

*RLSS National Pool Lifeguard*  
The Lifeguard Questions & Answers Section 5

1. Name some factors to take into account when preparing the Emergency Action Plan?
  - The individual characteristics and features of the pool and its building.
  - Any specific hazards.
  - The number of staff available and their level of training.
  - The extent and location of first aid facilities.
  - The type and location of other emergency equipment.
  
2. Each pool must include its own detailed specific information but there are several features that all EAP's will have name some?
  - The details of who is:
    - Immediately in charge if an incident occurs.
    - Responsible for summoning the emergency services.
    - In charge after further assistance has been sought.
  - Clearly set out key tasks and steps in dealing with an emergency.
  - Details of the system of communication during an incident.
  - The type of emergency equipment available and where it can be found.
  - Follow-up arrangements such as the procedures for compiling reports of incidents, replenishing or replacing used supplies or equipment.
  - Links with the NOP to make clear the number, location and the role of all staff on duty.
  - The number of lifeguards needed to deal with an incident and what response is expected or predicted from the public.
  
3. Name some types of emergencies?
  - Overcrowding in the pool of feature.
  - Disorderly behaviour including abuse towards staff.
  - Lack of water clarity.
  - Evacuation of the building.
  - Discovery of a casualty in the water.
  - Serious injury to a bather or other customer.
  - Emission of toxic gases.
  - Bomb threat.
  - Light failure.
  - Structural failure.
  
4. Name the four types of emergency?
  - Aquatic.
  - Out-of-water.
  - Minor.
  - Major.
  
5. Describe some Aquatic emergencies?
  - Swimmer getting into difficulties.
  - Non-swimmer getting out their depth.
  - Injuries sustained during activities such as diving.

1	2	3	4	5					
S5 – p1	S5 – p1	S5 – p2	S5 – p2	S5 – p3					

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6. Describe some out-of-water emergencies?
  - Falls or slips on the pool side or changing room leading to injuries.
  - Equipment failure.
  - Public order disturbances.
  - Fire and security alerts.
  - Chemical discharges.
  
7. Why would bathers get into difficulty?
  - Ignorance of safety rules.
  - Carelessness leading to an accident.
  - Not knowing their surroundings.
  - Over estimating their ability.
  - A variety of medical conditions.
  
8. EAP sets out what?
  - What needs to be done.
  - Who should do it.
  - When and how actions should be taken.
  - In what order actions should be taken.
  
9. What key elements are involved in managing an emergency?
  - Identifying the casualty.
  - Raising the alarm/alerting other staff.
  - Managing the casualty.
  - Managing the bathers.
  - Notifying the emergency services where appropriate.
  - Rescue and recovery of the casualty.
  - Providing specialist rescue equipment.
  - Giving emergency treatment.
  
10. In a minor emergency what are the typical sequences of events?
  - A lifeguard spots an incident or is summoned to it often by another bather.
  - The lifeguard informs other team members that he or she is responding to the incident.
  - Other lifeguards take over observation.
  - The lifeguard takes appropriate action, which may involve calling instructions, a reach or throwing rescue, or entering the water.
  - The lifeguard helps the casualty to an appropriate location such as the first aid area or the changing room.
  - The lifeguard completes an incident report with the pool manager and returns to duty.
  - Any equipment or supplies used are returned or replaced.
  - The pool operator reverts to the normal operating plan.

6	7	8	9	10					
S5 – p3	S5 – p4	S5 – p4	S5 – p5	S5 – p7					

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11. In a major emergency what are the typical sequence of events?

- The lifeguard identifies an emergency and raises the alarm, by the appropriate method (for instance, speech, whistle, or hand signal).
- A team member operates the pool alarm to alert other staff and summon them to their emergency stations.
- Lifeguards initiate rescue, first aid or evacuation procedures as appropriate.
- Casualties are removed from the danger area.
- Team members maintain observation of vacated lifeguard positions and clear the pool if necessary.
- Team members summon the appropriate emergency service and/or provide any specialist equipment needed.
- Post-rescue emergency aid is applied.
- Lifeguard completed an incident report with the pool manager and are either relieved of ,or return to duty.
- Any equipment or supplies used are returned or replaced.
- The pool operator reverts to the normal operating plan.

12. What things should you be clear about when reporting, recording and an debriefing incident forms?

- What you saw.
- Who was involved.
- What action you took.
- The outcome of the incident.
- The likelihood of them being witnesses.
- Your initial view of the cause of the incident.

13. In general an accident report should include what?

- Details of the person making the report.
- The date and time of the incident.
- Name and address of the facility at which the incident occurred.
- Names and addresses of anyone directly concerned.
- Name and addresses of any witnesses.
- Some brief details of the location within the facility.
- Description of the injuries sustained.
- Treatment given by the lifeguard and other staff.
- Details of aftercare and any other follow up action.
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6	7	8	9	10	11	12	13	14	
S5 – p3	S5 – p4	S5 – p4	S5 – p5	S5 – p7	S5 – p8	S5 – p9	S5 – p9	S5 – p10	