



LIFESAVING SOCIETY

The Lifeguarding Experts

BASIC LIFEGUARDING ASSIGNMENT

VERSION 11:2018

Name:	Date:
Affiliate:	Instructor:

Basic Lifeguarding Assignment for the NL Program

Total Mark: /45



INSTRUCTIONS

- Write your name on the assignment cover sheet.
- Answer the questions in the assignment booklet referencing the *Alert: Lifeguarding in Action* manual and the *NL Candidate Workbook*.
- Give the completed assignment to your Instructor on the due date.

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Basic Lifeguarding Assignment

Alert
Chapter 1

The most important aspect of lifeguarding is preventing incidents from happening. List *ten different things* that you could do to help prevent incidents from occurring at a pool. Be very specific. (5)

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Alert
Chapter 2

List five common rules of an aquatic facility and provide the rationale behind them. (5)

RULE	RATIONALE
<i>Example: No running on deck</i>	<i>The deck gets very slippery. Running may cause slips, falls and injuries.</i>

Explain both the "intensive" and "extensive" approaches to supervision of swimmers. Draw a diagram to help explain each. (4)

Intensive _____

Diagram

Extensive _____

Diagram

List two advantages and two disadvantages of each system. (4)

	Intensive	Extensive
Advantages		
Disadvantages		

List at least *six things* you need to do to make your scan effective? (6)

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The *R.I.D.* factor is a series of events that are known to increase the chance of drownings in supervised areas. Identify what *R.I.D.* stands for and provide an *example* of each factor. (6)

R.I.D.	Description
R:	
I:	
D:	

Alert
Chapter 3

What is the difference between a major and a minor emergency? Provide two examples of each. (6)

	Description	Examples
Minor Emergency		<ul style="list-style-type: none"> • •
Major Emergency		<ul style="list-style-type: none"> • •

Alert
Chapter 4

Aside from lifeguarding the pool, list a minimum of *six other* tasks a lifeguard may be responsible for doing. Consider tasks that should be done while you are "off-deck." (3)

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Alert
Chapter 7

You are lifeguarding and have seen someone push another swimmer into the water. Explain how you would handle both swimmers in this situation. Support your actions with solid reasons. Be as detailed as possible. (6)