

Chapter 6: Swimming Pool Rescue Skills

Circle the correct answer.

1. Under which of the following circumstances would you use a submerged victim rescue?
 - a. When the drowning victim has another victim holding onto them.
 - b. When the drowning victim is below the surface and beyond your reach.
 - c. When the drowning victim is far from shore.
 - d. When the drowning victim is just below the surface.
2. An active drowning victim rear rescue can be used for—
 - a. A distressed swimmer.
 - b. A submerged victim.
 - c. A victim just under the surface of the water.
 - d. An active drowning victim or a distressed swimmer.
3. When performing a two-person removal from the water using a backboard, how can the rescuers keep the backboard in place so that it remains in-line or parallel to the victim's body to ensure that the victim does not come off the board during removal?
 - a. By lifting the backboard from the water very quickly
 - b. By moving the victim onto the backboard as quickly as possible
 - c. By placing his or her foot closest to the backboard against the edge of the board
 - d. By pressing down evenly with the opposite hands on the backboard

4. Match each term with the correct definition.

- A. Compact jump
- B. Run-and-swim entry
- C. Slide-in entry
- D. Stride jump

- _____ Used when the lifeguard is more than 3 feet above the water, but only if the water is at least 5 feet deep. Can also be done from a pool deck into the water.
- _____ Used in shallow water; crowded pools; or when a victim with a head, neck or back injury is close to the side of the pool or pier.
- _____ Used to enter the water from a gradual slope, such as a shoreline or wave pool.
- _____ Used with a rescue tube only if the water is at least 5 feet deep and the lifeguard is no more than 3 feet above the water.

Circle true or false.

5. True False **Assists are the most common help given to patrons, especially at waterparks.**
6. True False **When completing the passive submerged victim rescue in deep water, if the victim is deeper than the strap and towline can extend, release the strap and towline, grasp the victim, push off the bottom (if possible) and kick to the surface.**
7. True False **A multiple-victim rescue is controlled best by one rescuer.**
8. True False **If the victim of a head, neck or back injury in the water is not breathing, immediately remove the victim from the water using a backboard.**
9. True False **Do not use the rescue tube for support when performing the head and chin support on a face-down victim in deep water.**
10. True False **Lifeguards may have to modify the care provided to a person with a head, neck or back injury.**

11. Place in the correct sequence the eight steps necessary to rescue a person with a head, neck or back injury in the water.

- | | |
|---|--|
| _____ Provide emergency care as needed | _____ Activate the facility's emergency action plan |
| _____ Remove the victim from the water | _____ Assess the victim's condition |
| _____ Check for consciousness and signs of life | _____ Safely enter the water |
| _____ Perform an appropriate rescue | _____ Move the victim to shallow water whenever possible |

Fill in the blanks.

12. An _____ should be used if a rescue tube is lost in a rescue where the victim grabs the lifeguard.

Short answer

13. List the steps to perform an escape immediately after the victim grabs a lifeguard.

14. List at least three things to consider when deciding to remove a victim from the water.

15. In what circumstances would a lifeguard use a feet-first surface dive when performing a rescue?

16. List the four options lifeguards can use to remove a victim from the water.

17. You are performing an active drowning victim rear rescue. After squeezing the rescue tube between your chest and the victim's back, why do you turn your head to one side before leaning back and pulling the victim onto the rescue tube?

18. List two reasons why properly positioning the victim on the rescue tube is important when performing a water rescue?

19. List at least five situations in which a head, neck or back injury may occur in the water.

20. When strapping a victim to a backboard, where and in what order should the three straps be placed?

21. List, in order, the steps to perform the head and chin support skill on a face down victim at or near the surface of the water.