

*RLSS National Pool Lifeguard
The Lifeguard Questions & Answers Section 1*

1. What is a hazard?
Something with the potential to cause harm.
2. What is a risk?
How likely it is that harm will actually be caused.
3. What is a risk assessment?
Estimates the amount of risk involved.
4. In a risk assessment what do we do?
 - **Identify** potential hazards.
 - **Imagine** the possible consequences.
 - **Assess** the chance of such incidents happening.
 - **Highlight** the practical steps needed to reduce the risk.
5. What are the four groups of hazards?
 - **Physical** hazards refer to the pool design, structure and features.
 - **Lifeguard** can cause a hazard because of the way he or she works.
 - **People** using the pool, their age, numbers and the way they behave can also present problems.
 - **Activity** in other words, what they are doing and whether it's planned or unpredictable
6. Name some physical hazards?
Poolside, depth of the water, troughs, gutters, handrails, natural light, special features, drain covers, lane lines, steps and ladders.
7. What are people hazards?
 - Bathers under the influence of alcohol or drugs.
 - Bathers with disabilities or in poor health.
 - The elderly and very young.
 - Bathers who appear very nervous or timid.
8. What are activity hazards?
 - Self appointed teachers.
 - Ducking, fighting & bullying.
 - Running around the poolside & gymnastics and acrobatics.
 - Boisterous games.
 - Under water swimming & hyperventilation.
 - Pushing in & bombing also diving.
9. What certain areas of the pool needs greater attention?
 - The whole of the bottom of the pool.
 - Handrails, scum channels and gutters.
 - Areas around diving boards wave machine and other outlets.
 - Areas around flumes and slides.
 - The water round inflatable equipment and floating toys.

1	2	3	4	5	6	7	8	9	
S1 – p1	S1 – p1	S1 – p1	S1 – p1	S1 – p2	S1 – p1-5	S1 – p5	S1 – p6 -8	S1 – p11	

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10. How can lifeguard use their sense of hearing and smell to watch the pool?
- Listen for unusual sounds, such as cries for help people arguing, equipment being broken.
 - Listen for signal or instructions from other lifeguards.
 - Be aware of smell of alcohol or drugs and solvents.
 - Smell of chemicals may indicate a dangerous leakage somewhere in the building.
11. What do we need to consider when working out the number of lifeguards needed on pool side?
- The size and configuration of the pool.
 - The number of pool users.
 - Ages and abilities of pool users.
 - Types of activity and programme offered.
 - The amount and type of equipment in use.
12. As well as the pool area itself, zones should include what?
- Steps, ladders, walkways and entrances
13. Why having definite zones makes life a lot easier for all the lifeguards on poolside duty?
- Is responsible for fewer pool users.
 - Is nearer the people they supervise.
 - Can concentrate on a more manageable area.
 - Can rotate between zones to keep them alert and stop them getting bored.
 - Can share the observation of high-risk areas with other team members.
 - Can be assigned according to their experience, knowledge and skills.
14. What is intensive zoning?
- Specific section for example:
- Programmed swimming zone.
 - Recreational area split into number of overlapping parts.
 - Roped off swim-fit or jogging lanes.
 - Areas around diving boards, flumes or wave machine outlets.
15. Explain extensive zoning?
- Each lifeguard is responsible for scanning the entire pool area resulting in close teamwork as everyone supports each other.
16. Explain combined zoning?
- Combined system has the advantage of intensive and extensive zoning.
17. Explain the factors that should be considered when positioning lifeguards on the poolside?
- Size and design of the pool
 - Activities taking place.
 - Features present.
 - Number of pool users.

10	11	12	13	14	15	16	17		
S1 – p11	S1 – p12	S1 – p13	S1 – p13	S1 – p13	S1 – p14	S1 – p14	S1 – p15		

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18. Name some advantages and disadvantages of an elevated lifeguard chair?

Advantages: A wider field of view.
Less reflection and glare from the surface of the pool.
A clear view of the bottom of the pool even in deep water.
Distances you from noise, splashing and other distractions.
Makes you more visible to pool users.

Disadvantages: you're more remote from pool users.
Sitting for long periods can reduce your concentration, particularly if pool environment is very hot.

19. Name some communication tools?

- Two way radio systems.
- Internal telephone equipment.
- Alarm systems.
- Video and CCTV systems.

20. What are the main disadvantages of radio and telephone equipment?

Background noise makes it hard to hear what is being said.

18	19	20							
S1 – p15	S1 – p17	S1 – p18							