

# FSA – QUESTIONS AND ANSWERS

## SWAN 1

### Answer 2 questions on adult and baby pool hygiene

- Q) Why is it important to ensure your baby is wearing an aqua nappy?
- To prevent any unexpected mishaps from entering the pool
- Q) Explain the importance of showering before entering the pool?
- This will ensure that a high level of hygiene is maintained
- Q) Give a reason why you would not bring your baby to the pool?
- Colds, flu, sore throat, ear infection and contagious infection

### Answer 2 questions on adult and baby safety around the pool

- Q) Why should we avoid carrying baby, towel, toys and buoyancy aids all at once?
- Lack of control and risk of injury
- Q) Why is it important to always supervise children of all ages?
- Safety, awareness, and our duty of care
- Q) Prior to fitting any buoyancy aid what should you do?
- Ensure it the correct size
  - Suitability for student and lesson
  - Is it free from any defects?

## SWAN 2

### Identify the swimming lesson area

- Q) Why is it important that adult and child know this?
- Depth variation
  - Discipline
  - Safety

## SWAN 3

### Demonstrate a sound knowledge of the baby's natural thermostat?

- Q) Why do we need to keep a baby moving in the lessons?
- To maintain a good supply of blood around the body and to stimulate

Q) What are the signs of baby getting cold?

- Shivering, change in colour, crying, poor response, lack of enjoyment

Q) What may cause our baby to get warm in the pool?

- Water temperature, exhaustion, virus and infections

#### **SWAN 4**

##### **Give 3 examples of methods used for checking for signs of circulation?**

Q) What are you looking, listening and feeling for?

- Signs of breathing, swallowing, gasp of air, movement and if trained to do so; pulse check

##### **Give 2 examples of ear problems a long with signs and symptoms**

Q) What may be the cause of lack of coordination and balance?

- This is related to the development of the bodies motor-neuro system and the ears, nose and throat

Q) What maybe the cause of distress and rubbing of the ears during a lesson/

- Ear infection, perforated eardrum, water getting into the ear canal and a possible infection

#### **SWAN 5**

##### **The sequence airway, breathing and circulation?**

Q) How do we open an airway?

- Gently tilt of the head – looking in the mouth for any obvious obstruction – lift the chin

Q) How do we check for breathing?

- Place our ear close and directly above the persons ear, listening for any breathing, feeling with our cheek for any exhaled and looking down the chest for any signs of rise or fall

##### **List 5 golden rules when taking baby swimming**

- Ensure your baby is healthy
- Shower before entering the pool
- Check all equipment before using it
- Appropriate pool temperature
- Ensure baby is wearing a aqua nappy

## **DUCKLINGS 6**

### **Answer 2 questions on Adult and Toddler Pool hygiene**

Q) What should we all do before entering the pool?

- Good to the toilet
- Shower
- Blow our nose

Q) Why is outdoor footwear not permitted on poolside?

- On the soles of shoes many unpleasant things are carried

Q) What should we do if our child feels sick or wants to go to the toilet?

- Take action to prevent contamination of the pool and ensure the well being of the child

### **Answer 2 questions on toddler safety around the pool**

Q) What should we do with all equipment before letting the toddler use it?

- Check and inspect

Q) What is the importance of wearing buoyancy aids?

- Provides additional buoyancy and safety

Q) What should we be aware of as adults at all times?

- Our child is within sight and reach In addition; pool rules, safety, depth, risks and equipment

## **DUCKLING 7**

### **State 2 potential aquatic hazardous at home and the control measures**

Q) What is an aquatic hazard?

- Water and activities relating to water that may cause harm

Q) Can you identify a potential aquatic hazard in your home?

- Bath, sink, toilet, bowl, fish tank, garden pond, and areas in the garden where water may lay

Q) What is a control measure?

- Something we can do to reduce the risk of an accident happening

**Give 2 examples of characteristics of a toddler?**

Q) What characteristics does a toddler have that may put them at risk around water?

- Inquisitive, adventures, lack of fear, mobile, quiet, motivated by sound, fun and movement

Q) How do toddlers learn?

- Doing, feeling, taste, imitation and discovery

## **DUCKLING 8**

### **Explain the advantages and disadvantages of using buoyancy aids?**

Q) What is the advantage of using buoyancy aids?

- Stability, confidence, Buoyancy and empowers child with self control

Q) Can you identify the disadvantages of using Buoyancy aids?

- Inflatable equipment may become faulty and fail to perform
- The aid may restrict the limbs movement
- Buoyancy aids may alter the natural centre of gravity and buoyancy
- The student may become unstable and lack confidence when the aid is removed
- Student can become over reliant on aids

### **Give 2 examples of good pool hygiene rules?**

Q) What does showering before entering the pool achieve?

- Removes surface dirt, residue oils/creams and reduce the risk of contamination of the pool

Q) Give an example of when would not bring you or your child to the pool

- Colds, flu, open wounds, viruses or contagious infections

## **DUCKLING 9**

### **Explain the safety principles for, a poolside entry from a standing position?**

- Ensure the activity is age and ability appropriate
- Water depth is sufficient and safe
- The instruction is understood
- The feet position and stance is appropriate
- The assistant in the water is competent in supporting the student

## **DUCKLING 10**

### **No questions in this award**

## **STARFISH 11-14**

**No questions in these awards**

## **STARFISH 15**

**Answer 2 questions on pool hygiene**

Q) What conditions/infections may be transmitted in the swimming pool environment?

- Colds
- Flu
- Athletes foot
- Stomach
- Throat
- Viruses
- Skin
- Ear

Q) Give 1 example a good hygiene practice before entering the pool?

- Shower
- Blow your nose
- Go to the toilet
- Wash off any visible signs of dirt

## **TURTLE 16**

**Answer 2 questions on water safety**

Q) When going swimming why is it important to always go with a competent adult?

- Safety
- In case something goes wrong
- We need assistance
- It may be a pool rule

Q) Why should we never enter the water if someone falls into the river?

- It may be dangers
- Unknown depth
- Risk of currents
- Cold
- The person may put us in danger
- We should summons help
- A rescue from the side is safer and may be more effective

## **TURTLE 17**

### **Give 2 examples of pool rules**

- Seek correct answer from pool rules

## **TURTLE 18**

### **Give 2 examples of when you must not swim in the sea?**

- When the red flag is flying
- The condition is unknown
- A competent adult is not present
- You are on your own
- You are not familiar with the area

## **TURTLE 19**

### **Give 2 examples when you must not enter the swimming pool**

- You are not competent to swim in the deep water
- You are requested not to enter the pool
- The rules require you to be accompanied by a competent adult
- You cannot see the pool bottom clearly
- There is an activity-taking place in the area
- The lesson as not started

## **TURTLE 20**

### **Give 2 examples of a survival skill?**

- Floating
- Treading water
- Holding onto a floating object
- Help position
- Huddle position

## **STINGRAY 21**

### **Answer 2 questions on water safety at home**

Q) Explain what might happen if you try to reach a ball in the garden pond?

- Fall in
- Get stuck
- Slip
- Get wet and cold
- Get into difficulty

Q) What can we do if this happens?

- Leave it there
- Request the help of an adult to retrieve it
- Push it to the side with an appropriate length stick/object

### **STINGRAY 22**

**No question on this award**

### **STINGRAY 23**

**No question on this award**

### **STINGRAY 24**

**Answer 2 questions on the action to be taken in the event of an aquatic emergency**

Q) You are at the swimming pool, your friend starts to struggle what can you do?

- Raise the alarm
- Shout to the lifeguard for help
- Encourage friend to get to the side
- Throw the person an aid
- Talk and reassure
- Do not swim to assist them they may pull you under,
- Remain calm and wait for assistance

### **STINGRAY 24**

**A dog as fallen into the river what should do?**

- Raise the alarm
- Get help
- Keep out
- Keep an eye from the bank
- Encourage the dog to come to the side and wait for help to arrive

### **STINGRAY 25**

**No question on this award**

### **HAMMERHEAD 26**

**Answer any 2 questions on the pool rules**

- Ask 2 relevant questions from the pool rules

## **HAMMERHEAD 27**

### **Answer 2 questions on swimming pool pollution**

Q) Give example of something that may cause swimming pool pollution?

- Dirt on shoes
- Hair spray
- Creams and gels
- Unclean people
- Pool not kept clean
- Soiled swimwear

Q) Give an example of a illness or medical condition that you should not go swimming with?

- Athlete's foot,
- Viruses,
- Colds
- Flu's
- Ear infections

## **HAMMERHEAD 28**

### **Answer 2 questions on reducing swimming pool pollution**

Q) What is athlete's foot?

- Fungal infection of the feet, normally found between the toes Signs can be lose skin, sweaty, can be sore and red

Q) What can we do to reduce pollution in the swimming pool?

- Shower
- Use the toilet before entering the pool
- Cover open wounds
- Stay away if unwell
- Report anything that should not be there
- Wear a swim hat

## **HAMMERHEAD 29**

### **No question on this award**

## **HAMMERHEAD 30**

### **Give 3 examples of accident prevention?**



- Signs
- Rules
- Lifeguards
- Education (being informed)
- Never swim alone or on your own
- Keep within your limits

### **SWORDFISH 31**

#### **What should you look for when visiting a pool for the first time?**

- List of rules
- Depth signs
- Special features
- General signs
- Lifeguards
- Methods of entry/exit and location
- Hazards

### **SWORDFISH 32**

#### **Explain the difference between still and moving water?**

Still water is not moving and has no current associated to it, but can be surrounded by moving water. In general terms we tend to think of swimming pools being still water and garden ponds.

Moving water tends to be pushed along by a current or an object that is causing propulsion. We tend to associate rivers and the sea to moving water. Due to its continuous changing characteristics, this makes moving water very unpredictable and potentially very dangerous.

#### **Give 3 methods of looking for signs of circulation?**

- Chest movement
- Swallowing
- Signs of life

### **SWORDFISH 33**

#### **Give an example of a flag used on the beach by lifeguards and why?**

- Red and Yellow, swimming between 2 of these flags is normally the safest area to swim
- Red, means it's dangerous do not go into the sea
- Quartered black and white flag indicates the area for lifeguard surf crafts. It is not safe for bathers or swimmers

### **SWORDFISH 34**

**No question on this award**

### **SWORDFISH 35**

**No question on this award**

### **LIONFISH 36**

**No question on this award**

### **LIONFISH 37**

**No question on this award**

### **LIONFISH 38**

**Answer 2 open water safety questions**

Q) When should you not swim in open water?

- Directly after a meal
- After drinking alcohol or drugs
- Unwell
- Cold or tired
- Where sports activities are taking place
- When it is not safe to
- Flags advise you not to

Q) If you see someone in trouble what should you do?

- Shout for help or raise alarm
- Wave arms above your head to attract attention
- Do not enter the water
- Throw a buoyant object to the person
- If you can reach them with a stick or rope do so

### **LIONFISH 39**

**Give 5 examples of swimming pool and open water rules**

- Pool Rules
- No running
- No petting
- Swim within your limits and ability
- Shower before entering the pool
- Adhere to the diving rules

## **Open Water Rules**

- Check out the beach on arrival
- Remain alert at all times
- Swim within the yellow and Red safety flags
- Never swim where a sign says not to or a red flag is flying
- Look out for information or find out before entering water

## **LIONFISH 40**

### **Give 3 reasons why you should not enter water to rescue a casualty**

- It may put you and others in danger
- They can be helped from the beach or poolside using a rescue aid
- A competent person or lifeguard is present
- Swimming ability not proficient enough to attempt a rescue
- Conditions dangerous
- The help or alarm has not been raised

## **KILLERWHALE 41**

### **No question on this award**

## **KILLERWHALE 42**

### **Answer 3 questions on the importance of water safety**

Q) Why is it important that we familiarise ourselves with an area we are going to swim in

- Prevent accidents from occurring
- Identify safe areas
- Areas to keep away from (hazards)
- Familiarization of rules and layout

Q) Raise the alarm and get assistance Why not just get in and perform rescue?

- To ensure the safety of others and ourselves
- We cannot be sure what might happen next
- If we do not get help it may not come
- We may need assistance

Q) What does a red flag tell you?

- A Keep out of the water, not safe for swimmers or bathers

### **KILLERWHALE 43**

#### **Answer 3 questions on CPR**

Q) Why do we tap, talk and shake a casualty?

- A To stimulate a response

Q) How do we check to see if someone is breathing?

- A With the head tilted back and the chin lifted, look, listen and feel (student to demonstrate)

Q) If there is no response what do we do next if we are on our own?

- A Get help or call the emergency services (unless trained in CPR)

### **KILLERWHALE 44**

#### **Answer 3 questions on basic first aid**

Q) If a person has a cut on the hand, which is bleeding what can we do?

- Call for help and get assistance
- Sit them down,
- Apply a clean pad wearing disposable gloves or get casualty applying pressure
- Elevate
- Rest and reassure until help arrives

Q) If a person has fallen and is responsive but cannot move what should we do next

- Ensure they are comfortable, but do not move them
- Call the emergency service and get help

Q) If a person has sustained a minor injury in the sea and has come onto the beach for help, what can we do why we are waiting for help?

- Keep warm and reassure
- Apply a clean sterile dressing
- Monitor

### **KILLERWHALE 45**

#### **Answer 3 questions on personal safety relating to first aid?**

Q) If a person has a cut finger what can you do to apply pressure without get blood on you?

- A Ask the person to hold the dressing in place and apply pressure

Q) A bookcase has fallen on your friend and the lights have gone out!

- What should you do next and why?
- Move away from him, call the EMS and get help
- Warn others of danger
- If possible turn off the electricity
- There could be further danger from the bookcase and electricity

Q) Why is it desirable to use face shields and gloves when giving CPR

- A To prevent cross infection

### **BARRACUDA 46**

**Explain the action to be taken if you see someone in difficulty at the pool**

- Raise the alarm
- Alert others
- Remain calm and reassure the person
- Throw them a buoyant aid
- Find out what happened
- Ask other users to get out
- Maintain visual and verbal contact with the person

### **BARRACUDA 47**

**Give 3 examples of illness or conditions when the casualty may have medication?**

- Asthma
- Diabetes
- Hay fever
- Anaphylactic shock

**What is bullying?**

- Being picked on by others
- Tormented by others
- Made to do things
- Hit or abused by others

**What can the teacher do to prevent students from being bullied?**

- Be alert and aware of vulnerable students
- Set out a learning agreement
- When setting tasks be aware of individual needs

- Maintain a high level of supervision at all times
- Provide a student friendly communication system
- Create a positive learning environment

## **BARRACUDA 48**

### **Give 2 examples of what is meant by swim within your own limits?**

- Non/weak swimmers swim in water where it is possible to stand up
- When we start to feel tired take a rest or stop
- Be aware that swimming in a pool is very different to swimming in the sea
- Rivers can have very strong currents; a competent swimmer can get into difficulty

### **Explain the role of the emergency services and the sequences for call them?**

- The emergency service will provide advanced medical treatment and be able to transport the casualty to hospital

### **When calling the EMS you will need to:**

- Know how to get an outside line
- Your address and how to get there
- Telephone number calling from
- Details of casualty and condition
- Return to casualty to inform others the EMS has been called

## **BARRACUDA 49**

### **No question on this award**

## **BARRACUDA 50**

### **List 5 ASA laws of Competitive swimming**

- Please see ASA Competitive laws