stand up when waves are present during patron surveillance at a wave pool.

### Fill in the Blanks

13. Lifeguards will spend most of their time on patron \_\_\_\_\_.
14. Lifeguards should consider anyone who is submerged or floating face-down and motionless for \_\_\_\_\_ seconds to be a passive drowning victim.
15. An active drowning victim usually stays at the \_\_\_\_\_ for only 20 to 60 seconds.
16. During \_\_\_\_\_, body temperatures drop below 95°F.
17. Various factors can affect a lifeguard's scanning technique. Lifeguards need to make adjustments for—
  - a. \_\_\_\_\_ of responsibility.
  - b. The type and \_\_\_\_\_ of the lifeguard station.
  - c. The variety of patron \_\_\_\_\_ in the area being scanned.
  - d. The \_\_\_\_\_ of patrons in the area of responsibility.
  - e. \_\_\_\_\_.
18. In \_\_\_\_\_ coverage, the swimming area is divided into separate areas of responsibility for each lifeguard station.
19. The RID factor is summarized as—
  - a. The failure of the lifeguard to \_\_\_\_\_ the instinctive drowning response.

- b. The \_\_\_\_\_ of secondary duties on the lifeguard's primary responsibility of patron surveillance.
- c. \_\_\_\_\_ from surveillance duties.

20. Some waterparks have pools that produce \_\_\_\_\_ of various heights, intervals and patterns.

### Ordering

Place the following in the correct order.

21. Place in sequence the four steps necessary to relieve a lifeguard at an elevated station, where Lifeguard 1 is the lifeguard currently on surveillance duty and Lifeguard 2 is the relieving lifeguard.

- \_\_\_ Once on the deck, Lifeguard 1 takes a position next to the stand and resumes his or her surveillance of the area. On a signal, Lifeguard 2 climbs up in the stand and begins scanning.
- \_\_\_ Lifeguard 2 signals or tells Lifeguard 1 that he or she can leave.
- \_\_\_ Lifeguard 2 asks Lifeguard 1 whether any patrons in the area of responsibility need closer than normal supervision.
- \_\_\_ Lifeguard 2 takes a position next to the stand and begins scanning the area of responsibility. After a few moments of scanning, Lifeguard 2 signals for Lifeguard 1 to climb down.

Circle the correct answer from the pair

- 22. Splashing water on a person's face or immersing a person in water (will/will not) reduce the amount of alcohol in the bloodstream and reduce the effects of alcohol.
- 23. During patron surveillance, lifeguards (should/should not) wait for other lifeguards to indicate someone is drowning.
- 24. Lifeguards (should/should not) take a break from surveillance duty at least once an hour.
- 25. When conducting patron surveillance at a wave pool, lifeguards (should/should not) rotate quickly when waves are present.
- 26. At a facility where a buddy system is used, when a buddy is missing or in trouble, notifying the lifeguard (is/is not) the first safeguard provided by the buddy system.
- 27. Buddy checks (are/are not) a replacement for effective patron surveillance.

### Short Answer

28. What is a lifeguard's primary responsibility?

**29. What four elements of patron behavior will a lifeguard analyze to determine the difference between a distressed swimmer and a drowning victim?**

**30. A passive drowning can result from a variety of conditions that can lead to a loss of consciousness. List at least four possible conditions.**

**31. List three ways alcohol can affect a person in the water and lead to drowning or injury.**

**32. Water craft must be properly equipped when used as a lifeguard station. List at least five pieces of equipment or items necessary to equip water craft for use by lifeguards.**

**33. At a facility with play structures, effective surveillance depends upon several factors. List at least four effective surveillance factors specific to play structures.**

**34. List three general principles that lifeguards should follow when performing patron surveillance at a waterpark.**

**35. List at least two injuries which could occur at a facility with water slides.**

**36. List at least three injury-prevention strategies that should be implemented by camps operating waterfront or swimming pool facilities.**

**37. List at least two locations or activities that may require special considerations for patron surveillance.**