

National Lifeguard – Fall 2017 CSNDG

Wisang Sugiarta

→ Remember passing grade is 100%! There are five bonuses. Remember that if you don't pass you'll have to do another exam provided by the examiner. Good luck!

1. What are the four roles of a lifeguard.
2. Name four the steps of a pool's filtration system in order.
3. What is the difference between PIA carry and the non-swimmer technique?
4. Name 4 items that are found in a first aid kit according to the b.1.1 r11?
5. Give 3 reasons why you would close an outdoor pool.
6. Explain the difference between a general incident and a drowning incident when it comes to CPR.
7. Name as many reasons as you can why a victim wouldn't be able to take aspirin.
8. Name two differences between assistant lifeguards and lifeguards.
9. Explain the procedure for a vomit accident in the water.
10. How do you remove a victim who has a hip injury out of the water?
11. What is the difference between heat exhaustion and heat stroke?
12. Explain how free chlorine and combined chlorine work in a pool.

13. Explain the obstructed airway manoeuvre (OAM) on a choking victim and a choking pregnant woman (they are out of the water).

14. Where should you concentrate your scanning? Explain.

15. A woman comes to you with a little boy, who is crying. She explains that another child in the pool hit her son and ran off. She wants to find the boy and his parents and get an apology. What do you do?

16. Name the most important characteristic a lifeguard should have.

17. Fill in the blanks. (Worth 3 points)

	Signs and symptoms	Treatment	Education/prevention
Chest pain	- - - -	911 Treat for shock - -	-
Hypoglycaemia	- - - -	911 Treat for shock - -	-
Ruptured eardrum	- - - -	911 Treat for shock - -	-
Seizures	- -	911 Treat for shock	-

	- -	- -	
3rd degree burn on hand	- - - -	911 Treat for shock - -	-
Heat stroke	- - - -	911 Treat for shock - -	-
Stroke	- - - -	911 Treat for shock - -	-
Concussion	- - - -	911 Treat for shock - -	-
Rib fracture	- - - -	Treat for shock - - -	-
Cramp	- - - -	Treat for shock - - -	-

Bonus Questions

What is your lifesaving society number?

After finishing national pool option, what are the other options you can attempt to complete?

Who is the coolest, most amazing, nicest Nationals teacher?

What do you love most in the world? (Has to do with lifeguarding, there is a right answer)

What is the indefinite solution of $\int \frac{\sec^2 x}{\tan x} dx$? (2 Bonus Points)

What does WSI stand for?

