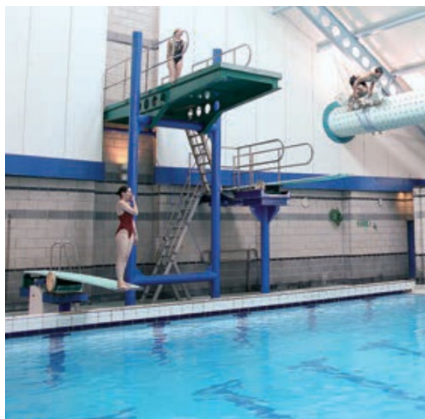




*Lifeguard Ongoing Training Session Six*

Can you name these different types of swimming pools and one unique feature that makes them different from the others?





*Lifeguard Ongoing Training Session Six*



**What is a Lifeguard Zone and what is the purpose of this?**

**Using a blank piece of paper, draw the zones and lifeguard positions for the pool where you work? Here are some example to help.**

**General swimming**

**Inflatable sessions**

**Fun sessions**

**Lane swimming**

**Senior swim sessions**

**Diving boards/sessions**

**Parties and private hire**

**Specialist activities e.g. scuba and canoeing**

**Structured lessons and classes**

**Water polo**

**Parties and children's parties**



*Lifeguard Ongoing Training Session Six*

You are Lifeguarding your pool at work and you hear the fire alarm. What action do you take?

1

2

3

4

What are the main differences between performing Adult CPR and the sequence for Child and Infant CPR?

ADULT

CHILD

INFANT

Which of the following bleeds is described as being most severe?

VENOUS

ARTERIAL

CAPILLARY