

American Red Cross R.24 Lifeguarding Practice Exam (Sample)

Study Guide



Everything you need from our exam experts!

Copyright © 2026 by Examzify - A Kaluba Technologies Inc. product.

ALL RIGHTS RESERVED.

No part of this book may be reproduced or transferred in any form or by any means, graphic, electronic, or mechanical, including photocopying, recording, web distribution, taping, or by any information storage retrieval system, without the written permission of the author.

Notice: Examzify makes every reasonable effort to obtain accurate, complete, and timely information about this product from reliable sources.

SAMPLE

Table of Contents

Copyright	1
Table of Contents	2
Introduction	3
How to Use This Guide	4
Questions	5
Answers	8
Explanations	10
Next Steps	16

SAMPLE

Introduction

Preparing for a certification exam can feel overwhelming, but with the right tools, it becomes an opportunity to build confidence, sharpen your skills, and move one step closer to your goals. At Examzify, we believe that effective exam preparation isn't just about memorization, it's about understanding the material, identifying knowledge gaps, and building the test-taking strategies that lead to success.

This guide was designed to help you do exactly that.

Whether you're preparing for a licensing exam, professional certification, or entry-level qualification, this book offers structured practice to reinforce key concepts. You'll find a wide range of multiple-choice questions, each followed by clear explanations to help you understand not just the right answer, but why it's correct.

The content in this guide is based on real-world exam objectives and aligned with the types of questions and topics commonly found on official tests. It's ideal for learners who want to:

- Practice answering questions under realistic conditions,
- Improve accuracy and speed,
- Review explanations to strengthen weak areas, and
- Approach the exam with greater confidence.

We recommend using this book not as a stand-alone study tool, but alongside other resources like flashcards, textbooks, or hands-on training. For best results, we recommend working through each question, reflecting on the explanation provided, and revisiting the topics that challenge you most.

Remember: successful test preparation isn't about getting every question right the first time, it's about learning from your mistakes and improving over time. Stay focused, trust the process, and know that every page you turn brings you closer to success.

Let's begin.

How to Use This Guide

This guide is designed to help you study more effectively and approach your exam with confidence. Whether you're reviewing for the first time or doing a final refresh, here's how to get the most out of your Examzify study guide:

1. Start with a Diagnostic Review

Skim through the questions to get a sense of what you know and what you need to focus on. Your goal is to identify knowledge gaps early.

2. Study in Short, Focused Sessions

Break your study time into manageable blocks (e.g. 30 – 45 minutes). Review a handful of questions, reflect on the explanations.

3. Learn from the Explanations

After answering a question, always read the explanation, even if you got it right. It reinforces key points, corrects misunderstandings, and teaches subtle distinctions between similar answers.

4. Track Your Progress

Use bookmarks or notes (if reading digitally) to mark difficult questions. Revisit these regularly and track improvements over time.

5. Simulate the Real Exam

Once you're comfortable, try taking a full set of questions without pausing. Set a timer and simulate test-day conditions to build confidence and time management skills.

6. Repeat and Review

Don't just study once, repetition builds retention. Re-attempt questions after a few days and revisit explanations to reinforce learning. Pair this guide with other Examzify tools like flashcards, and digital practice tests to strengthen your preparation across formats.

There's no single right way to study, but consistent, thoughtful effort always wins. Use this guide flexibly, adapt the tips above to fit your pace and learning style. You've got this!

Questions

SAMPLE

- 1. What should lifeguards regularly check for in pool maintenance?**
 - A. Water clarity and chemical balance
 - B. Presence of safety equipment
 - C. Poolside area hazards
 - D. All of the above
- 2. Before performing a rescue on an unconscious victim, what should a lifeguard do?**
 - A. Check for responsiveness and ensure safety
 - B. Immediately give rescue breaths
 - C. Wait for backup to arrive
 - D. Check the victim's swimming ability
- 3. What should lifeguards do if they encounter an unconscious patron?**
 - A. Leave the patron and call for help
 - B. Monitor the patron while alerting others
 - C. Immediately provide CPR
 - D. Check for breathing and initiate emergency response
- 4. What should a lifeguard do if they observe patrons engaging in aggressive dunking?**
 - A. Ignore it as long as no one is hurt
 - B. Join in to discourage the behavior
 - C. Ask patrons to stop and explain the risks
 - D. Report it to facility management
- 5. In what situation should lifeguards collaborate with camp staff during a day camp?**
 - A. To create a competition schedule
 - B. To conduct swim tests and safety briefings
 - C. To organize team-building activities
 - D. To manage daily assignments of lifeguards

- 6. In which situation is consent implied for a lifeguard?**
- A. An adult is unconscious
 - B. An 8-year-old is choking and their parent is not present
 - C. A child is experiencing an asthma attack
 - D. When a patron refuses assistance
- 7. What action can lifeguards take to enhance risk management?**
- A. Only enforce rules when accidents occur
 - B. Create awareness programs for patrons
 - C. Limit the number of lifeguards on duty
 - D. Focus solely on rescue techniques
- 8. What symptoms necessitate immediate emergency response?**
- A. Minor cuts or bruises
 - B. Difficulty breathing and unresponsiveness
 - C. Feeling dizzy
 - D. Fatigue or tiredness
- 9. When should lifeguards communicate changes in water conditions to patrons?**
- A. Only during routine checks
 - B. When there are noticeable changes
 - C. If asked by patrons
 - D. At the beginning of the shift only
- 10. What is the correct order of steps for a lifeguard to follow when approaching a victim in the water?**
- A. Reach, Throw, Row, Go
 - B. Throw, Reach, Row, Go
 - C. Go, Row, Reach, Throw
 - D. Row, Go, Throw, Reach

Answers

SAMPLE

1. D
2. A
3. D
4. C
5. B
6. B
7. B
8. B
9. B
10. A

SAMPLE

Explanations

SAMPLE

1. What should lifeguards regularly check for in pool maintenance?

- A. Water clarity and chemical balance
- B. Presence of safety equipment
- C. Poolside area hazards
- D. All of the above**

Lifeguards need to regularly check for water clarity and chemical balance, the presence of safety equipment, and poolside area hazards because all of these factors are crucial for maintaining a safe swimming environment. Water clarity is essential; it allows lifeguards to see swimmers clearly, which is vital for spotting potential emergencies. Proper chemical balance helps prevent the spread of harmful bacteria and ensures that the water is safe for swimmers. Additionally, the presence of safety equipment, such as rescue tubes, first aid kits, and reaching devices, ensures that lifeguards can respond effectively in emergencies. Lastly, monitoring the poolside area for hazards, such as slippery surfaces or obstructions, is necessary to prevent accidents and injuries. By checking all these aspects, lifeguards contribute to a comprehensive safety protocol that protects swimmers and enhances the overall quality of the pool environment.

2. Before performing a rescue on an unconscious victim, what should a lifeguard do?

- A. Check for responsiveness and ensure safety**
- B. Immediately give rescue breaths
- C. Wait for backup to arrive
- D. Check the victim's swimming ability

Before performing a rescue on an unconscious victim, the appropriate initial action is to check for responsiveness and ensure safety. This step is crucial because it helps the lifeguard assess the situation without putting themselves or others in harm's way. By determining whether the victim is responsive or not, the lifeguard can ascertain the need for immediate action. Ensuring safety includes checking the environment for any potential hazards, such as strong currents or nearby obstacles that could jeopardize the rescue attempt. Taking these steps ensures that the lifeguard is prepared to provide assistance effectively and prioritize both their safety and that of the victim. Failure to check for responsiveness and the surrounding conditions could result in further injury or complicate the rescue effort.

3. What should lifeguards do if they encounter an unconscious patron?

- A. Leave the patron and call for help
- B. Monitor the patron while alerting others
- C. Immediately provide CPR
- D. Check for breathing and initiate emergency response**

When encountering an unconscious patron, it is crucial for lifeguards to first ensure the individual's safety by checking for breathing. This step is essential because it allows the lifeguard to assess the situation and determine the appropriate course of action. If the patron is not breathing, the lifeguard must initiate the emergency response, which includes calling for additional help and beginning CPR if trained and necessary. This immediate response can be life-saving, as timely CPR can significantly improve the chance of survival in cases of cardiac arrest or respiratory failure. This approach emphasizes a systematic and efficient method to address the emergency situation, ensuring that the lifeguard takes immediate action to address the patron's needs effectively before more advanced medical help arrives.

4. What should a lifeguard do if they observe patrons engaging in aggressive dunking?

- A. Ignore it as long as no one is hurt
- B. Join in to discourage the behavior
- C. Ask patrons to stop and explain the risks**
- D. Report it to facility management

When a lifeguard observes patrons engaging in aggressive dunking, the appropriate response is to ask the patrons to stop and explain the risks involved in such behavior. This choice is important because aggressive dunking can pose safety hazards, not just to those involved but also to other patrons in the vicinity. By addressing the issue directly, the lifeguard not only helps prevent potential injuries but also reinforces the importance of safe behavior in the water. In explaining the risks, the lifeguard educates the patrons about the dangers associated with aggressive play, including possible injuries like drowning, concussions, or other accidents that can arise from roughhousing. This proactive approach promotes a safer environment for everyone at the facility and fosters a culture of responsibility among the patrons. Ignoring the behavior could lead to serious accidents and does not adhere to the lifeguard's primary duty of ensuring patron safety. Joining in might escalate the situation, creating additional risks and setting a poor example. Reporting to facility management is also a responsible action but may not be immediate enough to prevent an incident from occurring at that moment. Therefore, addressing the situation directly and educating patrons is the most effective and safe course of action.

5. In what situation should lifeguards collaborate with camp staff during a day camp?

- A. To create a competition schedule
- B. To conduct swim tests and safety briefings**
- C. To organize team-building activities
- D. To manage daily assignments of lifeguards

Collaboration between lifeguards and camp staff is essential for ensuring the safety of participants, particularly when it comes to swim tests and safety briefings. Conducting swim tests helps determine each camper's swimming ability, which is vital for assigning appropriate activities and monitoring safety levels in the water. Safety briefings provide an opportunity to communicate important rules, emergency procedures, and swim area guidelines to campers, ensuring they understand how to enjoy the water safely. This joint effort not only reinforces safety protocols but also fosters a comprehensive safety culture at the camp, something that could be overlooked if lifeguards were to handle these tasks in isolation. Therefore, collaboration in these specific situations enhances the overall effectiveness of the lifeguarding team and contributes significantly to camper safety.

6. In which situation is consent implied for a lifeguard?

- A. An adult is unconscious
- B. An 8-year-old is choking and their parent is not present**
- C. A child is experiencing an asthma attack
- D. When a patron refuses assistance

Consent is implied in scenarios where a person is unable to give verbal permission for medical assistance due to their condition or situation. In the case of an 8-year-old choking and without a parent present, the lifeguard recognizes that immediate action is necessary to prevent further harm. The absence of the parent implies a lack of ability for the child to provide consent, which leads to the understanding that implied consent exists under emergency circumstances to protect the child's health. In emergency situations like choking, time is critical, and the lifeguard's responsibility to act in the best interest of the child supersedes the usual requirement for obtaining consent. This allows the lifeguard to provide life-saving assistance without delay, focusing on the urgency of the situation to address the choking hazard effectively. The concept of implied consent typically does not apply to scenarios where the individual is conscious and capable of expressing their preferences, as in the case of a child having an asthma attack or an adult who is unconscious. Refusal of assistance should also be respected, even in critical situations, as implied consent is not established when an individual can communicate their wishes. Therefore, the specific conditions surrounding the choking incident create a clear rationale for implied consent, making it the most appropriate answer in this context.

7. What action can lifeguards take to enhance risk management?

- A. Only enforce rules when accidents occur
- B. Create awareness programs for patrons**
- C. Limit the number of lifeguards on duty
- D. Focus solely on rescue techniques

Creating awareness programs for patrons is a proactive strategy in risk management that empowers individuals to understand potential hazards and the importance of safety in aquatic environments. By educating patrons about water safety, possible risks, and the proper behavior to exhibit while in or around water, lifeguards can significantly reduce the likelihood of accidents and injuries. Awareness programs can include informational sessions, distributing literature, or using visual aids, all aimed at fostering a culture of safety and responsibility among swimmers. This approach not only aids in preventing incidents before they occur but also enhances the overall safety atmosphere at the facility, making it a more enjoyable and secure environment for all users. Engaging patrons in safety practices and encouraging them to be vigilant contributes to a collective responsibility, promoting safer behaviors that directly support the lifeguard's efforts. In contrast, enforcing rules only after an accident happens is reactionary and does not help prevent incidents. Limiting the number of lifeguards on duty would directly increase risk rather than manage it. Focusing solely on rescue techniques neglects the broader aspects of prevention and education that are vital components of effective risk management.

8. What symptoms necessitate immediate emergency response?

- A. Minor cuts or bruises
- B. Difficulty breathing and unresponsiveness**
- C. Feeling dizzy
- D. Fatigue or tiredness

Immediate emergency response is critical for conditions that signify a potential life-threatening situation. Difficulty breathing and unresponsiveness are both severe symptoms that indicate a serious medical emergency. Difficulty breathing could be associated with respiratory distress, anaphylaxis, or other conditions requiring urgent care. Unresponsiveness suggests that the person is either critically injured or experiencing a condition, like a stroke or cardiac arrest, that impairs their brain function and requires prompt medical intervention. In contrast, minor cuts or bruises generally do not warrant emergency care as they are typically manageable injuries. Similarly, while feeling dizzy can be concerning, it may not indicate an immediate life threat and often has a range of non-emergency causes. Fatigue or tiredness, while potentially a symptom of an underlying issue, also does not usually necessitate urgent response unless accompanied by more severe symptoms. Therefore, the combination of difficulty breathing and unresponsiveness represents a clear and immediate threat to life, making this response essential.

9. When should lifeguards communicate changes in water conditions to patrons?

- A. Only during routine checks
- B. When there are noticeable changes**
- C. If asked by patrons
- D. At the beginning of the shift only

Lifeguards should communicate changes in water conditions to patrons when there are noticeable changes. This proactive approach ensures that patrons are informed about factors that may affect their safety, such as changes in water clarity, temperature, current, or the presence of hazardous conditions like strong winds or storms. Effective communication helps to maintain a safe environment and enables patrons to make informed decisions about their activities in the water. Being attentive to water conditions and promptly sharing information reinforces the lifeguard's role in promoting safety and ensuring that patrons are aware of any risks. This practice cultivates a culture of safety and awareness among all individuals present at the facility.

10. What is the correct order of steps for a lifeguard to follow when approaching a victim in the water?

A. Reach, Throw, Row, Go

B. Throw, Reach, Row, Go

C. Go, Row, Reach, Throw

D. Row, Go, Throw, Reach

The correct sequence of steps for approaching a victim in the water is based on the principle of maximizing safety while minimizing risk. The order begins with "Reach," which ensures that the lifeguard can extend a part of their body or reach out with an object to assist the victim without entering the water, reducing danger to both the lifeguard and the victim. If reaching is not possible or practical, the next step is to "Throw." This involves throwing a flotation device or rope to the victim, allowing them to grab onto it while the lifeguard maintains a safe distance. This action further minimizes risk while still providing assistance. Following those two options, if the situation necessitates it and the lifeguard has proper equipment, they might need to "Row." This step involves using a boat or other floating device to reach the victim safely, which offers additional safety compared to entering the water directly. Finally, if there are no other options available and the victim is still in danger, the last resort is to "Go" into the water to make a direct rescue. This step carries the highest risk for the rescuer, so it is best used only after the other options are exhausted or deemed ineffective. This framework emphasizes a methodical approach to victim

Next Steps

Congratulations on reaching the final section of this guide. You've taken a meaningful step toward passing your certification exam and advancing your career.

As you continue preparing, remember that consistent practice, review, and self-reflection are key to success. Make time to revisit difficult topics, simulate exam conditions, and track your progress along the way.

If you need help, have suggestions, or want to share feedback, we'd love to hear from you. Reach out to our team at hello@examzify.com.

Or visit your dedicated course page for more study tools and resources:

<https://americanredcrossr24lifeguard.examzify.com>

We wish you the very best on your exam journey. You've got this!

SAMPLE