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# American Red Cross Lifeguard Manual Chapter 1-11 Study Guide Questions and Answers | Latest Version | 2025/2026 | Correct & Verified

Why is effective communication important among lifeguards?

✓✓ It ensures quick coordination and response to emergencies.

What should a lifeguard do if they witness a dangerous behavior in the water?

✓✓ Give a verbal warning and take action if necessary to prevent harm.

Why should lifeguards practice emergency drills regularly?

✓✓ To maintain readiness and improve response time in real-life emergencies.

What is the purpose of an emergency action plan (EAP)?

✓✓ To provide a structured response for handling emergencies efficiently.

Why is it important to conduct a scene size-up before providing care?

✓✓ To ensure the safety of both the rescuer and the victim before taking action.

# American Red Cross Lifeguard Exam Study Guide

**Julia Schneider**



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