



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.



Lifeguard Study Guide Answer

**Barron's Educational Series, Terry L.
Duran**

Lifeguard Study Guide Answer:

Adopting the Track of Expression: An Psychological Symphony within **Lifeguard Study Guide Answer**

In a world used by screens and the ceaseless chatter of fast interaction, the melodic splendor and emotional symphony developed by the written term frequently disappear in to the backdrop, eclipsed by the constant sound and disturbances that permeate our lives. Nevertheless, set within the pages of **Lifeguard Study Guide Answer** an enchanting literary treasure filled with organic feelings, lies an immersive symphony waiting to be embraced. Constructed by an outstanding musician of language, this fascinating masterpiece conducts visitors on an emotional trip, well unraveling the hidden tunes and profound affect resonating within each carefully crafted phrase. Within the depths with this touching assessment, we will explore the book is main harmonies, analyze its enthralling writing style, and surrender ourselves to the profound resonance that echoes in the depths of readers souls.

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