

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 which of the following is a responsibility of a lifeguard while on duty**
 - A. Ensuring customers are entertained
 - B. Providing good supervision
 - C. Promote team building activity
 - D. Showing children how to dive

- 2 Which of the following is most likely to be included in the NOP**
 - A. Pool depth
 - B. Dealing with a drowning
 - C. Total volume of air
 - D. The history of the pool

- 3 The lifeguard on duty notices a lack of water clarity. Identify which document will contain information on what to do**
 - A. Normal Operating Plan
 - B. Local Authority Water Plan
 - C. Emergency Action Plan
 - D. National Water Quality Plan

- 4 In addition to the PSOP, which other policy is a facility likely to have**
 - A. Safeguarding
 - B. Parking
 - C. Locker
 - D. Transport

- 5 Identify the main responsibilities of the employer under the Health and Safety at Work Act (1974)**
 - A. Good information, instruction and staff training
 - B. Good staff discount, staff training and uniform
 - C. Good staff notice boards and holiday entitlement
 - D. Good staff social events and team meetings

- 6 Identify a responsibility that a lifeguard has under the Health and Safety at Work Act (1974)**
 - A. Help with any social event plans
 - B. Help with issuing staff uniforms to new staff
 - C. Help with the development of the NOP & EAP
 - D. Help with the development of the swim school programme

- 7 Identify which of the following is a risk assessment category**
 - A. Facilities and repair
 - B. Roads and parking
 - C. Task and activities
 - D. Health and safety

- 8 Identify the correct purpose of swimming pool industry guidance issued by the HSE**
 - A. To assist the operator in meeting its legal obligations
 - B. To help lifeguards understand the admission policy at their pool
 - C. To assist customers in understanding the risks associated with swimming
 - D. To help all employees understand their legal rights

- 9 Identify a common hazard associated with operating pool hoists**
- A. Increased glare
 - B. Chemical spill
 - C. Equipment failure
 - D. Decreased water clarity
- 10 Before a swimming pool opens for the day, identify two pieces of equipment that should be checked**
- A. Pool alarms & lifeguard equipment
 - B. Pace clock & radios
 - C. Swimming lesson floats & signs
 - D. Pool cover & pool thermometer
- 11 Identify why poolside cleaning duties are important**
- A. It is detailed in the PSOP
 - B. It gives the lifeguard a break from watching the pool
 - C. It is a requirement of health and safety law
 - D. It helps maintain training hours for qualification renewal
- 12 When using chemicals, identify which of the following should be worn**
- A. Whistle
 - B. Protective apron
 - C. Torpedo buoy
 - D. Winter gloves
- 13 Identify one reason a lifeguard may need to briefly talk to another lifeguard while supervising the pool**
- A. If vital information needs to be passed on
 - B. If medication needs to be looked after
 - C. If personal plans need to be rearranged
 - D. If a new first aid skill has been released
- 14 Which of the below supports lifeguards in their duties**
- A. Sales figures
 - B. Swimming pool technology
 - C. Membership numbers
 - D. Online reviews
- 15 Identify the hazards commonly associated with a competition pool**
- A. Foliage and beach areas
 - B. Shallow water and saunas
 - C. Deep water and diving platforms
 - D. Diving blocks and lane ropes
- 16 Identify what a lifeguard may need to consider when supervising a pool party**
- A. Music levels are high to improve the fun factor
 - B. The pools admission policy
 - C. Children under 18 years require one-to-one supervision
 - D. Adults must not be allowed to watch the party

- 17 What could affect the number of lifeguards required to supervise an inflatable session?**
- A. The type and design of the inflatable
 - B. The manufacturer of the inflatable
 - C. The height of the inflatable
 - D. The age of the inflatable
- 18 Identify what effect glare from a large window could have on a lifeguard's ability to supervise the pool**
- A. Difficult to see who is wearing armbands
 - B. Difficult to see swimmers through the water
 - C. Difficult to hear children shouting for help
 - D. Difficult to stay hydrated whilst lifeguarding
- 19 Identify why it is important to rotate lifeguard positions**
- A. Allows lifeguards to talk on a regular basis
 - B. Helps maintain vigilance
 - C. Improves membership sales
 - D. Helps promote safety for children
- 20 Identify the type of zone a lifeguard may supervise**
- A. Individual
 - B. Extensive
 - C. Group
 - D. Intensive
- 21 Identify a key component and method of customer communication**
- A. Alert with a whistle, give no further instructions
 - B. Alert with a whistle, provide clear instructions
 - C. Alert with a whistle, shout loudly at the customer
 - D. Alert with a whistle, display anger towards the customer
- 22 When providing feedback to a customer, how should a lifeguard act**
- A. Remain calm and listen to the customer
 - B. Dismiss the customer's feedback
 - C. Show off to the customer
 - D. Ignore the customer's concerns
- 23 Which of the below describes the meaning of early intervention?**
- A. Ensure all accidents are reviewed by a committee
 - B. Complete an accident report form prior to the treatment
 - C. Ensure a lifeguard is on duty at all times
 - D. Proactively identifying and addressing potential hazards before they worsen
- 24 Identify why teamwork is important when lifeguarding**
- A. It allows the operator to reduce lifeguard numbers due to cooperation
 - B. It improves membership sales and retention levels for the Centre
 - C. It maintains a safe and smooth running of the pool
 - D. It prevents lifeguards from taking holidays together

END OF THEORY ASSESSMENT FOR SECTION 1

Section 3

Please only open when instructed by your
Assessor

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

- 1 Identify which of the following best describes the roles and responsibilities of a lifeguard performing first aid**
 - A. Wear PPE, provide first aid, record accidents and replace equipment if used
 - B. Provide first aid to the public, report accidents only to your manager
 - C. Wear gloves, only treat life-threatening conditions
 - D. Provide medical advice and dispense medication

- 2 A casualty is unconscious and has a serious injury. Identify what a lifeguard should do next**
 - A. Give the casualty first aid without asking for consent
 - B. Only touch the casualty if their relative says it is ok to give treatment
 - C. Call 999/112 and wait for the ambulance before performing first aid
 - D. Wait until the casualty regains consciousness and gives consent

- 3 Identify the safest way to dispose of a medical needle**
 - A. In a sharps container
 - B. In a plastic hazardous waste bag
 - C. In a glass jar
 - D. At a pharmacy, hospital or doctors

- 4 Identify why it is important to record first aid incidents accurately**
 - A. So that a lifeguard's performance record can be kept up to date
 - B. To provide evidence for ongoing training hours
 - C. To prove that the lifeguard was present at the scene of the incident
 - D. So incidents can be investigated to prevent a reoccurrence

- 5 A casualty is having a seizure in reception. Identify what treatment a lifeguard should administer**
 - A. Remove objects, protect pelvis by putting something soft under it, time the seizure
 - B. Remove objects, put a spoon in the casualty's mouth, time the seizure
 - C. Remove objects, protect head by putting something soft under it, time the seizure
 - D. Remove objects, restrain the casualty, time the seizure

- 6 A casualty is taking infrequent, slow, noisy gasps and is unconscious. Identify what treatment should be given**
 - A. 5 back blows followed by 5 abdominal thrusts
 - B. Apply an ice pack and bandage
 - C. Place under cool running water
 - D. Cardiopulmonary resuscitation (CPR)

- 7 Blood is spurting from a wound. Select which type of bleed the casualty is most likely to have**
 - A. Venous bleed
 - B. Arterial bleed
 - C. Major bleed
 - D. Minor bleed

- 8 A casualty has a graze on their arm. Identify what treatment a lifeguard should administer**
 - A. Examine the graze, clean and apply a heat pack
 - B. Wash the graze, dry it with a towel and apply an adhesive sterile dressing
 - C. Examine the graze, clean and apply an adhesive sterile dressing
 - D. Wash the graze, elevate the limb, and apply a heat pack

- 9 Identify what information a lifeguard should collect about a casualty to aid their treatment**
- A. Their age, address, telephone number and mother's maiden name
 - B. Relevant medical history, and information about their GP
 - C. Relevant medical history, medication they take, allergies and what happened
 - D. Their GP's address and information on any food intolerances
- 10 A casualty is confused, dizzy and appears to have memory loss and a dilated pupil. What condition are they most likely to have?**
- A. Stroke
 - B. Diabetic emergency
 - C. Anaphylactic shock
 - D. Head injury
- 11 Identify what treatment a lifeguard should give to a casualty with a serious head injury**
- A. Help the casualty to sit on a chair, keep head and shoulders elevated, call 999/112
 - B. Carefully place the casualty in the recovery position, send them to hospital
 - C. Lie them down, keep head, neck and body in line, call 999/112
 - D. Examine and clean wound, apply a non-adhesive dressing, send them to hospital
- 12 A casualty has a penetrating chest injury. Identify what treatment should be given**
- A. Sit the casualty leaning away from the injured side, cover the wound with an ice pack or place under cool running water
 - B. Sit the casualty leaning towards the injured side, do not cover the wound but control the bleeding
 - C. Lay the casualty down, give them pain relief raise their legs and encourage them to breathe slowly
 - D. Sit the casualty on a chair, get them to lean forwards, cover the wound with a sterile dressing
- 13 The severity of a burn or scald can vary. Identify which factors can affect this severity**
- A. Size, cause, location, depth of burn/scald, age of casualty
 - B. Air temperature, depth of burn, age, weight, gender of casualty
 - C. Type of burn, ambulance response time, weight of the casualty
 - D. Size, cause, location of the burn, gender, age of the casualty
- 14 A casualty has burnt their leg. Identify what treatment a lifeguard should give**
- A. Flood the burn with cool running water for 20 minutes, remove jewellery
 - B. Flood the burn with cool running water for 2 minutes, remove clothing
 - C. Flood the burn with warm running water for 5 minutes, apply a sterile dressing
 - D. Flood the burn with warm running water for 2 minutes, apply a sterile dressing
- 15 Identify the correct treatment for a casualty who has rubbed a chemical in their eye**
- A. Sit the casualty down, advise them to rub their eye continuously
 - B. Reassure the casualty, give an energy drink, rub their eye delicately
 - C. Examine the eye, wash with sterile solution/tap water
 - D. Lie the casualty down, examine the eye, apply a dressing to both eyes
- 16 Identify how poisons such as chemicals may enter a casualty's body**
- A. Ingestion, inhalation, injection only
 - B. Inhalation and ingestion only
 - C. Ingestion, inhalation, injection, absorption
 - D. Absorption, ingestion, injection only

- 17 A casualty has swallowed a poisonous chemical. Identify the correct treatment**
- A. Do not induce vomiting, treat burns, call 999/112
 - B. Induce vomiting, treat burns, give water, call 999/112
 - C. Raise the casualty's legs, do not give water, call 999/112
 - D. Give casualty sips of milk, induce vomiting, call 999/112
- 18 Ask the casualty if they have an auto-injector, call 999/112 and monitor breathing, is the treatment for what common trigger and condition**
- A. Exercise, stroke
 - B. Lack of sugar, diabetes
 - C. Stress, heart attack
 - D. Eating shellfish, anaphylaxis
- 19 A casualty is suffering from a heart attack. Identify the signs, symptoms and treatment that should be given**
- A. Dizziness, feeling of impending doom, anxiety, confusion.
Call 999/112, give sips of water then place the casualty in the recovery position
 - B. Dizziness, feeling of impending doom, holding their throat.
Call 999/112, lay the casualty down and raise their legs, loosen tight clothing
 - C. Dizziness, feeling of impending doom, anxiety, nausea.
Call 999/112, assist the casualty to sit in a half sitting position, monitor, loosen tight clothing
 - D. Dizziness, feeling of impending doom, racing pulse.
Call 999/112, assist the casualty to sit down and raise their legs, monitor, remove clothing
- 20 Move the casualty to a quiet area, encourage them to breathe through their nose, give sips of water, is the treatment for what condition?**
- A. Diabetes
 - B. Hyperventilation
 - C. Anaphylaxis
 - D. Penetrating chest injury
- 21 Identify the correct actions for treating a casualty who is suffering from hypothermia and is wet**
- A. Call 999/112, reassure the casualty, leave the casualty in the pool
 - B. Call 999/112, place in recovery position in front of a heater, give them hot soup
 - C. Call 999/112, move to a warm place, remove wet clothing, wrap in blankets
 - D. Call 999/112, administer paracetamol, move into the shade, add more wet clothing
- 22 Identify the signs, symptoms and treatment for a casualty who is suffering from a diabetic emergency (hypoglycaemia)**
- A. Loss of concentration, dizziness, trembling of limbs, sense of impending doom.
Place the casualty in the recovery position and give them a sugary drink
 - B. Loss of concentration, dizziness, trembling of limbs, confusion.
Sit the casualty down, give a sugary drink
 - C. Loss of concentration, dizziness, trembling of limbs, confusion.
Lay the casualty down, give them a diet drink
 - D. Loss of concentration, dizziness, trembling of limbs, sense of impending doom.
Give the casualty a diet drink, keep them warm

23 A casualty is suffering from a seizure. Identify the signs, symptoms, and treatment

- A. Casualty may collapse, muscles stiffen, eyes may roll and teeth may clench.
Remove objects that may cause injury, protect the casualty's head, time the seizure
- B. Casualty may collapse, muscles loosen, eyes may roll and teeth may clench.
Remove objects that may cause injury, hold the casualty's head firmly, time the seizure
- C. Casualty may collapse, muscles loosen, eyes may roll and teeth may clench.
Remove objects that may cause injury, place the casualty into the recovery position
- D. Casualty may collapse, muscles stiffen, eyes may roll and teeth may clench.
Remove objects that may cause injury, hold the casualty's head firmly, time the seizure

24 A casualty is suffering from a stroke. 999/112 has been called. Identify the signs, symptoms and treatment

- A. Facial weakness, unable to raise one or both arms, slurred speech.
Lay the casualty down with their head and shoulders raised, give reassurance and monitor
- B. Dizziness, feeling of impending doom, anxiety, slurred speech
Lay the casualty down with their legs raised, keep them warm, give reassurance
- C. Facial weakness, unable to raise one or both arms, holding the throat.
Lay the casualty down with their head and legs raised, apply the AED
- D. Facial weakness, unable to raise one or both arms, slurred speech
Lay the casualty in the recovery position with legs raised, keep warm

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

A	B	C	D
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A	B	C	D
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Candidate Initials: _____

Section One

Q	Answer options				✓/x
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	

Section One

Q	Answer options				✓/x
13	A	B	C	D	
14	A	B	C	D	
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 Three

Q	Answer options				✓/x
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	

Section Three

Q	Answer options				✓/x
13	A	B	C	D	
14	A	B	C	D	
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	

Practical Assessment
Section 2 Pass / Fail

Section 3 Pass / Fail

Theory Assessment
Section 1 ____/ 24

Section 3 ____/ 24

(Candidate must score at least 17 to pass)
Each Section
Candidate pass mark – 17
Time allowance 36 minutes
Paper number _____ (please insert)

Final Overall Result (practical and Theory)
Section 1 Pass / Fail

Section 2 Pass / Fail

Section 3 Pass / Fail

Independent Assessor Signature:

PAPER NUMBER XX0
National Pool Lifeguard Qualification Theory Assessment – Assessor Mark Sheet
Section 1

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

Section 1

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

Section 1 Candidate Pass Mark 17

Section 3

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

Section 3

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

Section 3 Candidate Pass Mark 17

Once marking has been completed:
 Please check that all candidates and Trainer Assessor have completed the front page of the **Theory Assessment – Candidate Answer Sheet**.

You will need to record the question paper number on each candidate's **Assessment Report Form**.

Please ensure that all paperwork relating to this assessment is stored according to the **RLSS UK Qualifications Guidance for Training and Assessing Candidates for National Pool Lifeguard Qualification**.

If a candidate fails an assessment, the Trainer Assessor should refer to the guidance detailed in the **RLSS UK Qualifications Guidance for Training and Assessing Candidates for National Pool Lifeguard Qualification**.