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# Ellis Lifeguard Practice Test

True or false: ILTP-trained lifeguards are taught to anticipate, recognize, and manage aquatic emergencies. - correct answers True

True or false: "Standard of care" means that individual lifeguards set the standard of care they plan on providing a guest. - correct answers False

True or false: It is optional for lifeguards to wear sunscreen and sunglasses when working outside in sunny conditions - correct answers False

True or false: Lifeguards perform well when evaluated because they perform well at all times on duty. - correct answers True

Which of the following behaviors present a professional image while lifeguarding?

- A. Being punctual, protecting yourself from hazards, and maintaining your vigilance while on duty
- B. Getting a good night's rest, working as a team player, and wearing a proper uniform
- C. Having a whistle and hip pack, being properly hydrated, and being "test ready"
- D. All of the above - correct answers D.

Which of the following is specifically designed to help protect you against infectious diseases when providing emergency care?

- A. Rescue tube
- B. Sunglasses
- C. Medical exam gloves
- D. Water bottle - correct answers C.

The 10/20 Protection standard states that as a lifeguard you have \_\_\_\_\_ seconds to identify a GiD within your Zone of Protection area and \_\_\_\_\_ seconds to reach and render aid to a GiD once discovered. - correct answers 10; 20

# Ellis Lifeguard Test

**JA Banks**



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