SHALLOW WATER 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 a guest wants to let their child who is too small ride a slide or attraction at a waterpark, it is an accepted practice to let them ride the ride. This is due to the fact that the guest is always right.
   A. True
   B. False

7. Most water parks conduct safety checks to insure that the slides and attractions are safe for operation at the beginning of the day, prior to the arrival of the general public.
   A. True
   B. False
8. What information is not essential when calling in an emergency to the waterparks dispatch office?
   A. Your Name
   B. Your Location
   C. Your Age
   D. What is the emergency

9. Whenever performing a spinal stabilization technique at a waterpark, the lifeguard should enter the water utilizing a compact jump. Especially in shallow water (less than 3 feet in depth)
   A. True
   B. False

10. Communication is very important between the slide dispatcher and the person working at the catch pool of the same ride.
    A. True
    B. False

11. At a waterpark, it is acceptable to remain on the same stand for one to two hours at a time due to the specialized training that one goes through to work at a waterpark.
    A. True
    B. False

12. Safety checks are to be taken seriously and the information that is written on the documentation is to be thoroughly completed and accurate.
    A. True
    B. False

13. Part of the fun of being a lifeguard at a water park is breaking the ride’s safety rules, especially when conducting a safety check.
    A. True
    B. False

14. Fountains in waterparks are relatively shallow, and are always fun. Because of this, the posting of a lifeguard in this area is a waste of money and valuable resources for the waterpark’s management.
    A. True
    B. False

15. Diving into a flume, which is not designed for headfirst riding, can lead to a serious injury.
    A. True
    B. False
16. The phone systems that are found in some waterparks are there for the lifeguard's convenience and can be used for non-essential conversations between co-workers.
   A. True
   B. False

17. When working as a slide dispatcher it is okay to send a large adult immediately after a much smaller child.
   A. True
   B. False

18. When working as a slide dispatcher the attendant should consider the rider’s attire, shape, weight and
   A. Height
   B. Hair color
   C. Gender
   D. I.Q.

19. Whenever performing any spinal stabilization technique at a waterpark, the lifeguard should consider which direction the water current is flowing.
   A. True
   B. False

20. In most waterparks the guests are for the most part different every day.
   A. True
   B. False

21. Because the victim must remain perfectly flat, the rescuer should not place any padding under the victim’s knees and heels once they are secured to the backboard.
   A. True
   B. False

22. 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

23. Whenever the rescuer is attempting to support the spine of a victim who is suspected of a spinal column injury, and a water current is present, then they are to position the victim with their feet “upstream” towards the direction that the water current is coming from.
   A. True
   B. False
24. Many spinal column injuries are found in _________________ water.  
   A. Warm  
   B. Deep  
   C. Beach  
   D. Shallow  

25. What is the objective of spinal supports and rolls?  
   A. To get the victim into a face up position while protecting the spinal column as much as possible  
   B. To get the victim in a nose up position.  
   C. Support the victim’s spine.  
   D. To move the victim facedown to the side of the pool for extrication.  

26. 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.  

27. 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  

28. If a rescuer suspects a spinal injury, then they should quickly jump into the water and rush to the victim because this is a serious injury and needs prompt attention.  
   A. True  
   B. False  

29. In the drowning sequence, after two minutes without respiration, the patient is in a serious trouble and spontaneous respirations have either ceased or are about to cease.  
   A. True  
   B. False  

30. 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.
31. 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

32. The compression to breath ratio for two person CPR in an infant is ____________.
   A. 30:2
   B. 5:1
   C. 15:2
   D. 3:1

33. In order to help clear a blocked airway in an infant, the rescuer should perform 5 abdominal thrusts with one hand and 5 back blows.
   A. True
   B. False

34. In order to clear a blocked airway for a conscious expectant mother, the rescuer should reach around the distressed lady and clasp their hands and perform 5 chest thrusts.
   A. True
   B. False

35. When two rescuers are working on an infant, with a BVM, it speeds up the compression rate to equal approximately 140 compressions per minute.
   A. True
   B. False

36. When two rescuers are performing CPR on an adult the compression to breath ratio is ____________.
   A. 30:2
   B. 15:2
   C. 1:5
   D. 5:1

37. 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

38. The main objective of the rescuer is to get the victim nose up, stable, and breathing.
   A. True
   B. False
39. Where should a rescuer check for the pulse in an infant?
   A. The carotid artery.
   B. The radial artery.
   C. The brachial artery.
   D. None of the above.

40. 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. ____________
    Major emergency ______________
    Cover my zone ________________
    Get attention of Guest __________
    Get attention of Guard __________
    The rescuer needs help__________
    1. One long whistle blast
    2. Fist in the air
    3. One short whistle blast
    4. Two short whistle blasts
    5. Tapping top of head out of the water
    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

41. Inconsistent rule enforcement is one of the most common complaints in an aquatic
    facility.
    A. True
    B. False

42. When dealing with the opposite sex, one must avoid any appearance of inappropriate
    behavior or touching.
    A. True
    B. False

43. The eye has two types of receptor cells; one is located along the back of the eye
    which is discriminatory, and the other is located on the side of the eye that is key to
    peripheral vision and aids in detecting perceived motion.
    A. True
    B. False

44. Young children in the water are sometimes startled to the point that they hold their
    breath and initially float on top of the water motionless, and give no signs of distress.
    A. True
    B. False

45. If a Guest is motionless for a period of ten seconds, then the lifeguard should
    investigate the situation with the Guest…better to be safe than sorry.
    A. True
    B. False
46. The five keys to identify a victim in distress on or near the surface are facial expression, irregular body movement-including the absence of motion, loss of body position, head back-nose up, and no kicking.
   A. True
   B. False

47. 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 Guests 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 answers.

48. The most important task performed by a lifeguard is ________________.
   A. Prevention
   B. Straightening the patio furniture
   C. Vigilance
   D. Applying sun block on patron’s backs

49. Because of the elapsed time and the chances of survival are poor, and the lifeguard may be the patients “best last chance” of survival; it is critical that they initiate CPR before EMS or an AED arrive on scene.
   A. True
   B. False

50. 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