

ALA Practice Test Questions and Answers

1. What is a 'blind spot' in lifeguard surveillance?

- A) An area of the pool that cannot be seen from the guard station
- B) A swimmer who refuses to follow rules
- C) A period when a lifeguard is distracted
- D) A section of water too deep to see the bottom

2. What is considered negligence in lifeguard duties?

- A) Always responding promptly to emergencies.
- B) Not providing immediate assistance or disregarding safety protocols.
- C) Ensuring all swimmers are properly supervised at all times.
- D) Following emergency action plans to the letter.

3. What is the first step in an emergency action plan?

- A) Call emergency services immediately.
- B) Assess the situation to determine the severity of the emergency.
- C) Begin CPR immediately.
- D) Notify the lifeguard supervisor.

4. What should you include in your emergency action plan?

- A) Only a list of emergency numbers.
- B) A detailed list of roles, communication procedures, and contact information.
- C) General guidelines with no specifics.
- D) Only evacuation routes.

Answers: 1-A 2-B 3-B 4-B

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