
YMCA Lifeguard Test- C

The YMCA Lifeguard program recommends that lifeguard zones be designed so that it takes no longer than _____ seconds for lifeguards to reach the farthest area of their zones. - Answer- 20 seconds

The YMCA Accident Prevention System is called: - Answer- Q-1-2

There are three advantages to using the Accident Prevention System. Which of the following is identified as an advantage of using the system? - Answer- It helps lifeguards be consistent and fair.

What is the YMCA Lifeguard Decision-Making Model that will help you make important preventive decisions? - Answer- PACA

Of the following statements, which is the best statement to use when providing a warning using Q-1-2? - Answer- "I saw you running. That is unsafe because the deck is wet. Please walk."

What is one thing that should always be conducted when guarding day camp, child care, rental groups, and special events in the pool? - Answer- Safety Swim Test

Which one of the following is NOT a lifeguard communication system? - Answer- PACA

Lifeguards should be aware of the physical conditions that affect swimmers. Which of the following is a physical condition that could quickly affect a person's ability to swim? - Answer- Muscle Cramp

What indicates that a child is capable of being able to swim in deep water? - Answer- Swim Band

What is the lifeguard's role when guarding instructional classes? - Answer- Provide life guarding services

Swimmers at risk of becoming distressed may display: - Answer- Early warning signs

Which of the following is NOT scanning strategy? - Answer- Telling the other lifeguards what you see

There are some positive techniques that lifeguards can use to remain vigilant and avoid fatigue. Which of the following is the best combination of those techniques? - Answer- Drink plenty of water, get a good night's sleep, and periodically change body positions

Ymca Lifeguard Test Study Guide

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