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resource to help reinforce the learning objectives of the various Lifeguarding, Waterfront Lifeguarding, courses. There are multiple review questions in a variety of formats, such as true and false, fill-in-the-blank, multiple choice and matching, to support the chapters in American Red Cross Lifeguarding manual.

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Chapter 1- The
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ISBN-13:

978-1584804871.

ISBN-10: 1584804874.

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The purpose of the
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Lifeguarding course is to provide entry-level lifeguard participants with the knowledge and skills to prevent, recognize and respond to aquatic emergencies as well as provide care for breathing and cardiac emergencies, injuries and sudden illnesses until emergency medical services (EMS) personnel take over.

CPR, Lifeguard and
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