



New Guard Orientation and Pre-Employment Skill Test

The objective of the New Guard Orientation is to prepare newly hired lifeguards for the specific dangers and conditions, safety and rescue equipment and emergency management (EAP) specific to your organization. Also, the new guard orientation is designed to orient the new staff to Human Resource requirements and your policies and procedures.

Pre-employment written and practical testing and verification of required credentials is not a part of New Guard Orientation.

Pre-employment testing will provide valuable information in the hiring process and in the focus of new guard orientation. A written and practical test should be administered.

Suggested Pre-Employment Testing:

Practical

1. Active drowning victim-Deep water.
2. Passive submerged victim - Deep water – No Breathing / No Pulse. (extrication, CPR and use of AED and Oxygen if provided).
3. Head, neck and back - Shallow water – extrication.

Suggested Pre-Employment written test attached

New Guard Orientation:

Note to YMCAs: A general guide to orienting new aquatic staff can be found on PP. 138-141 of the YMCA Aquatic Management Manual. If your YMCA is generally a single-guard facility, the YMCA Crossover training is recommended prior to the new guard guarding alone. If your YMCA is always a multi-guard facility, the YMCA Crossover training is recommended within 90 days of the new guard beginning work. Multi guard means at least two guards on guard duty in the same pool at the same time.

Single or two rescuer Emergency Action Plan (EAP) should be demonstrated in entirety from EAP activation to entry, approach, extrication, resuscitation, CPR and use of the facility specific AED and Oxygen. EAP should be demonstrated prior to guarding alone.

Victim Recognition and Lifeguard Vigilance training:

1. Introduction to Red Ball, Red Cap and Silhouette Drills
2. Introduction to the Five Minute Scanning Strategy
3. Introduction to Triage Scanning
4. Disappearing Dummies DVD (10 minutes)

Lifeguard Pre-employment Aquatic Safety Test

Name: _____

Date: _____ Site: _____

Instructions: This test will cover Lifeguard Training, CPR for the Professional Rescuer and First Aid for the Public Safety Personnel. Please circle the best answer for each question directly on this test.

- 1) **A lifeguard should clear the pool when:**
 - a) When you can't see the bottom of the pool
 - b) During lightning and/or thunder
 - c) There is an emergency at a single guard facility
 - d) All of the above
- 2) **Which of the following is not an example of a lifeguard's role during an emergency?**
 - a) Make certain that the zone of responsibility is covered.
 - b) Assist the rescuing lifeguard or otherwise give first aid
 - c) Inspect all safety equipment on a daily basis
 - d) Activating the Emergency Action Plan
- 3) **A lifeguard's primary responsibilities include:**
 - a) Vigilantly scanning their zone of responsibility at all times
 - b) Recognizing and responding quickly and effectively to all emergency situations
 - c) Enforcing all rules and regulations of the facility
 - d) All of the above
- 4) **Lifeguards should deal with hazardous areas at their facility by:**
 - a) Inspecting the facility on a regular basis
 - b) Reporting hazardous conditions to the Director
 - c) Identifying hazardous areas and keeping patrons away from them
 - d) All of the above
- 5) **The swimming extension rescue, the active victim rear rescue, and the passive victim rear rescue are all rescue skills used for:**
 - a) Multiple victims
 - b) Submerged victims
 - c) Spinal injury victims
 - d) Victims at or near the surface
- 6) **When a patron asks you about a rule while you are scanning your zone, you should:**
 - a) Devote your full attention to the patron
 - b) Briefly explain the rule while maintaining your vigilance
 - c) Tell the patron to ask another lifeguard who is also on duty
 - d) Ignore the patron because of your responsibilities
- 7) **Information given on an incident report should not include which of the following?**
 - a) Rescue, assistance, or aid given
 - b) Personal opinions and assumptions about what happened
 - c) Narrative statements by witnesses
 - d) b and c

- 8) **Which is the first action item for an aquatic rescue?**
- a) Position the victim face-up
 - b) Provide in-line stabilization
 - c) Activate emergency action plan
 - d) Check for consciousness and breathing
 - e) Immobilization on a backboard
 - f) Remove from the water
- 9) **Which of the following is not a characteristic of an active drowning victim?**
- a) Struggles to keep the face above the water in an effort to breathe
 - b) Arms extended to the sides and pressing down for support
 - c) No supporting kick
 - d) Calls and waves for help
 - e) A vertical body position in the water
- 10) **You notice a person in the water whose body is diagonal and who is able to breathe and wave. The arms and legs are moving to keep the person's head above water, but there is no forward progress. This person is probably a:**
- a) An active drowning victim
 - b) A passive drowning victim
 - c) A distressed swimmer
 - d) A spinal injury victim
- 11) **Which technique(s) would you use for a victim of a suspected spinal injury found face down near the surface of the water that is 5 feet deep?**
- a) Head and chin support
 - b) Head splint technique
 - c) Either a or b
 - d) Hip and shoulder support
- 12) **Pathogens enter the body through a:**
- a) Bites by an infected animal or insect
 - b) Inhaling infected droplets in the air
 - c) Direct contact with an infected person's body fluids
 - d) All of the above
- 13) **Which of these emergency action principles should you implement first at the scene of an emergency?**
- a) Do a secondary survey
 - b) Do a primary survey
 - c) Survey the scene
 - d) Call more advanced medical personnel for help
- 14) **Why should you do a primary survey in every emergency situation?**
- a) Because it will protect you from legal liability
 - b) Because it identifies conditions that are an immediate threat to life
 - c) Because it identifies conditions that could become life threatening if not cared for
 - d) Because it enables you to protect the victim/bystanders from dangers at the scene

- 15) What are you accomplishing when you provide rescue breathing to a victim?**
- a) Artificially circulating oxygenated blood to the body cells
 - b) Supplementing the air the victim is already breathing
 - c) Supplying the victim with oxygen necessary for survival
 - d) All of the above
- 16) When performing a primary survey what should you do after giving the first two breaths?**
- a) Reposition the head.
 - b) Check for a pulse
 - c) Check for consciousness
 - d) Repeat the 2 breaths
- 17) If your first two breaths do not cause the victim's chest to rise what should you do?**
- a) Call for more advanced medical professionals
 - b) Do a finger-sweep of the victim's mouth
 - c) Give 2 more breaths with more force
 - d) Retilt the head and try to give breaths again
- 18) What should you do for a conscious infant who is choking and cannot cry, cough or breathe?**
- a) Give 5 back blows and then 5 chest thrusts; repeat
 - b) Give abdominal thrusts
 - c) Give back blows until the victim starts to cough or becomes unconscious
 - d) Any of the above is acceptable
- 19) Advantages of using breathing devices include:**
- a) Reducing the possibility of disease transmission
 - b) Helping perform rescue breathing
 - c) Reducing the amount of oxygen in a victim's blood stream
 - d) Both a and b
- 20) The most prominent sign/symptom of a heart attack is a:**
- a) Persistent chest pain
 - b) Difficulty breathing
 - c) Jaw and left arm pain
 - d) Nausea and sweating
- 21) The methods used by an emergency responder to control external bleeding include:**
- a) Indirect pressure, pressure bandage, and venous pressure
 - b) Direct pressure, pressure wrap, and venous pressure point
 - c) Indirect pressure, pressure wrap, and arterial pressure point
 - d) Direct pressure, pressure bandage, and arterial pressure point
- 22) In which of the following situations should you consider the possibility of a serious head and/or spinal injury?**
- a) An adult who fell from a height of 4 feet
 - b) A construction worker whose helmet was cracked when struck by a dropped hammer
 - c) A conscious victim of a motor vehicle crash who was not wearing a seat belt
 - d) Both b and c

- 23) Which of the following may indicate head or spine injury?**
- a) Tingling in the extremities
 - b) Partial or complete loss of movement of any body part
 - c) Loss of balance
 - d) All of the above
- 24) Which of the following is a reason to summon more advanced medical assistance after a seizure?**
- a) The victim regains consciousness
 - b) You are certain what caused the seizure
 - c) The seizure takes place in water
 - d) The victim is known to have epilepsy
- 25) Which of the following best describes proper scanning?**
- a) 10 second sweeps of the pool
 - b) Bottom then top 10-second sweeps of your zone
 - c) Scan the bottom then get a head-count
 - d) Scan the bottom then quickly scan the deck area
- 26) Which sequence best describes the YMCA's scanning and response guideline?**
- a) 20/20
 - b) 20/10
 - c) 10/10
 - d) 10/20