

*RLSS National Pool Lifeguard
The Lifeguard Questions & Answers Section 4*

1. What qualities should a professional lifeguard have?
 Highly trained.
 Responsible individual who works well in a team.
 He or she is also physically and mentally fit.
 Confident in the water and takes an interest in the welfare of others.

2. RLSS UK recommends the spell of time on poolside to be?
 60 min
 90 min in the pool hall in exceptional circumstances.

3. Why is lifeguard horseplay and trivial chatting on poolside discouraged?
Horse play: undermines your authority on occasion's leads to lifeguards being injured also can result in copycat activities by bathers.
Trivial chatting: takes your attention away from the bathers.

4. What are the roles of the lifeguard?
 - Keeps a close watch over the pool and the users to anticipate problems.
 - Identifies emergencies quickly and take appropriate action.
 - Supervises diving or other pool activity when required.
 - Carries out rescues and other emergency action when necessary.
 - Gives immediate first aid to any casualty.
 - Communicates with pool users and colleagues when performing these tasks.

5. How can accidents be prevented?
 - Completing a thorough risk assessment.
 - Developing pool safety operating procedures that are clearly understood and can be effectively implemented by staff.
 - Educating pool users in water safety and rules of the pool.
 - Observing and supervising pool users.

6. What are the differences between observation and supervision?
Observation: means watching the activity without taking any direct action.
Supervision: means directing the activity to take more control of the way a bather behaves.

7. What personal equipment might a lifeguard carry?
 Whistle, basic first aid material, torpedo buoy etc.

8. What should a lifeguard uniform be?
 Highly visible and easily recognised.
 International rescue colours of yellow with red markings and also have distinctive lifeguard marked on them, as well as being Practical.

9. The lifeguard award is divided into two units what are they?
Unit 1: foundation.
Unit 2: site specific.

10. Why is in-service training important?
 Employers are legally bound to provide it.
 Keep knowledge and skills up-to-date.

1	2	3	4	5	6	7	8	9	10
S4 – p1	S4 – p3	S4 – p3	S4 – p3	S4 – p4	S4 – p4	S4 – p5	S4 – p5 6	S4 – p7	S4 – p7

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11. How often should training sessions be?
One hour every three weeks and CPR training at least once a month.
12. Why is teamwork essential?
Lifeguards on duty must support each other.
A well-trained team is more effective.
13. How do we communicate with the public on the poolside?
Whistle gets attention and you can then give instructions
Hand signals, usually need followed by an explanation
14. How can a lifeguard prevent confrontation between the public and the lifeguard developing?
 - Smile and appear approachable.
 - Establish eye contact.
 - Be courteous but firm.
 - Give reasons for warning.
 - Avoid anger or inappropriate language.
 - Never try to intimidate pool users.
 - Above all, always remain calm and in control.
15. Explain the signals of the use of whistles?
One short blast: call for attention of pool user or users.
Two short blasts: call the attention of another lifeguard.
Three blasts: indicates that a lifeguard is taking emergency action.
One long blast: call the attention of all pool users and indicate that the pool may be about to be cleared.
16. What symptoms might you have if you are suffering form post traumatic stress disorder?
Fear of: danger or injury.
 Breaking down or losing control.
 A similar event happening again.
 Being blamed for what occurred.
- Shame at:** feeling they were shown to be helpless, even when this wasn't the case.
 Being emotional and needing others.
 Not having reacted according to training.
- Angry:** about what happened.
 Towards whoever is thought to have caused or allowed the incident to happen.
17. Who would you seek help from?
 You would contact professional help usually supplied by your employer, supervisor or doctor

11	12	13	14	15	16	17	18	19	20
S4 - p8	S4 - p9	S4 - p9	S4 - p10	S4 - p11	S4 - p12	S4 - p13			

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18. When would you seek professional help about PTSD?

- You can't handle intense feelings.
- Your emotions aren't settling down.
- You feel chronic tension, confusion, emptiness or exhaustion.
- You continue to have physical symptoms.
- You have nightmares or can't sleep.
- You feel you want to talk to someone and don't know who to turn to.
- You become accident-prone.
- You turn to drink and/or drugs.
- Your performance at work suffers.

19. What is scanning?

Scanning the pool means constantly watching either a particular zone of the whole pool using a sweeping action.

20. Effective scanning relies on what?

Frontal vision: looking straight at something.

Peripheral vision: seeing out of the corner of your eye

21. Explain the 10:20 system?

You should be able to scan an area in 10 seconds and be close enough to get to an incident in the zone within 20 seconds.

22. When dealing with someone with a disability you should?

Put the person first and the disability second.

23. Also remember when dealing with someone with a disability you should?

- Treat all people equally whether disabled or not.
- Never patronise but combine care with dignity.
- Try not to generalise.
- Ask if people want help and always speak directly to the person involved.
- Speak normally.
- Take care when handling wheelchairs and other equipment.
- When talking to wheelchair users get on the same eye level.

24. What are the two main groups of disability?

- **Congenital** disabilities are those people that are born with the disability.
- **Acquired** disabilities are those resulting from an illness or accident.

25. What are high-risk bathers?

- Obviously weak swimmers.
- Show-offs or particularly boisterous or rowdy bathers.
- People wearing armbands or other buoyancy aids.
- Children not accompanied by an adult.

18	19	20	21	22	23	24	25		
S4 – 13,14	S4 – p14	S4 – p15	S4 – p16	S4 – p17	S4 – p17	S4 – p17	S4 – p19		