

Name \_\_\_\_\_

Score /50

Date \_\_\_\_\_

## **Swimming and Water Rescue Exam - A**

**1.1 Unit leaders accompanying Scouts on an outing are absolved of all responsibility when a professionally trained individual leads an activity.**

T F

**2.1 Cub Scouts earn awards by**

- A. Doing their best
- B. Meeting performance standards
- C. Winning competitions
- D. Attending required classes

**3.3 Which of the following is not an allowed Venturing activity?**

- A. Scuba diving in open water
- B. Triathlon events
- C. Commercial trips on whitewater
- D. Parasailing

**4.2 Drowning follows car accidents as the second leading cause of accidental death for Scout aged youth.**

T F

**5.0 List three contributory factors to drowning.**

- 1.
- 2.
- 3.

**6.1 Ultimate responsibility for safety rests with the unit member, not the unit leader.**

T F

**7.0 List three items common to all emergency action plans.**

- 1.
- 2.
- 3.

**8.0 BSA policies allow a single adult to supervise a den on a remote hike to a swimming beach provided older Boy Scouts are available to serve as lifeguards.**

T F

**9.2 A tour and activity plan is not needed for a swimming activity at a parent's backyard pool.**

T F

**10.1 A ruling of negligence must establish that harm resulted.**

T F

**11.2 Adults require a medical evaluation within 12 months for all activities.**

T F

**12.3 Which of the following may require additional safety measures while swimming?**

- A. Cystic fibrosis
- B. Use of medication to control seizures
- C. Deafness
- D. All of the above

**13.1 Special precautions for those with chronic or temporary medical conditions are based on**

- A. Consultation with the parents
- B. A physician's written recommendations
- C. Instructions from a caregiver accompanying the individual
- D. All of the above

**14.1 Frequent, minor sunburn is a long-term as well as a temporary concern.**

T F

## Section II

**15.0 During Scouting events, statistically the most prevalent cause of death is**

- A. Car accidents
- B. Drowning
- C. Cardiac arrest
- D. Falls

**16.0 List the components of the BSA beginner classification test.**

**17.0 List the components of the BSA swimmer classification test.**

**18.2 The BSA beginner classification test is a requirement for Second Class rank.**

T F

**19.2 Anyone reluctant to take either the beginner or swimmer classification test is not allowed in the water during the testing procedure.**

T F

**20.3 During the swim classification test, who is the participant's buddy?**

- A. The next Scout in line for that particular test
- B. The unit leader
- C. The test administrator
- D. No one

**1.0 List the eight points of Safe Swim Defense.**

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.

**2.2 Beginners should be restricted to water depths**

- A. Waist deep
- B. Chest deep
- C. Chin deep
- D. Just over the head

**3.1 Water depth for headfirst entry from poolside must be**

- A. 5 feet
- B. 7 feet
- C. 9 feet
- D. 11 feet

**4.3 Having swimmers wear life jackets should be considered**

- A. In clear water over 12 ft deep
- B. In murky water over head height
- C. In weak current
- D. All of these

**5.2 The primary purpose of the buddy check is to**

- A. Check the number of people in the water
- B. Reinforce the buddy concept
- C. Signal the end of the period
- D. Clear the area in an emergency

**6.1 Surveillance (that is, monitoring swimmers for signs of trouble) is the responsibility of**

- A. The lifeguards
- B. The lookout
- C. Each buddy
- D. All of these

**7.2 Which of these is a possible concern at an aboveground pool?**

- A. Depth is too shallow for *beginner & swimmer* areas
- B. Water clarity
- C. Current
- D. The water is too deep for some *nonswimmers*

**8.3 In turbid water, a single swimmer with a lifeline checks deep water areas by doing a head first surface dive and swimming along the bottom with arms extended.**

T F

**9.3 Access to the swimmers area should be through the nonswimmer and beginner areas.**

T F

**10.2 The preferred location for a swimming area on a river is often**

- A. On the upstream end of a sandbar on the inside of a bend
- B. On the protected downstream end of a sandbar on the inside of a bend
- C. In the deeper water on the outside of a bend
- D. In an area where the water covers grass rather than mud

**11.1 Which of the following is a major safety concern at an ocean beach, responsible for more rescues than any other?**

- A. Undertow
- B. Drift current
- C. Rip current
- D. Surf

**12.3 Which of the following is not allowed?**

- A. Distance swimming along a protected, closed circuit
- B. Varsity and Venturing triathlon training
- C. Distance swimming in open water accompanied by a lone person in a rowboat
- D. A & C

**13.1 For a unit swim at a public pool with professional lifeguards on duty**

- A. Safe Swim Defense principles don't apply
- B. Unit rescue personnel need not be deployed
- C. The buddy system is not used
- D. All of these

**14.2 Ideally, the butterfly should be introduced prior to resting strokes.**

T F

**15.1 All conscious drowning victims will call out for help.**

T F

**16.3 For which type of victim will rescue always involve physical contact?**

- A. A tired swimmer
- B. A distressed swimmer
- C. An actively drowning nonswimmer
- D. A passive, submerged victim

**17.3 A reach pole is swept to a victim from the side to**

- A. Prevent the victim from lunging into the end of the pole
- B. Bring the pole into physical contact with an active drowning victim
- C. A and B
- D. None of the above; the pole should be extended directly toward the victim's chest

**18.3 When retrieving a ring buoy for a second attempt, the line should be**

- A. Coiled as before
- B. Dropped loosely at the feet
- C. Left floating in the water
- D. Wrapped around the buoy

**19.2 Conscious victims should be lifted into a rescue boat as soon as possible.**

T F

**20.2 There is always an alternative to an in-water rescue.**

T F

**21.3 A long shallow dive is the preferred entry for an in-water rescue.**

T F

**22.3 A contact assist is needed when the victim cannot grasp a flotation aid due to**

- A. Unconsciousness
- B. A stroke or other debilitating condition
- C. Numbness due to cold
- D. Any of the above, plus others

**23.1 Various contact assists without flotation aids are options for unconscious victims when**

- A. The person must be recovered from underwater
- B. The flotation aid is not well suited to the situation
- C. Positioning the flotation aid would unduly delay the rescue
- D. All of the above

**24.3 Required life jacket use is a reasonable precaution in deep, turbid water if the unit is poorly prepared to conduct an organized underwater search.**

T F

**25.2 If a spinal injury is suspected, first**

- A. Check for breathing and circulation
- B. Ask the person to gently roll his head
- C. Ask if the person has numbness in the limbs
- D. Provide in-line stabilization & summon EMS

**26.3 The line-and-tender procedure should be familiar to many Boy Scouts since it is included in rank advancement.**

T F

**27. 1 The preventative elements of Safe Swim Defense minimize the need for rescues.**

T F

**28.1 Essential elements in unit swim protection include:**

- A. Continuous, effective monitoring of everyone
- B. Persons trained in rescue procedures
- C. An emergency action plan, including communication with EMS
- D. All of the above

**29.3 Which of the following are inappropriate functions of safety team members on duty?**

- A. Continuous surveillance of assigned areas
- B. Intervening to stop rule infractions or to provide emergency aid
- C. Refereeing a game or assisting a person with a skill
- D. Providing backup surveillance and supervision of swimmers not involved in a rescue situation

**30.3 Which of the following is appropriate for both snorkeling and scuba?**

- A. Monitoring time underwater to prevent the bends
- B. Equalizing pressure in the ears
- C. Continuous breathing while underwater
- D. All of the above

Name \_\_\_\_\_

Score /50

Date \_\_\_\_\_

## Swimming and Water Rescue Exam - B

3.

**1.3 Unit leaders conducting an activity must be skilled in the activity and able to respond appropriately in an emergency.**

T F

**2.1 Cub Scouts earn awards by**

- A. Doing their best
- B. Meeting performance standards
- C. Winning competitions
- D. Attending required classes

**3.3 Which of the following is not an allowed Venturing activity?**

- A. Scuba diving in open water
- B. Triathlon events
- C. Commercial trips on whitewater
- D. Parasailing

**4.2 Drowning follows car accidents as the second leading cause of accidental death for Scout aged youth.**

T F

**5.0 List three contributory factors to drowning.**

- 1.
- 2.
- 3.

**6.2 If adequate preventive steps are in place, an activity can safely proceed without emergency response plans.**

T F

**7.0 List three items common to all emergency action plans.**

- 1.
- 2.

**8.0 BSA policies allow a single adult to supervise a den on a remote hike to a swimming beach provided older Boy Scouts are available to serve as lifeguards.**

T F

**9.1 A tour and activity plan must be submitted for council review for all unit swimming activities.**

T F

**10.1 A ruling of negligence must establish that harm resulted.**

T F

**11.1 All swimming and boating activities require a current health history for every participant.**

T F

**12.3 Which of the following may require additional safety measures while swimming?**

- A. Cystic fibrosis
- B. Use of medication to control seizures
- C. Deafness
- D. All of the above

**13.2 Competitive breath-holding events are not allowed due to concerns with**

- A. Hyperventilation
- B. Hyperthermia
- C. Hypothermia
- D. Ear infections

**14.1 Frequent, minor sunburn is a long-term as well as a temporary concern.**

T F

**15.0 During Scouting events, statistically the most prevalent cause of death is**

- A. Car accidents
- B. Drowning
- C. Cardiac arrest
- D. Falls

**16.0 List the components of the BSA beginner classification test.**

**17.0 List the components of the BSA swimmer classification test.**

**18.1 Anyone who declines to take or fails to complete the BSA beginner classification test is classified as a learner.**

T      F

**19.1. A person must first complete the beginner test before taking the swimmer test.**

T      F

**19.3 A single test administrator may watch up to four participants taking the swimmer test simultaneously.**

T      F

**20.2 Prior to water entry, how does the test administrator determine whether the participant has been in deep water before?**

- A. Asks, and asks again if in doubt
- B. Takes clues from body language and/or hesitation
- C. Asks the person to first swim in shallow water
- D. Any or all of the above as appropriate

## Section II

**1.0 List the eight points of Safe Swim Defense.**

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.

**2.3 Nonswimmers should be restricted to water depths no more than**

- A. Knee deep
- B. Waist to chest deep
- C. Chin deep
- D. Just over the head

**3.3 Feet first entry should be limited to heights no greater than**

- A. Knee high
- B. Waist high
- C. Chest high
- D. Head high

**4.1 Under water swimming is prohibited when**

- A. The water is less than 3 feet deep
- B. At night
- C. In murky or turbid water
- D. When water temperature is less than 70°

**5.3 During a unit swim, a record of buddies and their ability groups may be kept by**

- A. Using buddy tags & a portable buddy board
- B. Using sticks with printed names
- C. Using a written list
- D. Any of these

**6.1 Surveillance (that is, monitoring swimmers for signs of trouble) is the responsibility of**

- A. The lifeguards
- B. The lookout
- C. Each buddy
- D. All of these

**7.2 Which of these is a possible concern at an aboveground pool?**

- A. Depth is too shallow for *beginner & swimmer* areas
- B. Water clarity
- C. Current
- D. The water is too deep for some *nonswimmers*

**8.1 Everyone in the unit should be involved in setting up a safe swim area.**

T F

**9.1 A unit with only *beginners* and *swimmers* needs three ability group areas at a temporary lakefront setting.**

T F

**10.3 Which of the following is a sign that a river is higher than normal?**

- A. Exposed sandbars
- B. Strainers along the cut bank
- C. Water flowing over grass
- D. Debris resting high in trees

**11.3 Of the following, which is most suitable for swimming?**

- A. Rip currents
- B. Spilling waves
- C. Plunging waves
- D. Surging waves

**12.2 When swimming from a large boat, rescue personnel may be stationed**

- A. On the vessel
- B. In a dinghy
- C. On a paddleboard
- D. Any of the above as appropriate

**13.3 At a location with professional lifeguards, which of the following is not a common expectation of the lifeguards?**

- A. Surveillance for drowning situations
- B. Implementing emergency action plans, including water rescue
- C. Administrating and enforcing swimmer classifications
- D. Enforcing rules against diving in shallow water

**14.1 Ideally, youth should learn basic swimming skills prior to Boy Scout age, that is, early during Cub Scouting.**

T F

**15.3 A nonswimmer falling off an air mattress into deep water can generally save himself by lunging for the float.**

T F

**16.3 For which type of victim will rescue always involve physical contact?**

- A. A tired swimmer
- B. A distressed swimmer
- C. An actively drowning nonswimmer
- D. A passive, submerged victim

**17.3 A reach pole is swept to a victim from the side to**

- A. Prevent the victim from lunging into the end of the pole
- B. Bring the pole into physical contact with an active drowning victim
- C. A and B
- D. None of the above; the pole should be extended directly toward the victim's chest

**18.2 The preferred way to coil a line is**

- A. Wrapping between the hand and elbow
- B. Moving both hands apart and together
- C. Fixing one hand and moving in and out with the other
- D. Laying coils at your feet

**19.2 Conscious victims should be lifted into a rescue boat as soon as possible.**

T F

**20.3 Untrained, poor swimmers should avoid in-water rescue attempts.**

T F

**21.2 The rescuer always grasps the victim during an in-water rescue.**

T F

**22.1 During an accompanied rescue, the rescuer releases the flotation aid after shoving it into the victim's grasp because**

- A. The victim may have better support
- B. The victim will tend to grasp the device rather than the rescuer
- C. A tow can still be initiated if needed
- D. All of the above

**23.3 The wrist tow may be used**

- A. From a front approach
- B. To place the victim across a floatation device
- C. Only for unconscious victims without spinal injury
- D. All of the above

**24.1 Prompt medical attention is needed for all submerged victims who may have aspirated water**

T F

**25.1 A spinal injury should be suspected when**

- A. A person's head strikes anything but the water
- B. A person complains of neck pain
- C. One person lands on another
- D. Any of the above

**26.1 The line-and-tender procedure requires two swimmers, a line, and a life jacket.**

T F

**27.2 The preventative elements of Safe Swim Defense eliminate the need for rescues.**

T F

**28.3 For large groups, surveillance areas assigned the safety team should be**

- A. Redundant total coverage by all personnel
- B. Individual zones with slight overlap
- C. Individual zones with total overlap
- D. Total coverage combined with overlapping zones

**29.2 During a rescue, the rescuer's buddy**

- A. Stands by to assist
- B. Provides back-up surveillance of the rescuer's assigned zone
- C. Helps the lookout clear the area
- D. Reacts according to the emergency action plan

**30.3 Which of the following is appropriate for both snorkeling and scuba?**

- A. Monitoring time underwater to prevent the bends
- B. Equalizing pressure in the ears
- C. Continuous breathing while underwater
- D. All of the above

Name \_\_\_\_\_

Score /50

Date \_\_\_\_\_

## Swimming and Water Rescue Exam - C

3.

**1.1 Unit leaders accompanying Scouts on an outing are absolved of all responsibility when a professionally trained individual leads an activity.**

T F

**2.2 Boy Scouts earn awards by**

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- B. Meeting performance standards
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T F

**5.0 List three contributory factors to drowning.**

- 1.
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**6.1 Ultimate responsibility for safety rests with the unit member, not the unit leader.**

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**7.0 List three items common to all emergency action plans.**

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- 2.

**8.0 BSA policies allow a single adult to supervise a den on a remote hike to a swimming beach provided older Boy Scouts are available to serve as lifeguards.**

T F

**9.1 A tour and activity plan must be submitted for council review for all unit swimming activities.**

T F

**10.1 A ruling of negligence must establish that harm resulted.**

T F

**11.3 Adults require a medical evaluation within the previous 12 months for any event exceeding 72 hours.**

T F

**12.3 Which of the following may require additional safety measures while swimming?**

- A. Cystic fibrosis
- B. Use of medication to control seizures
- C. Deafness
- D. All of the above

**13.2 Competitive breath-holding events are not allowed due to concerns with**

- A. Hyperventilation
- B. Hyperthermia
- C. Hypothermia
- D. Ear infections

**14.2 Frequent application of suntan lotion with an SPF larger than 30 extends safe time in the sun indefinitely.**

T F

## Section II

15.0 During Scouting events, statistically the most prevalent cause of death is

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16.0 List the components of the BSA beginner classification test.

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T F

19.1. A person must first complete the beginner test before taking the swimmer test.

T F

20.3 During the swim classification test, who is the participant's buddy?

- A. The next Scout in line for that particular test
- B. The unit leader
- C. The test administrator
- D. No one

1.0 List the eight points of Safe Swim Defense.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.

2.2 *Beginners* should be restricted to water depths

- A. Waist deep
- B. Chest deep
- C. Chin deep
- D. Just over the head

3.3 Feet first entry should be limited to heights no greater than

- E. Knee high
- F. Waist high
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4.3 Having swimmers wear life jackets should be considered

- A. In clear water over 12 ft deep
- B. In murky water over head height
- C. In weak current
- D. All of these

5.2 The *primary* purpose of the buddy check is to

- A. Check the number of people in the water
- B. Reinforce the buddy concept
- C. Signal the end of the period
- D. Clear the area in an emergency

**6.2 A lookout should be**

- A. A strong swimmer
- B. Provided with rescue equipment,
- C. Coached in effective surveillance techniques
- D. All of these

**7.2 Which of these is a possible concern at an aboveground pool?**

- A. Depth is too shallow for *beginner & swimmer* areas
- B. Water clarity
- C. Current
- D. The water is too deep for some *nonswimmers*

**8.2 A lookout is needed even when a small group is setting up a swim area.**

T F

**9.3 Access to the swimmers area should be through the nonswimmer and beginner areas.**

T F

**10.3 Which of the following is a sign that a river is higher than normal?**

- A. Exposed sandbars
- B. Strainers along the cut bank
- C. Water flowing over grass
- D. Debris resting high in trees

**11.2 Which of the following are potential hazards, particularly for *nonswimmers*?**

- A. Backwash
- B. Troughs caused by drift currents
- C. Tidal shelf
- D. All of the above

**12.1 Which of the following is a reasonable precaution when swimming from a boat in deep water with a slight current?**

- A. *Swimmers* only
- B. Wearing a PFD
- C. Swimming up-current of a safety line
- D. All of the above

**13.2 At a location with professional lifeguards, the unit leader is responsible for**

- A. Taking any precautions indicated by medical concerns
- B. Implementing a buddy system
- C. Restricting nonswimmers to shallow water
- D. All of the above

**14.1 Ideally, youth should learn basic swimming skills prior to Boy Scout age, that is, early during Cub Scouting.**

T F

**15.1 All conscious drowning victims will call out for help.**

T F

**16.2 While speedy rescue is very important in any situation, which of the following is the *most* urgent:**

- A. A tired swimmer barely able to stay afloat
- B. A distressed swimmer calling for help
- C. A submerged victim
- D. An active drowning victim

**17.3 A reach pole is swept to a victim from the side to**

- A. Prevent the victim from lunging into the end of the pole
- B. Bring the pole into physical contact with an active drowning victim
- C. A and B
- D. None of the above; the pole should be extended directly toward the victim's chest

**18.2 The preferred way to coil a line is**

- A. Wrapping between the hand and elbow
- B. Moving both hands apart and together
- C. Fixing one hand and moving in and out with the other
- D. Laying coils at your feet

**19.3 An effective rowing assist may incorporate reaching and throwing devices.**

T F

**20.3 Untrained, poor swimmers should avoid in-water rescue attempts.**

T F

**21.1 A flotation aid is recommended in case an in-water assist is needed.**

T F

**22.3 A contact assist is needed when the victim cannot grasp a flotation aid due to**

- A. Unconsciousness
- B. A stroke or other debilitating condition
- C. Numbness due to cold
- D. Any of the above, plus others

**23.2 The wrist tow may be used**

- A. When the rescuer is wearing a PFD
- B. When the victim is conscious, but passive
- C. As a tow in rough water
- D. All of the above

**24.3 Required life jacket use is a reasonable precaution in deep, turbid water if the unit is poorly prepared to conduct an organized underwater search.**

T F

**25.1 A spinal injury should be suspected when**

- A. A person's head strikes anything but the water
- B. A person complains of neck pain
- C. One person lands on another
- D. Any of the above

**26.2 The line-and-tender procedure requires minimal equipment and training.**

T F

**27.2 The preventative elements of Safe Swim Defense eliminate the need for rescues.**

T F

**28.1 Essential elements in unit swim protection include:**

- A. Continuous, effective monitoring of everyone
- B. Persons trained in rescue procedures
- C. An emergency action plan, including communication with EMS
- D. All of the above

**29.1 Response personnel are generally best deployed as**

- A. Individuals watching separate zones
- B. Individuals whose scans include responders in adjacent zones
- C. Buddy pairs watching similar areas and each other
- D. Buddy pairs watching separate zones

**30.3 Which of the following is appropriate for both snorkeling and scuba?**

- A. Monitoring time underwater to prevent the bends
- B. Equalizing pressure in the ears
- C. Continuous breathing while underwater
- D. All of the above

Name \_\_\_\_\_

Score /50

Date \_\_\_\_\_

## **Swimming and Water Rescue Exam - D**

**1.2 Unit leaders need not be skilled in an activity that is being conducted by a professionally trained individual.**

T F

**2.3 Which of the following must a boy accomplish to advance to Eagle Scout rank?**

- A. BSA swimmer classification
- B. Swimming merit badge
- C. Lifesaving merit badge
- D. All of the above

**3.2 Which of the following is not an allowed activity for Boy Scouts?**

- A. Snorkeling in open water
- B. Cliff diving into deep, clear water
- C. Canoe trips on moving water
- D. Driving a motorboat

**4.3 Because many people swim at public pools, most drownings occur at supervised pools even with lifeguards on duty.**

T F

**5.0 List three contributory factors to drowning.**

- 1.
- 2.
- 3.

**6.1 Ultimate responsibility for safety rests with the unit member, not the unit leader.**

T F

**7.0 List three items common to all emergency action plans.**

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- 2.
- 3.

**8.0 BSA policies allow a single adult to supervise a den on a remote hike to a swimming beach provided older Boy Scouts are available to serve as lifeguards.**

T F

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T F

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T F

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T F

**12.3 Which of the following may require additional safety measures while swimming?**

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**13.2 Competitive breath-holding events are not allowed due to concerns with**

- A. Hyperventilation
- B. Hyperthermia
- C. Hypothermia
- D. Ear infections

**14.2 Frequent application of suntan lotion with an SPF larger than 30 extends safe time in the sun indefinitely.**

T F

## Section II

**15.0 During Scouting events, statistically the most prevalent cause of death is**

- A. Car accidents
- B. Drowning
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**16.0 List the components of the BSA beginner classification test.**

**17.0 List the components of the BSA swimmer classification test.**

**18.3 The BSA swimmer classification test is a requirement for Second Class rank.**

T F

**19.3 A single test administrator may watch up to four participants taking the swimmer test simultaneously.**

T F

**20.3 During the swim classification test, who is the participant's buddy?**

- A. The next Scout in line for that particular test
- B. The unit leader
- C. The test administrator
- D. No one

**1.0 List the eight points of Safe Swim Defense.**

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.

**2.1 Maximum recommended depth for the swimmer area in clear water is**

- A. 8 feet
- B. 10 feet
- C. 12 feet,
- D. Doesn't matter

**3.1 Water depth for headfirst entry from poolside must be**

- E. 5 feet
- F. 7 feet
- G. 9 feet
- H. 11 feet

**4.2 Swimming activity must be curtailed when**

- A. The sky is overcast
- B. There is intermittent drizzle
- C. There is thunder or lightning
- D. All of these

**5.1 A buddy check is conducted**

- A. Approximately every ten minutes
- B. When Scouts are disruptive
- C. During an emergency,
- D. For all of these

**6.3 Rescue personnel (lifeguards) should be**

- A. Strong swimmers
- B. Provided with rescue equipment
- C. Coached in appropriate rescue techniques
- D. All of these

**7.1 Generally, headfirst diving is appropriate at**

- A. Above ground pools
- B. Small backyard pools
- C. An ocean beach
- D. None of these

**8.3 In turbid water, a single swimmer with a lifeline checks deep water areas by doing a head first surface dive and swimming along the bottom with arms extended.**

T F

**9.2 If bottom slopes and depths are less than ideal, ability groups may swim together in an area appropriate for those of the lesser classification.**

T F

**10.1 At a bend in a river, the deepest water and strongest current is**

- A. On the inside of the curve
- B. Midstream
- C. On the outside of the curve
- D. Totally unpredictable

**11.2 Which of the following are potential hazards, particularly for *nonswimmers*?**

- A. Backwash
- B. Troughs caused by drift currents
- C. Tidal shelf
- D. All of the above

**12.3 Which of the following is not allowed?**

- A. Distance swimming along a protected, closed circuit
- B. Varsity and Venturing triathlon training
- C. Distance swimming in open water accompanied by a lone person in a rowboat
- D. A & C

**13.2 At a location with professional lifeguards, the unit leader is responsible for**

- A. Taking any precautions indicated by medical concerns
- B. Implementing a buddy system
- C. Restricting nonswimmers to shallow water
- D. All of the above

**14.3 Basic swimming skills are always best taught in a large group by a highly trained professional rather than individually by a knowledgeable parent.**

T F

**15.2 A child apparently playing in deep water could actually be drowning.**

T F

**16.2 While speedy rescue is very important in any situation, which of the following is the *most* urgent:**

- A. A tired swimmer barely able to stay afloat
- B. A distressed swimmer calling for help
- C. A submerged victim
- D. An active drowning victim

**17.1 A throwing rescue is normally not useful for which types of victims?**

- A. Distressed swimmers
- B. Endangered swimmers
- C. Submerged or spinal injury victims
- D. Tired swimmers

**18.1 Which throwing device is generally easier to use effectively?**

- A. A ring buoy without a line
- B. A ring buoy with line attached
- C. A throw bag
- D. A heaving line

**19.3 An effective rowing assist may incorporate reaching and throwing devices.**

T F

**20.1 Swimming assists are extremely dangerous and are not advocated for unit swim protection.**

T F

**21.1 A flotation aid is recommended in case an in-water assist is needed.**

T F

**22.3 A contact assist is needed when the victim cannot grasp a flotation aid due to**

- A. Unconsciousness
- B. A stroke or other debilitating condition
- C. Numbness due to cold
- D. Any of the above, plus others

**23.2 The wrist tow may be used**

- A. When the rescuer is wearing a life jacket
- B. When the victim is conscious, but passive
- C. As a tow in rough water
- D. All of the above

**24.2 If a swimmer is missing in deep, turbid water, all members of the unit should quickly begin a random search of the bottom.**

T F

**25.2 If a spinal injury is suspected, first**

- A. Check for breathing and circulation
- B. Ask the person to gently roll his head
- C. Ask if the person has numbness in the limbs
- D. Use in-line stabilization to turn the person face up and summon EMS

**26.1 The line-and-tender procedure requires two swimmers, a line, and a life jacket.**

T F

**27.3 In urban settings, quick EMS response is sufficient preparation for emergencies.**

T F

**28.2 Swimmers are continuously surveyed by**

- A. The buddy
- B. The lookout
- C. Response personnel (lifeguards)
- D. All of the above

**29.2 During a rescue, the rescuer's buddy**

- A. Stands by to assist
- B. Provides back-up surveillance of the rescuer's assigned zone
- C. Helps the lookout clear the area
- D. Reacts according to the emergency action plan

**30.1 Snorkeling Safety extends Safe Swim Defense guidelines by adding which of the following?**

- A. Consideration of equipment
- B. Limitations on water clarity for training
- C. Training requirements for open-water snorkeling
- D. All of the above