YMCA Lifeguarding written test terms - Chapter 1

What is PACA? - Answer- P: What is the problem?
A: What are the alternatives?
C: What are the consequences?
A: What is the action?

What is Q12? - Answer- Accident prevention system used on kids. The lifeguard asks the child to come over and the gaurd asks them a question.

Why do we use Q12? - Answer- To prevent people from violating rules.

What are the three statements you want to use in your warning? - Answer- "I saw".....
"That is"....

"Please".....

What is entire area coverage? - Answer- When one lifeguard supervises the whole swimming pool

What is zone coverage? - Answer- When pool is broken down into smaller units and one there is one lifeguard for every zone.

How many degrees can you scan? - Answer- 90

Describe a proper rotation. - Answer- - rotate every 20 to 30 minutes

- rotate systematically
- hard to mild locations
- lifequards should remain alert
- each zone stays under visual surveillance

Where can you guard from? - Answer- pool corners or elevated gaurd chairs; sitting, standing, and roving.

List the Lifeguard communication systems. - Answer - Flags

- -Hand signals
- Whistle signals
- radio
- rescue equipment signals
- telephones
- megaphones

Ymca Lifeguard Practice Written Test

John A. Torney, Robert D. Clayton

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On the Guard D. I. Forsten, Marjorie M. Murphy, 1986 Introduction to Exercise Science Stanley P. Brown, 2001 The emphasis in this new book is on providing students with a foundation of all areas of Exercise Science It provides a broad description of the field as well as an introduction of some basic science that the field relies upon Career potentials in these fields are also discussed Connection Website connection LWW com go brown The Journal of Physical Education and The Encyclopedia of Louisville John E. **Swimming Pool Management Manual**, 1993 Kleber, 2014-07-11 With more than 1 800 entries The Encyclopedia of Louisville is the ultimate reference for Kentucky s largest city For more than 125 years the world's attention has turned to Louisville for the annual running of the Kentucky Derby on the first Saturday in May Louisville Slugger bats still reign supreme in major league baseball The city was also the birthplace of the famed Hot Brown and Benedictine spread and the cheeseburger made its debut at Kaelin's Restaurant on Newburg Road in 1934 The Happy Birthday had its origins in the Louisville kindergarten class of sisters Mildred Jane Hill and Patty Smith Hill Named for King Louis XVI of France in appreciation for his assistance during the Revolutionary War Louisville was founded by George Rogers Clark in 1778 The city has been home to a number of men and women who changed the face of American history President Zachary Taylor was reared in surrounding Jefferson County and two U S Supreme Court Justices were from the city proper Second Lt F Scott Fitzgerald stationed at Camp Zachary Taylor during World War I frequented the bar in the famous Seelbach Hotel immortalized in The Great Gatsby Muhammad Ali was born in Louisville and won six Golden Gloves tournaments in Kentucky *The Adventures of Far North Johnny* John Hautamaki, 2013-05-08

Second National Aquatic Conference on Professional Standards in Aquatics and Approaches to Certification .1972 The Journal of Physical Education ,1965 Physical Training; Supplement to Association Men ,1966 Athletic Journal ,1986 Principles of Safety in Physical Education and Sport National Association for Sport and Physical Education, 2002 New Horizons ,1942-11 Aquatic Instruction, Coaching, and Management John A. Torney, Robert D. Clayton, 1970 New Jersev Register ,1991 Annual Report Indiana. Department of Conservation.1962 Journal of Physical Education, Recreation & Dance ,1990 BNA's Americans with Disabilities Act Manual ,1996 Princeton Alumni Weekly Jesse Lynch Williams, Edwin Mark Norris, 1986 **Public Health Engineering Abstracts** ,1949 The Unofficial Guide to South Florida including Miami and the Keys Lea Lane, Joe Surkiewicz, Marcia Levin, 2003-11-07 From the publishers of The Unofficial Guide to Walt Disney World A Tourist's Best Friend Chicago Sun Times Indispensable The New York Times The Top 10 Ways The Unofficial Guide to South Florida including Miami the Keys Can Help You Have the Perfect Trip Candid critical and useful information on Palm Beach Broward and Miami Dade Counties Southwest Florida the Florida Keys and Everglades National Park Helpful hints on getting the best room at the lowest possible rate on and off the beach Detailed reviews of more than 100 restaurants. The inside story on the

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