

## USLA Knowledge Objective Packet

This packet is your USLA knowledge Objective packet. The packet contains a list of questions in various topics that must be completed prior to the end of the academy. Cadets that do not complete the USLA knowledge objective questions, will not have completed the academy, and subsequently will not be offered a lifeguarding job with the East Bay Regional Park District.

Once completed, questions can be turned in at any time during the academy for credit.

### **USLA Basic Rescue Knowledge Objectives**

1. Why is it important for lifeguards to maintain a position of safety when performing a rescue?
2. What would be the most appropriate method of entry for the following water conditions?
  - a. Shallow water
  - b. Deep water
  - c. Unfamiliar Water
3. What are the characteristics of a proper approach to a victim during a rescue?
4. When making contact with a victim, what should you be considering?
5. What would be the most appropriate victim approach for the following situations?
  - a. Front surface
  - b. Rear Surface
  - c. Underwater
6. What are some appropriate methods for lifting and removing people from the water?
7. Identify the priority of resuscitation over removal of a victim from the water.
8. What are the general principles of defense, releases and escape from a panicked victim?
9. Identify the advantages and disadvantages of the following.
  - a. Reaching assist
  - b. Wading assist
  - c. Throwing assist
10. Why do you need to assess for spinal injury prior to performing a rescue or moving a victim?

### **USLA Professional Lifeguarding Knowledge Objectives**

1. Why do lifeguards need policies and procedures?
2. What is the purpose of the tower system in lifeguarding?
3. How can lifeguard use powered and non powered vessels for support?
4. What factors increase the risk of legal action for a lifeguard?
5. Why is in service training important?

### **USLA Knowledge Objective Records and Reporting**

1. Why is precision needed when keeping records?
2. What details should be included in an accident report?
3. What are incident reports and activity reports important as legal documents?
4. Why do lifeguards need to keep accurate statistics on agency activities?

**USLA Knowledge Objective Preventative Lifeguarding**

1. What are some ways that lifeguards can recognize potential victims and proper water scanning techniques?
2. How might the following hazards affect public and swim facilities?
  - a. Calm water
  - b. Warm water
  - c. Cold water
  - d. Rocks
  - e. Water animals
3. What would the following look like if they were distressed? How might they signal to a lifeguard for assistance?
  - a. Power Boats
  - b. Sail Boats
  - c. Divers
  - d. Surfers (or boardsailors)
4. How might offshore platforms be useful in managing a swimming crowd and identifying victims in distress?

**USLA Knowledge Objective Rescue Techniques and Procedures**

1. Identify the usefulness and limitations of the rescue tube in the following situations:
  - a. Unconscious victim
  - b. Multiple victim rescue
  - c. Defense against panicked victim
  - d. Rescue breathing in the water
2. Identify the usefulness and limitations of the rescue board in the following situations:
  - a. Long distance rescue
  - b. Multiple victim rescue
  - c. Rough water or high surf rescue
  - d. Artificial respiration on a rescue board
  - e. CPR on a rescue board
3. What should you consider when using a helicopter for a rescue?
4. What should you consider when assisting a disabled vessel and passengers thereof?
5. What should you consider when rescuing a scuba diver?
6. What are the benefits of using a powered vessel for the following tasks?
  - a. Preventative lifeguarding
  - b. Calm water rescue
  - c. Rough water rescue
  - d. Multiple victim rescue
  - e. Victim transport
  - f. Victim resuscitation and CPR
7. What are the benefits of using a non-powered vessel for the following tasks?
  - a. Preventative lifeguarding

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- b. Calm water rescue
- c. Rough water rescue
- d. Multiple victim rescue
- e. Victim transport
- f. Victim resuscitation and CPR

### **USLA Knowledge Objective Search and Recovery**

1. What are some methods for establishing landmarks in searches for submerged victims?
2. How are the following useful? What are the limitations for the following?
  - a. Line sweep
  - b. Circular sweep
3. What are the uses and limitations for masks, fins and snorkels when performing a search and rescue operation?
4. What are the uses and limitations of scuba in search and rescue operations?
5. When recovering a body, what should lifeguards consider?
6. What are the line and shore signals for search and recovery?
7. How are range marks used?