NL (National Lifeguard) Theory Questions and Answers | Latest Version | 2025/2026 | Correct & Verified

What should a lifeguard do if a swimmer suddenly grabs onto them during a rescue?

√ Use a release technique to avoid being pulled underwater.

How can lifeguards prevent swimmer congestion in lap lanes?

√ ✓ Regulate the number of swimmers and enforce lane etiquette.

Why is quick water entry important in emergencies?

√ It reduces response time and increases survival chances.

What should a lifeguard do if a victim is breathing but unresponsive?

Monitor their breathing and prepare to administer first aid.

How can lifeguards recognize an overexerted swimmer?

Watch for labored breathing, slow movements, and exhaustion signs.

National Lifeguard Service Theory Assignment Answers

K Morrison

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