

**Basic Lifeguarding Assignment**

*Information for the following questions can be found in the ALERT manual. Answers should be detailed, and on a separate sheet of paper. Each question will be marked out of 6 for accuracy and completeness.*

1. Explain both the “intensive” and “extensive” approaches to the observation of swimmers. List some of the advantages and disadvantages of each system.
2. List the different positions a lifeguard could assume (sitting, standing, raised chair, roving), and explain their significance. Include such things as advantages and disadvantages where applicable.
3. You are on lifeguard duty and have seen someone pushing another swimmer into the water. Explain in detail how you would handle this situation, supporting your answers with concrete reasons.
4. Explain what inservice training is, and describe a program that you might enjoy participating in. Then justify the expense of the inservice training program to a skeptical tax payer.
5. Emergencies can often be labeled as MAJOR or MINOR. State the differences between these two types of emergencies and list the general procedures used to deal with each type.
6. Mrs. Pat Jones, a hysterical mother, comes to you regarding her missing four year old boy. He is blond, wearing red trunks, is a non-swimmer and has not been located for 20 minutes. Design a procedure to adequately cope with the situation (eg. communication methods, search pattern, public relations, etc...).
7. One of the most important aspects of lifeguarding is to prevent accidents from happening. List 12 preventive measures that might be used to prevent accidents in your swimming area.
8. List at least six differences between the role and training of lifeguards and lifesavers.