

Chapter 3: Surveillance and Scanning

Circle the correct answer.

1. **The guidelines for effective scanning include all of the following EXCEPT—**
 - a. Visual scanning should be done with maximum head movement ensuring the lifeguards can see their entire area of responsibility. This includes the bottom of the pool, as well as, the pool surface.
 - b. Keep your scanning technique flexible and vary scanning direction every few minutes.
 - c. Scan your entire area of responsibility. In many cases lifeguards spend most of the time scanning only what is in front of them.
 - d. Keep distractions to a minimum.
 - e. Spend more time and attention on patrons who are good swimmers, since they tend to have problems quickly but quietly.

2. **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.

3. **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

4. **When performing patron surveillance at an outdoor aquatic facility, a lifeguard should clear everyone from the water—**
 - a. At the first sound of thunder or sighting of lightning.
 - b. Upon hearing a thunderstorm warning for the area on the NOAA Weather Radio All Hazards network.
 - c. When less than 5 seconds lapse between hearing thunder and seeing lightning.
 - d. When thunderhead clouds are seen overhead.

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.

Circle true or false.

6. True False **Be sure to scan carefully when a swimming pool is crowded. A victim can be obscured by other customers and a lifeguard may only see partial a victim struggling.**

7. True False **Weather affects the safety of swimmers both indoors and outdoors.**

8. Place in sequence the four steps necessary to relieve a lifeguard at an elevated station.

- ___ Once the current lifeguard is off the station and is able to continue surveillance, the relieving lifeguard takes his/her place at the station.
- ___ When the relieving lifeguard is set and able to continue scanning the area of responsibility, the first lifeguard can now move to the next station
- ___ The relieving lifeguard takes a position where he/she can maintain surveillance until the lifeguard currently assigned the station can transition from the station

Fill in the Blanks

9. After clearing the pool due to severe weather, the National Lightning Safety Institute recommends lifeguards wait _____ minutes from the last sound of thunder or last sighting of lightning before letting patrons back into the water.

10. 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.

11. An active drowning victim usually stays at the _____ for only 20 to 60 seconds

Short Answer

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

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

14. What is one important reason lifeguards at an indoor facility should be aware of approaching severe weather?

15. What is a common problem facing lifeguards on surveillance duty at an outdoor aquatic facility when heavy rain or high winds occur?