



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 - 3

Victim Detection

1. What is the cardinal rule of victim detection?
2. What are common stages of a distressed water patron?
3. A distressed patron may refuse further help once you've assisted them, what must the lifeguard then explain to the patron?
4. What is the difference in body position between someone actively drowning and someone in distress?
5. What are some of the signs of active drowning?
6. While not guaranteed, who is at a higher risk of requiring rescue? An adult wading in the swim zone, or a child who drifted out of the swim zone in deep water?
7. Concerning the use of flotation devices as swim assistants, in what circumstances must flotation devices be denied?
8. Which of the following is not a potential hazardous situation?
 - a. A group of 8 yr olds trying to get their friend to swim further than they are comfortable
 - b. A long distance swimmer who you have been notified about over communications
 - c. A badly sun-burned person attempting to go into the surf in yellow flag conditions
 - d. An elderly grandmother with her young grandchild playing in the surf during an incoming tide

Radio Communications

1. "Beach A" is looking to communicate with "Beach B", how would Beach A open the coms?
2. What should Beach B say to signify they received the transmission?
3. What term is used to signify the end of an outgoing transmission during dialogue?
4. What term is used to signify the end of a conversation?
5. True or false, radio communications are to be as long and detailed as possible.
6. True or false, our radio coms unofficial lines of communication and can be used to hold casual conversations.
7. What are some hazards from using radio coms incorrectly?
8. True or false, lifeguards can change radio settings at-will without Officer approval.
9. What channel can be used to directly contact the Coast Guard?
10. What is the significance of the following codes?
 - a. 10-55:
 - b. 10-53:
 - c. 10-18:
 - d. 10-88:
 - e. 10-48: