



LIFEGUARD SOCIETY

Study Guide

- Bring this *Study Guide* to class or have it accessible on your phone.
- Read each chapter in the *Training Manual* and then review key points in this study guide.
- Watch the *Online Video Lessons* before class day.

Chapter 1 — The Professional Lifeguard

1. Name 3 primary responsibilities of a lifeguard:

- Monitoring activities in and near the water through patron surveillance.
- Preventing injuries by minimizing or eliminating hazardous situations or behaviors.
- Enforcing facility rules and regulations and educating patrons about them.
- Recognizing and responding quickly and effectively to all emergencies.
- Administering first aid and CPR, including using an automated external defibrillator (AED) and, if trained, administering emergency oxygen when needed.
- Working as a team with other lifeguards, facility staff and management.

2. Name 3 secondary responsibilities of a lifeguard:

- Testing the pool water chemistry.
- Assisting patrons (conducting safety orientations, administering swim tests and fitting life jackets).
- Cleaning or performing maintenance.
- Completing records and reports.
- Performing opening duties, closing duties or facility safety checks and inspections.

3. Name 3 characteristics of a professional lifeguard:

Knowledgeable and skilled, Reliable, Mature, Courteous and consistent, Positive, Professional, Healthy and fit, Rest

4. As part of the FIND decision-making process, define what each letter stands for:

- F = Figure out the problem.
- I = Identify possible solutions.
- N = Name the pros and cons for each solution.
- D = Decide which solution is best, then act on it.



Study Guide For Lifeguard

National Learning Corporation

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