
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.

Answer To National Lifeguard Service Theory 100 Questions Answer

Annelies Wilder-Smith



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