

## Chapter 1: Before the Class

Circle the correct answer.

1. **Earning a lifeguarding certification** (means/does not mean) **someone has learned all there is to know about lifeguarding.**

Fill in the blanks.

2. **The minimum amount of time spent in the course to get a certification is \_\_\_\_\_ hours.**

## Chapter 2: Introduction to Lifeguarding

Circle the correct answer.

1. **Before providing care for a conscious injured or ill victim, you must first—**
- Check with your supervisor to make sure it is okay to respond.
  - Begin to write your record of what happened.
  - Find out if you have a duty to act.
  - Get permission from the victim.
2. **If a victim of injury or illness refuses care, you should—**
- Disregard their opinion and provide care anyway.
  - Explain to the victim why they need help. If you think the victim should seek additional medical care, call for an ambulance. Make sure the incident is documented and the victim signs a treatment was refused.
  - Interview bystanders and fill out the incident report.
  - Tell the victim you are trained to help, your level of training and what you think may be wrong.
3. **You, the first rescuer, arrive on the scene of an injured minor whose parents are present. The 15 year old gives consent for you to treat him or her. You (do/do not) need consent from a parent or guardian of the teenager.**
4. **Match each term with the correct definition.**
- A. **Abandonment**  
B. **Confidentiality**  
C. **Duty to Act**  
D. **Negligence**  
E. **Standard of Care**

- \_\_\_ Legal responsibility to act in an emergency while on the job.  
\_\_\_ The victim's right to privacy, which is protected by not sharing information learned about the victim.  
\_\_\_ Guidelines and expectations for professional rescuers, which may be established in part by their training program and in part by state or local authorities.  
\_\_\_ A failure to follow the standard of care or failure to act, which results in someone being injured or causes further harm to the victim.  
\_\_\_ Leaving the scene of an emergency or ceasing to provide care for a victim who requires ongoing care before someone with equal or greater training arrives and takes over.

Place a check next to the correct answer or answers.

5. **Which of the following situations would require obtaining consent from the individual or from a parent or guardian before providing care?**
- \_\_\_ An unconscious victim of a head injury.  
\_\_\_ A person who is conscious with a minor open wound.  
\_\_\_ A person who is currently conscious but previously was unconscious, according to his friend.  
\_\_\_ A child who is with his parents but is unconscious from an accident.  
\_\_\_ A person who can talk and can give information regarding his or her injury or illness.  
\_\_\_ An unconscious child at a lakefront who carpooled with another family but whose parents or guardian cannot be located.  
\_\_\_ A college student who is confused and was seriously injured during a nonfatal submersion.

Circle true or false.

6. True False Good Samaritan laws protect people from legal liability resulting from a victim's injury if they act in good faith and provide care outside of their level of training.

Fill in the blank

7. When using the SODAS decision-making model applied to lifeguarding decisions, SODAS means—

S \_\_\_\_\_.  
O \_\_\_\_\_.  
D \_\_\_\_\_.  
A \_\_\_\_\_.  
S \_\_\_\_\_.

8. The two most serious aquatic emergencies to prevent are \_\_\_\_\_ and \_\_\_\_\_, \_\_\_\_\_ and \_\_\_\_\_ (spinal cord) injuries.

Short Answer

9. List at least three responsibilities that a lifeguard should expect from management regarding safety.

10. What is a lifeguard's primary responsibility?

11. How can management ensure a good lifeguard team for their facility?