

# ELLIS AND ASSOCIATES INTERNATIONAL LIFEGUARD TRAINING PROGRAM (ILTP) PRACTICE EXAM (SAMPLE)

## STUDY GUIDE



*Prepare with structure. Pass with confidence*



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# 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

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- 1. In what situation would you use the Duck Pluck Rescue?**
  - A. When you cannot reach the submerged guest
  - B. When the guest is unconscious
  - C. When you are able to reach a submerged guest without submerging yourself
  - D. When the guest is in distress at the surface
- 2. How should lifeguards proactively scan the pool?**
  - A. Only the surface of the pool
  - B. The bottom, middle, and surface of the pool
  - C. The sides and corners of the pool
  - D. By using a flotation device
- 3. What is the hold recommended for a GiD with a suspected spinal injury when switching persons of control?**
  - A. Squeeze Play
  - B. Two-Person Lift
  - C. Cradle Hold
  - D. Swimmer's Hold
- 4. What is not a type of assist used by lifeguards?**
  - A. Reach Assist
  - B. Tip Assist
  - C. Arm Extension Assist
  - D. Rescue Tube Extension
- 5. Where is an adult's pulse typically checked?**
  - A. Brachial artery
  - B. Femoral artery
  - C. Carotid artery
  - D. Radial artery
- 6. Who are you typically a backup for?**
  - A. The lifeguard to your left
  - B. The lifeguard to your right
  - C. The lifeguard supervisor
  - D. The head lifeguard

**7. What should you do if there is no pulse present or it is barely detectable?**

- A. Begin rescue breathing
- B. Begin CPR
- C. Calling for emergency help
- D. Check for responsiveness

**8. Where is dry drowning most likely to occur?**

- A. Swimming pools
- B. Waterfalls
- C. Speed slides and diving boards
- D. Hot tubs

**9. What factor can significantly affect the success of defibrillation?**

- A. Type of AED used
- B. Time delay in providing defibrillation
- C. Environmental conditions
- D. Level of CPR expertise of the rescuer

**10. Which of the following actions should be prioritized before performing CPR?**

- A. Requesting backup
- B. Assessing responsiveness
- C. Calling for emergency assistance
- D. Checking for pulse

## **Answers**

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

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## **Explanations**

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## 1. In what situation would you use the Duck Pluck Rescue?

- A. When you cannot reach the submerged guest
- B. When the guest is unconscious
- C. When you are able to reach a submerged guest without submerging yourself**
- D. When the guest is in distress at the surface

*The Duck Pluck Rescue technique is particularly effective when a lifeguard is able to reach a submerged guest without putting themselves at risk of submersion. This method allows the lifeguard to grab the guest's arm or shoulder and lift them directly from the water while remaining above the surface. The technique is beneficial because it minimizes the risk to both the rescuer and the victim by avoiding the complications that can arise from submerging fully. In cases where the guest is unconscious, in distress, or if they are too deep to reach safely, different rescue techniques would be more appropriate. The Duck Pluck Rescue specifically applies to situations where the lifeguard has access to the victim and can pull them out quickly and safely without entering the water themselves.*

## 2. How should lifeguards proactively scan the pool?

- A. Only the surface of the pool
- B. The bottom, middle, and surface of the pool**
- C. The sides and corners of the pool
- D. By using a flotation device

*Proactive scanning is crucial for lifeguards to ensure safety and effectively monitor the environment in the pool. Scanning the bottom, middle, and surface of the pool allows lifeguards to assess the entire water column and identify any potential dangers or situations requiring attention. By checking the bottom, lifeguards can detect submerged objects, shallow areas, or individuals who may be at risk of drowning. Observing the middle layer allows for the assessment of swimmers who might be in distress or engaging in unsafe behaviors just below the surface. Monitoring the surface is essential for spotting individuals who may tire easily, signal for help, or struggle with flotation devices. This comprehensive approach enables lifeguards to respond swiftly and effectively to various scenarios, ensuring the safety of all patrons in the pool area.*

## 3. What is the hold recommended for a GiD with a suspected spinal injury when switching persons of control?

- A. Squeeze Play**
- B. Two-Person Lift
- C. Cradle Hold
- D. Swimmer's Hold

*The Squeeze Play is the recommended hold for a GiD (Guided Immediacy Device) with a suspected spinal injury when switching persons of control. This technique is specifically designed to protect the injured individual's spine while allowing for safe and effective movement. The Squeeze Play involves the rescuer maintaining a firm grip that immobilizes the head and neck, preventing further injury during the transition. By keeping the injured person's torso stable and minimizing movement, this hold helps to ensure that any potential spinal injuries are not exacerbated while the individual is being removed from the water or positioned for rescue. In scenarios involving spinal injuries, maintaining alignment and support is critical. This is why the Squeeze Play is preferred, as it allows for safe handling without compromising the spinal integrity of the individual being rescued. Other methods may not provide the same level of support or may involve movements that could lead to additional harm. Therefore, using the Squeeze Play reflects an understanding of both rescue techniques and the need for patient safety in the presence of a suspected spinal injury.*

#### 4. What is not a type of assist used by lifeguards?

- A. Reach Assist
- B. Tip Assist**
- C. Arm Extension Assist
- D. Rescue Tube Extension

One of the primary objectives of a lifeguard is to perform rescues using various assist methods that are safe and effective for both the lifeguard and the individual in distress. Among the recognized techniques, the Reach Assist, Arm Extension Assist, and Rescue Tube Extension are all valid strategies for reaching a person in trouble without entering the water unnecessarily. The Reach Assist allows a lifeguard to extend an object, like a rescue pole or arm, to a distressed swimmer, providing a means to stabilize or pull them to safety. The Arm Extension Assist similarly involves using one's arm to help bring someone back to safety, effective for situations where reaching can be done without compromising the lifeguard's safety. The Rescue Tube Extension involves using a flotation device to help support the individual and bring them closer to safety without putting the lifeguard in a risky position. This method emphasizes the use of tools specifically designed for rescues. In contrast, the Tip Assist is not recognized as a standard technique used in lifeguarding. This option does not align with established lifeguarding practices, making it the correct choice as the method that does not fit within the range of accepted assist types lifeguards are trained to use.

#### 5. Where is an adult's pulse typically checked?

- A. Brachial artery
- B. Femoral artery
- C. Carotid artery**
- D. Radial artery

An adult's pulse is typically checked at the carotid artery because it is one of the most accessible and easily palpable sites on the body for assessing heart rate and rhythm in emergency situations. The carotid artery is located on each side of the neck, and it is a major blood vessel that supplies blood to the brain. Checking the pulse at this location allows lifeguards and first responders to quickly determine whether the individual has a heartbeat, which is crucial for assessing the effectiveness of circulation. While the other options may also be used to assess pulse in different situations, they are not the primary choice for adults in most emergency scenarios. The brachial artery is more commonly used for infants, the femoral artery is less accessible and generally used in more specialized situations, and the radial artery is often used when the individual is conscious and responsive. For immediate assessments, especially in a lifeguarding context, the carotid artery is the preferred site.

## 6. Who are you typically a backup for?

- A. The lifeguard to your left
- B. The lifeguard to your right**
- C. The lifeguard supervisor
- D. The head lifeguard

*In a lifeguard unit, the concept of backup is crucial for maintaining safety and ensuring effective surveillance of the aquatic environment. Typically, lifeguards are positioned in a way that allows them to support each other during emergencies. Being a backup for the lifeguard to your right is part of a coordinated system where each lifeguard watches over a specific zone of the pool or beach, while also being prepared to assist one another when needed. When a lifeguard needs assistance—whether they are responding to an emergency, managing a difficult situation, or simply observing patrons—the lifeguard on their right serves as the immediate backup. This proximity allows for quick communication and effective teamwork, which is essential in ensuring the safety of all swimmers. The lifeguard to the left and those in supervisory roles also have critical responsibilities, but the immediate backup dynamic relies on the arrangement of lifeguards positioned next to each other. Through this system of mutual support, lifeguards can enhance their effectiveness and ensure that each zone is adequately monitored at all times.*

## 7. What should you do if there is no pulse present or it is barely detectable?

- A. Begin rescue breathing
- B. Begin CPR**
- C. Calling for emergency help
- D. Check for responsiveness

*When a person has no detectable pulse or a barely detectable pulse, the proper response is to begin CPR. This is because CPR is designed to provide artificial circulation, helping to maintain blood flow to vital organs when the heart is not effectively pumping blood on its own. Early initiation of CPR significantly improves the chances of survival and recovery for someone experiencing cardiac arrest. Initiating CPR involves chest compressions and rescue breaths, essential for delivering oxygen to the brain and other organs. This process helps sustain life until advanced medical help arrives. In this situation, while calling for emergency services can be important, and checking for responsiveness is crucial in assessing the victim's condition, those actions should be part of a broader emergency response strategy. However, in the immediate scenario where there is no pulse, beginning CPR takes precedence to ensure the victim receives the vital assistance needed in a critical moment.*

## 8. Where is dry drowning most likely to occur?

- A. Swimming pools
- B. Waterfalls
- C. Speed slides and diving boards**
- D. Hot tubs

*Dry drowning most often occurs in situations where individuals may be exposed to a significant amount of water suddenly. In environments like speed slides and diving boards, the nature of the activity involves a rapid entry into the water from a height, which can lead to water entering the airway. During these activities, a swimmer may inhale water, even briefly, causing the vocal cords to spasm. This reflex can constrict the airway and lead to dry drowning, where the individual struggles for air and may become unresponsive hours after the incident, despite not having a significant presence of water in their lungs. While other environments like swimming pools, waterfalls, and hot tubs can pose drowning risks, they typically do not facilitate the acute inhalation response in the same way that high-speed descent and impact do, making slides and diving boards more conducive to the occurrences of dry drowning. Understanding the mechanics of water entry and the physiological reactions involved is crucial for recognizing where the risks are highest.*

## 9. What factor can significantly affect the success of defibrillation?

- A. Type of AED used
- B. Time delay in providing defibrillation**
- C. Environmental conditions
- D. Level of CPR expertise of the rescuer

*The factor that can significantly affect the success of defibrillation is the time delay in providing defibrillation. When a person experiences a cardiac arrest, every minute that passes without defibrillation diminishes the chances of survival. Rapid defibrillation is critical because it can restore a normal heart rhythm, thereby improving the chance of survival and positive long-term outcomes. The sooner defibrillation is administered after the onset of a cardiac event, the better the likelihood that it will be effective. This urgency is underscored by the concept of the 'chain of survival,' which emphasizes the importance of immediate actions in response to cardiac arrest. Delays not only decrease the chances of successful defibrillation but also allow the heart to sustain more damage during the downtime without normal circulation. While factors such as the type of AED used, environmental conditions, and the level of CPR expertise of the rescuer play roles in the overall emergency response, none are as critical as the promptness of administering defibrillation. Immediate action is essential in improving the odds of survival in cases of sudden cardiac arrest.*

## 10. Which of the following actions should be prioritized before performing CPR?

- A. Requesting backup
- B. Assessing responsiveness
- C. Calling for emergency assistance**
- D. Checking for pulse

*Prioritizing calling for emergency assistance before performing CPR is essential because it ensures that advanced medical help is on the way while you attend to the victim. This action secures the availability of additional resources and personnel, which is crucial for the patient's outcome. When you call for emergency assistance, you also provide important information that can help responders prepare for the situation. In the context of CPR, time is critical, especially in cases of cardiac arrest. By gaining emergency support early, you can focus on performing high-quality CPR knowing that trained professionals will arrive shortly to take over. This is vital because while performing CPR is important, the survival of the individual can significantly depend on the timely arrival of medical services, which can provide advanced care like defibrillation, medication, and other life-saving measures. Other actions, while important, play a different role in the emergency response sequence. Assessing responsiveness is fundamental for determining if CPR is needed, but it does not replace the necessity of getting help. Checking for a pulse can confirm the need for CPR, but it is usually handled during the initial assessment of the victim. Requesting backup is also important, but calling emergency services is a more immediate priority that ensures help is on the way while CPR is initiated.*

## 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](mailto:hello@examzify.com).

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

<https://ellisandassociatesiltp.examzify.com>

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

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