



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.



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