

National Pool Lifeguard Qualification

Theory Assessment- Question Sheet

Section 1

Please only open when instructed by your
Assessor

Please read the questions and record your answers on the candidate answer sheet.

- 1 Identify why it is important to have a whistle whilst lifeguarding**
 - A. To make you louder if you need to ask for a lunch break
 - B. To attract the attention of colleagues and customers
 - C. To signal to customers if there is a power cut
 - D. To alert receptionists when user load is reaching capacity

- 2 In addition to maintaining a positive attitude identify which of the following is a responsibility of a lifeguard**
 - A. Selling membership
 - B. Sitting
 - C. Helping with birthday parties
 - D. Rescue

- 3 Identify which of the following is an element of the Normal Operating Plan (NOP)**
 - A. What is stocked in the vending machine
 - B. How to deal with a lost vulnerable adult
 - C. Codes for the main office safe
 - D. Maximum pool user loads

- 4 Identify what information about the swimming pool is most likely to be included in the Normal Operating Plan (NOP)**
 - A. Dimensions
 - B. Water colour
 - C. Gym opening times
 - D. Pool accident history

- 5 Identify which of the following is an element of the Emergency Action Plan (EAP)**
 - A. Cleaning
 - B. Overcrowding
 - C. Customer service
 - D. Entertainment policy

- 6 Identify which of the following could be considered a serious injury to a member of the public and require the Emergency Action Plan to be implemented**
 - A. Bruised leg
 - B. Unconscious casualty
 - C. Deep papercut
 - D. Splinter

- 7 Identify which user groups are most likely to be identified in a Safeguarding policy**
 - A. Children and assistance dogs
 - B. Club swimmers and leaders
 - C. Children and vulnerable adults
 - D. Young adults and assistance dogs

- 8 Identify the responsibilities of the employer under the Health and Safety law in your own country**
 - A. Make lifeguarding duties fun
 - B. Ensure lifeguards feel happy and fit
 - C. Issue and review staff surveys weekly
 - D. Carry out risk assessments

- 9 In addition to developing PSOPs, identify one other responsibility a lifeguard has under the Health and Safety law relevant to your own country**
- A. Educate the public on customer care
 - B. Call 999 for all cuts and bleeds
 - C. Let the Manager know when vending machines are low
 - D. Co-operate with their employers
- 10 In addition to developing PSOPs, identify one other responsibility a lifeguard has under the Health and Safety at Work Act 1974**
- A. Educate the catering team
 - B. Call 999 for all incidents involving vomit
 - C. Calmly run through the centre in all emergencies
 - D. Co-operate with their employers
- 11 Identify what is meant by a control measure in the context of risk assessment**
- A. Something that could reduce a hazard causing harm
 - B. Something lifeguards should wear
 - C. Something that could cause harm
 - D. Something that could cause a fire
- 12 Identify the main purpose of industry guidance**
- A. To help employees learn how to lifeguard
 - B. To assist the operator in meeting its legal obligations
 - C. To assist swim teachers in teaching non-swimmers
 - D. To help all employees understand their legal rights
- 13 Identify what lifeguards must NEVER do when using chemicals**
- A. Store chemicals safely
 - B. Mix chemicals together
 - C. Pour chemicals
 - D. Use chemicals
- 14 Identify which of the following is most likely to be included in an admission policy**
- A. How many children under the age of 8 can be supervised by an adult
 - B. How many people can join the gym and attend in one session
 - C. How many children can go swimming in a fun session
 - D. How many people can swim in swimming lesson in the main pool
- 15 Identify what is meant by the 10:20 scanning system**
- A. 10 seconds to notice an incident, 20 seconds to get team support
 - B. 10 seconds to identify drowning, 20 seconds to press the alarm
 - C. 10 seconds to scan your zone, 20 seconds to reach an incident
 - D. 10 seconds to scan the whole pool, 20 seconds to call an ambulance
- 16 Identify how long it should take a lifeguard to rotate into a lifeguarding position on poolside**
- A. 30 Minutes
 - B. Hours
 - C. Seconds
 - D. 4 hours

- 17 Identify one form of technology which can be used to assist lifeguard observation**
- A. Motion sensors
 - B. Smart watches
 - C. Mobile phones
 - D. Wireless speakers
- 18 Identify the hazards commonly associated with a leisure pool**
- A. Steam rooms and spa baths
 - B. Wave machines and beach areas
 - C. Diving blocks and lane ropes
 - D. Sunlight and lack of water clarity
- 19 Identify which of the following is most likely to affect a lifeguard's ability to see swimmers through the water**
- A. Cold air caused by a broken fire exit
 - B. Dirty tiles caused by lack of cleaning
 - C. Noise caused by the noisy lessons
 - D. Reflection caused by windows
- 20 Identify which form of communication a lifeguard is most likely to use whilst supervising the pool**
- A. Smart watch
 - B. Loud hailer
 - C. Whistle
 - D. Mobile phone
- 21 Identify how a lifeguard should interact with customers**
- A. Be helpful and respectful
 - B. Be very strict and authoritative
 - C. Be loud and shout instructions
 - D. Be serious and prevent fun
- 22 Identify which of the following factors could affect the number of lifeguards required to supervise a leisure pool**
- A. The poolside showers being cold
 - B. The wave machine being on
 - C. The café being very busy
 - D. The gym not having enough staff
- 23 Identify what a lifeguard may need to be mindful of when supervising a flume**
- A. That swimmers have new swimwear
 - B. That swimmers can speak English
 - C. That swimmers queue safely
 - D. That swimmers have good eye sight
- 24 Identify one common hazard associated with moveable floors**
- A. Slippery pool surrounds
 - B. Glare on the pool surface
 - C. Unfamiliar water depths
 - D. Less pool space

END OF THEORY ASSESSMENT FOR SECTION 1

Section 2

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Assessor

SAMPLE

Please read the questions and record your answers on the candidate answer sheet.

- 1 A casualty is floating face down in the water. Select which type of swimmer the casualty is most likely to be**

 - A. A weak swimmer
 - B. A non-swimmer
 - C. An injured swimmer
 - D. An unconscious swimmer

- 2 A casualty has an expression of pain on their face and is holding their arm. Select which type of swimmer the casualty is most likely to be**

 - A. Injured swimmer
 - B. Weak swimmer
 - C. Non-swimmer
 - D. Unconscious swimmer

- 3 Select which of the following is a piece of swimming pool rescue equipment a lifeguard would use to rescue a casualty**

 - A. Woggle
 - B. Torpedo buoy
 - C. Whistle
 - D. Rescue manikin

- 4 Identify how a reaching pole should be used in an emergency**

 - A. Assume a low position on poolside and extend the reaching pole towards the casualty
 - B. Throw the reaching pole to the casualty and encourage them to swim to the side
 - C. Enter the water with the reach pole and give it to the casualty to hold onto for security
 - D. Wave the reaching pole up high, encouraging the casualty to keep their head up

- 5 A swimmer is responsive but has a nose bleed. Identify what the swimmer may be able to do to aid their rescue**

 - A. Dive into the pool
 - B. Swim butterfly
 - C. Shout for help
 - D. Perform a star float

- 6 Select which type of rescue should be attempted when an unconscious casualty is floating on the bottom of the pool**

 - A. Reaching rescue
 - B. In-water rescue
 - C. Throwing rescue
 - D. Wading rescue

- 7 Identify the correct way a lifeguard should enter the swimming pool when dealing with a swimmer who has a suspected spinal cord injury**

 - A. Straddle into the pool
 - B. Jump into the pool
 - C. Slide into the pool
 - D. Bomb into the pool

- 8** Select from the list below the most likely cause of a spinal injury in a swimming pool environment
- A. Swimming front crawl in a lane
 - B. Falling from an inflatable in shallow water
 - C. Swimming underwater in deep water
 - D. Eating a meal before swimming
- 9** A casualty was seen diving into the pool and is floating face down in the water and can't turn over. Identify what type of injury the casualty is most likely to have
- A. Dental injury
 - B. Arm injury
 - C. Knee injury
 - D. Spinal injury
- 10** A casualty is responsive but feels dizzy. Identify what the swimmer may be able to do to aid their rescue
- A. Follow lifeguard instruction
 - B. Jump out of the pool
 - C. Dive into the swimming pool
 - D. Swim the length of the pool to get out

END OF THEORY ASSESSMENT FOR SECTION 2

Section 3

Please only open when instructed by your
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Please read the questions and record your answers on the candidate answer sheet.

- 1 Identify who from the list below who is most likely to have the responsibility of wearing PPE and providing first aid**
 - A. A customer
 - B. A lifeguard
 - C. A casualty
 - D. A receptionist

- 2 A lifeguard is treating a casualty with a minor cut to their arm. Identify how they should minimise the risk of infection to themselves and the casualty**
 - A. Make sure any exposed cuts are covered with a plaster and ask the casualty if they have recently been ill
 - B. Wash hands before and after treating the casualty and make sure exposed cuts are covered with a plaster
 - C. Make sure any exposed cuts are covered with a plaster and ask the casualty if they have any infections
 - D. Wash hands before and after treating the casualty and ask them if they have any infections or diseases

- 3 Identify who should complete an accident report form following an accident**
 - A. Anyone
 - B. A casualty
 - C. A teacher
 - D. A lifeguard

- 4 Identify the correct sequence of the chain of survival**
 - A. Early resolution, early CPR, early decision, post-traumatic stress
 - B. Early recovery, early care, early defibrillation, post resuscitation care
 - C. Early recognition, early critical care, early discovery, post resuscitation care
 - D. Early recognition, early CPR, early defibrillation, post resuscitation care

- 5 A casualty is having a seizure in the cafe. Identify what treatment a lifeguard should administer**
 - A. Remove objects which could cause injury, hold the casualty's head still by gripping under the ears, loosen any clothing around the casualty's neck, time the seizure
 - B. Remove objects which could cause injury, protect head by putting something soft under it, loosen any clothing around the casualty's neck, time the seizure
 - C. Remove objects which could cause injury, put a spoon in the casualty's mouth to maintain their airway, loosen any clothing around the casualty's neck, time the seizure
 - D. Remove objects which could cause injury, wrap the casualty in a blanket to keep them warm, remove any jewellery from around the casualty's neck and time the seizure

- 6 Identify what treatment needs to be administered when a casualty is displaying Agonal gasps and seizure like episodes**
 - A. Cardio pulmonary resuscitation
 - B. Support sling
 - C. A secondary survey
 - D. Up to 5 abdominal thrusts

- 7 Identify what a lifeguard should do if they hear a casualty's rib break whilst they are performing CPR**
- A. Stop CPR and wait for paramedics
 - B. Continue CPR un-interrupted
 - C. Continue CPR but with less pressure
 - D. Re-check the casualty's breathing
- 8 A casualty is asking for help, they are holding their throat, coughing and visibly distressed. What condition are the most likely to have**
- A. Choking; severe obstruction
 - B. Head injury; compression
 - C. Choking; mild obstruction
 - D. Head injury; concussion
- 9 Identify what the blood from a severe external bleed is likely to look like**
- A. Trickling from the wound
 - B. Not appearing on the skin
 - C. Spurting from the wound
 - D. Remaining within the wound
- 10 A casualty has a small splinter in their arm. Identify what actions a lifeguard should take**
- A. Use tweezers to grab the splinter, pull it out in the opposite direction to which it entered, squeeze to allow a slight bleed, cover with tissue paper
 - B. Use tweezers to loosen the splinter, squeeze the entry point and allow it to pop out, clean with a moist wipe and cover with a sterile dressing
 - C. Use tweezers to grab the splinter, twist it and pull it in one smooth movement, squeeze to allow slight bleeding, apply a wrapped ice pack
 - D. Use tweezers to grab the splinter, pull it out in the same direction as it entered, squeeze to allow slight bleeding, cover with a sterile dressing
- 11 A swimmer has cut themselves badly and is suffering from shock. Identify what signs and symptoms they may have**
- A. Normal skin colour, normal pulse and feeling dizzy
 - B. Grey skin, slow pulse and sweating
 - C. Flushed skin, weakness down one side of the face
 - D. Pale skin, weak rapid pulse, nauseous and thirsty
- 12 Identify what information a lifeguard should collect about a casualty for an accident report form**
- A. Medical history, medication, allergies and what happened
 - B. Medical history and information on previous operations
 - C. Their date of birth, name, address and school they attend
 - D. Doctor's name, how the accident happened, and treatment given
- 13 A casualty has severe pain in their arm and shoulder, they cannot move their arm and their shoulder appears to be swollen and deformed. Identify what condition they are MOST likely to have**
- A. Sprain or strain
 - B. Fracture or dislocation
 - C. Insect bite or sting
 - D. Concussion or compression

- 14 A casualty is suffering from a suspected head injury. Identify what treatment a lifeguard should give**
- A. Rest, ice, compression, elevation. If the casualty does not improve call 999/112
 - B. Help casualty to sit on a chair, keep head elevated and apply a non-adhesive dressing
 - C. Call 999/112, help the casualty to lie down and keep their head, neck and body in line
 - D. Examine and clean wound, apply a non-adhesive dressing and give sips of sugary drink
- 15 Identify what treatment a lifeguard should administer to a casualty with a penetrating chest injury**
- A. Call 999/112, assist the casualty to sit in a comfortable position, loosen tight clothing around neck
 - B. Call 999/112, advising them to keep their breathing as shallow as possible and stay very still
 - C. Call 999/112, sit the casualty leaning towards the injured side, do not cover wound but control bleeding by applying pressure
 - D. Call 999/112, sit the casualty leaning away from the injured side, cover the wound and keep them still
- 16 An elderly casualty has burnt their arm on a hot pipe in the sauna. Identify what treatment a lifeguard should administer**
- A. Flood the burn with cool running water for at least 10 minutes, remove jewellery, treat for shock, call 999/112
 - B. Flood the burn with warm running water for at least 5 minutes, remove jewellery, treat for shock, call 999/112
 - C. Flood the burn with cool running water for at least 5 minutes, remove jewellery, treat for shock, give sips of water
 - D. Flood the burn with warm running water for at least 10 minutes, remove jewellery, place in recovery position
- 17 Identify the correct treatment for a casualty who has a piece of wood embedded in their eye**
- A. Do not attempt to remove the wood, apply an eye pad to the affected eye and ask the casualty to close their good eye
 - B. Try and pick the wood out of the eye with tweezers then wash the eye with a sterile solution
 - C. Gently separate the eyelids, examine, wash the eye with a sterile solution or tap water, tilting the head backwards
 - D. Attempt to remove the wood with tweezers, apply an eye pad to the affected eye and ask the casualty to close their good eye
- 18 Identify the correct treatment for a casualty who has been poisoned**
- A. Move the casualty to a safe place, induce vomiting, treat burns, call 999/112
 - B. Move to a safe place, do not induce vomiting, treat burns, call 999/112
 - C. Move casualty to a safe place, wrap in a blanket and give sips of tea/coffee, call 999/112
 - D. Give casualty sips of milk, place in the recovery position, call 999/112
- 19 Identify the correct treatment for a casualty who is suffering from anaphylaxis**
- A. Ask the casualty if they have an auto-injector, lay down and raise legs, call 999/112
 - B. Do not call 999/112 if the casualty has medication available, move them to a cool place
 - C. Give the casualty antihistamine medication, call 999/112, place in the recovery position
 - D. Move the casualty to cold air, administer their medication, give sips of water

- 20 Identify how to treat a casualty suffering a diabetic emergency (hypoglycaemia)**
- A. Place the casualty in the recovery position, give them a warm drink and monitor them
 - B. Sit the casualty down, give a sugary drink and call 999/112 if they do not improve
 - C. Call 999/112, lay the casualty down, raise their legs and give them a sugary drink
 - D. Give the casualty an ice cream, keep them warm, place them in the recovery position
- 21 A casualty is hyperventilating. Identify what treatment a lifeguard should administer**
- A. Assist the casualty to a cool area, encourage them to cough repeatedly
 - B. Help them into a half sitting, half laying position and get them to breath in a bag
 - C. Lay the casualty down, elevate their legs and place an ice pack on their forehead
 - D. Move the casualty to a quiet area, encourage them to breathe through their nose and give sips of water
- 22 A casualty has chipped their tooth. Identify what treatment a lifeguard should administer**
- A. Retrieve the broken parts, rinse their mouth with saline solution, give them a warm sugary drink to sip slowly, seek immediate dental assistance
 - B. Lay the casualty down and raise their legs, apply an ice pack to the outside of the cheek, bandage the chipped tooth with a small sterile dressing
 - C. Lay the casualty down and raise their legs, give them a glass of milk to sip slowly and apply an ice pack to their forehead to cool them down
 - D. Retrieve the broken parts, rinse their mouth with warm water, apply an ice pack to the outside of the cheek, seek immediate dental assistance
- 23 A lifeguard has been standing still for a long period of time, has blurred vision and feels nauseous. Identify what condition they may be about to suffer from**
- A. Fainting
 - B. Poisoning
 - C. Shock
 - D. Seizure
- 24 A casualty is suffering from heat exhaustion. Identify what treatment a lifeguard should administer**
- A. Move casualty to a cool place, give them water to sip, lie them down, raise their legs
 - B. Cool the casualty down rapidly, do not move them, place them in the recovery position
 - C. Move the casualty inside to a cool area. Get medical help if they do not improve
 - D. Move the casualty to a warm area, give them fluids, administer paracetamol

END OF THEORY ASSESSMENT

Please ensure that all paperwork relating to this assessment is collected by your Assessor.

National Pool Lifeguard Qualification Theory Assessment - Candidate Answer Sheet

Candidate details *(please complete below)*

Candidate Name: _____ Date of Birth: ____/____/____

Candidate statement – I can confirm the following:

- The theory and practical assessments has been completed under exam conditions
- The answers on this sheet are my own work
- The Assessor has provided me with feedback for the theory and practical assessments and I am satisfied with the information received

Signature: _____

Assessor details *(please complete below)*

Assessor Name: _____ Society Number: _____ Assessment Date: ____/____/____

Assessor statement – I can confirm the following:

- To the best of my knowledge the assessment paperwork has remained in a secure location and sealed until the start of the assessment
- I have checked this candidate’s photographic identification prior to the assessment commencing
- The candidate has completed all elements of assessment under exam conditions
- I shall ensure all remaining assessment paperwork is given to the ATC/P to be retained securely

Signature: _____

PLEASE ENSURE YOU READ THIS BEFORE COMPLETING THIS ASSESSMENT SHEET

- You will need the Theory Assessment – Question Sheet to complete this assessment
- Read each question thoroughly in the Theory Assessment – Question Sheet
- Decide which answer is correct (there is only one correct answer)
- Mark the one correct answer by circling the correct answer next to the relevant question number
- To change your answer please mark a X over the previous answer and circle the intended answer

<input checked="" type="radio"/> A	<input type="radio"/> B	<input type="radio"/> C	<input type="radio"/> D
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<input checked="" type="radio"/> X	<input type="radio"/> B	<input type="radio"/> C	<input checked="" type="radio"/> D
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Section 1

Q	Answer options			
1	A	B	C	D
2	A	B	C	D
3	A	B	C	D
4	A	B	C	D
5	A	B	C	D
6	A	B	C	D
7	A	B	C	D
8	A	B	C	D
9	A	B	C	D
10	A	B	C	D
11	A	B	C	D
12	A	B	C	D
13	A	B	C	D
14	A	B	C	D

Section 1

Q	Answer options			
15	A	B	C	D
16	A	B	C	D
17	A	B	C	D
18	A	B	C	D
19	A	B	C	D
20	A	B	C	D
21	A	B	C	D
22	A	B	C	D
23	A	B	C	D
24	A	B	C	D

Section 1

Candidate pass mark – 18
Time allowance 25 minutes
1 mark per question

Section 2

Q	Answer options			
1	A	B	C	D
2	A	B	C	D
3	A	B	C	D
4	A	B	C	D
5	A	B	C	D
6	A	B	C	D
7	A	B	C	D
8	A	B	C	D
9	A	B	C	D
10	A	B	C	D

Section 2

Candidate pass mark – 8
Time allowance 12 minutes
1 mark per question

Section 3

Q	Answer options			
1	A	B	C	D
2	A	B	C	D
3	A	B	C	D
4	A	B	C	D
5	A	B	C	D
6	A	B	C	D
7	A	B	C	D
8	A	B	C	D
9	A	B	C	D
10	A	B	C	D
11	A	B	C	D
12	A	B	C	D
13	A	B	C	D
14	A	B	C	D

Section 3

Q	Answer options			
15	A	B	C	D
16	A	B	C	D
17	A	B	C	D
18	A	B	C	D
19	A	B	C	D
20	A	B	C	D
21	A	B	C	D
22	A	B	C	D
23	A	B	C	D
24	A	B	C	D

Section 3
Candidate pass mark – 18
Time allowance 25 minutes
1 mark per question

Paper number- _____ (please insert)

Results

(To be completed by the Assessor only)

Practical Assessment

Section 2 Pass/Fail
Section 3 Pass/Fail

Theory Assessment

Section 1 _____/24
(Candidate must score at least 18 to pass)
Section 2 _____/10
(Candidate must score at least 8 to pass)
Section 3 _____/24
(Candidate must score at least 18 to pass)

Final Result (practical and theory)

Section 1 Pass/Fail
Section 2 Pass/Fail
Section 3 Pass/Fail

Assessor Signature: _____

Please ensure that all paperwork relating to this assessment is collected by your Assessor