

# RED CROSS LIFEGUARD WRITTEN TEST correctly to pass

Guidelines for effective scanning include... - correct answer scanning your zone, staying focused, maintaining active posture, searching the entire volume of water and moving your head and eyes.

How long does it take for brain damage, or even death, to occur once a victim is drowning? - correct answer 4-6 minutes

How long does it take for cardiac arrest to occur once a victim is drowning? - correct answer 3 minutes

How long does your lifeguard certification last? - correct answer 2 years

When asking for consent, state the following... - correct answer your name, your skill level, ask permission to aide, explain what you think is wrong, explain your care and plan

What are some secondary responsibilities of a lifeguard? - correct answer testing chemicals, assisting patrons with safety equipment, performing opening/closing duties, cleaning the facility and completing reports/records

What are some primary responsibilities of a lifeguard? - correct answer monitor activities in facility, prevent injuries, enforcing rules, recognizing and responding quickly to an emergency, administering CPR and giving care and working as a team

What are the characteristics of a professional lifeguard? - correct answer knowledgeable/skilled, reliable, mature, courteous/consistent, positive, professional and health/fit

What are some common pool rules? - correct answer 1. swim when there is a lifeguard on duty

2. swim diapers are worn if needed
3. don't swim with an open/infected wound
4. obey lifeguard instructions
5. no breath holding games (hyperventilation)
6. no sitting/playing by drains
7. dive in specific areas
8. no glass
9. no drugs or alcoholic beverages.

What equipment should be easily reached at a facility? - correct answer AED

# 2014 Red Cross Lifegurad Written Test Manual

**Daniela Niemeyer**



## **2014 Red Cross Lifeguard Written Test Manual:**

American Red Cross Lifeguard Exam Educational Testing Group, 2018-04-09 This practice test includes 140 multiple choice test questions about American Red Cross Lifeguard Exam The test has been carefully developed to assist you to pass your actual test It will help you prepare for and pass your exam on the first attempt but it does not include any study guide The book focuses only on carefully selected practice questions THREE main topics LIFEGUARDING and WATER SKILLS are covered in this test Lifeguarding questions focus on 9642 Lifeguarding Skills 9642 Professional Rescuer and First Aid Water Skills questions focus on 9642 Basic Water Rescue 9642 Waterfront Skills 9642 Waterpark Skills 9642 Shallow Water Lifeguarding Skills *American Red Cross Lifeguarding* American Red Cross, 2012 **American Red Cross Lifeguard**

**Training Instructor's Manual** ,1988-01-01 **American Red Cross Lifeguarding Instructor's Manual** ,2007

*American Red Cross Lifeguarding Manual* American Red Cross, 2012-01-05 As the number of community pools and waterparks grows nationwide participation in aquatic activities is also growing Lifeguards must receive proper and effective training and maintain their skills to ensure their ability to work effective with others as a part of a lifeguard team This manual will supplement your in service training to keep your knowledge and skills sharp **Lifeguarding Manual**

American National Red Cross, 2023-12-31 American Red Cross Lifeguarding ,1995 **Lifeguarding Manual** American Red Cross, 2016 **American Red Cross Lifeguarding** ,1990 This text is intended as a guide for lifeguards for lifeguard training instructors and for managers of aquatic facilities who want to establish a system for selecting training and using lifeguards This text focuses on the skills and knowledge an individual requires to properly assume lifeguarding responsibilities at a swimming pool water park or a protected nonsurf open water beach This text emphasizes that additional training will need to be provided by aquatic facilities where lifeguards are employed Chap 1 *American Red Cross Lifeguard Training* American National Red Cross, 1984 Professional Lifeguard Textbook American Red Cross, 1994-10

**Guide for Training American Red Cross Lifeguard Instructors** American Red Cross Staff, 1990-01-01

*Lifeguarding Instructor's Manual* American National Red Cross, 2023-12-31 *American Red Cross Safety Training for Swim Coaches* American Red Cross, 1988-01-01 **Red Cross First Aid Modules** American National Red Cross, 1978

*American Red Cross Lifeguard Training* ,1988-01-01 Water rescue skills snorkeling skills swimming rescues spinal injury management hypothermia American Red Cross First Aid/CPR/AED Instructor's Manual American Red Cross, 2021-10-30

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