



ATLANTIC LIFEGUARD ALLIANCE

Office ♦ 5 Berkeley Pl, Eatontown, NJ 07724

Email ♦ NJSurfRescue@Gmail.com

Website ♦ www.NJSurfRescue.com

Phone ♦ (732) 664-3001

A.L.A SURF RESCUE TRAINING WORKSHEET - 5

Equipment, maintenance and rescue usage

1. Name five pieces of equipment that require daily inspection.
2. When rescuing a conscious victim what is a lifeguard's primary rescue tool?
3. True or false: When approaching a victim it is important to keep the buoy between yourself and the victim.
4. Does a 28" buoy provide sufficient buoyancy for a multiple victim rescue?
5. What piece of equipment is better suited for use on an unconscious victim than a rescue buoy?
6. What type of water conditions are best for the use of a paddle board?
7. What is unsafe about attempting to transport multiple victims with a paddleboard?
8. True or false: the paddleboard is one of the fastest ways to transport a victim?
9. How should onboarding a victim onto a paddle board change between a conscious but capable victim and an unconscious victim?
10. When should a rescue line be used?
11. What should happen before a rescue line is sent out to a victim?
12. What should a lifeguard do if there are patrons down current of the location where a rescue line is being used?
13. What should a UTV be equipped with?

14. What are three non-motorized vessels that a lifeguard can use?
15. What is the most versatile non-motorized vessel? When is it highly suggested to be used?
16. What benefit does a UTV have over an ATV?
17. What changes from shore based CPR when administering CPR on a paddleboard or kayak?
18. Which branch of the military can the two-way radios communicate to and for what purpose?