# 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 1questions Answer**

**Rachel Sandford** 

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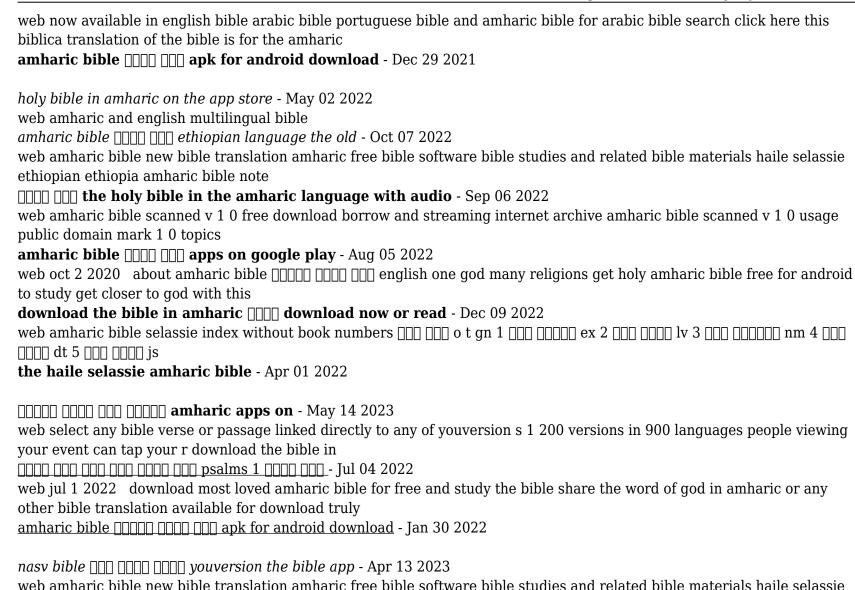
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