

Los Angeles City Lifeguard Practice Test (Sample)

Study Guide



Everything you need from our exam experts!

This is a sample study guide. To access the full version with hundreds of questions,

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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. Don't worry about getting everything right, 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, and take breaks to retain information better.

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.

7. Use Other Tools

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!

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Questions

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- 1. Which safety measure should be taken first when assisting distressed swimmers?**
 - A. Jumping in immediately**
 - B. Assessing the scene**
 - C. Calling for assistance**
 - D. Using flotation devices**

- 2. Why is team coordination important for lifeguards?**
 - A. It helps in better surfing techniques.**
 - B. It enhances their ability to perform synchronized dives.**
 - C. It improves reaction times during emergencies.**
 - D. It creates a friendly rivalry among lifeguards.**

- 3. Which of the following is a common hazard that lifeguards must watch for at the beach?**
 - A. High tides only**
 - B. Jellyfish, rip currents, and sharp objects**
 - C. Friendly beachgoers**
 - D. Sunbathers only**

- 4. How can lifeguards prevent accidents on pool decks?**
 - A. By allowing running for safety drills**
 - B. By enforcing no running policies and maintaining a clean area**
 - C. By setting up distracting games for swimmers**
 - D. By minimizing surveillance to avoid disturbing swimmers**

- 5. Under what circumstances should a lifeguard use spinal motion restriction?**
 - A. When a victim is suspected to have a spinal injury**
 - B. When the water is too cold**
 - C. When a victim has a minor injury**
 - D. When lifeguards are on break**

6. During rescues, what is a primary consideration for lifeguards?

- A. Time taken to perform a rescue**
- B. Safety of both the rescuer and the victim**
- C. Efficiency of the rescue technique used**
- D. Availability of backup support**

7. What should lifeguards wear while on duty according to local regulations?

- A. A uniform that includes a swimsuit, shirt, and other required equipment**
- B. Casual beach attire suitable for swimming**
- C. Sportswear designed for active outdoor use**
- D. A wetsuit only during colder weather**

8. Which of the following is not a treatment for shock?

- A. Maintain warmth**
- B. Keep the patient calm**
- C. Encourage moving around**
- D. Monitor vital signs**

9. Which type of emergency action plan should lifeguards be familiar with?

- A. A plan for various emergency scenarios**
- B. A plan for regular maintenance of equipment**
- C. A plan solely focused on drowning**
- D. A plan for customer service issues**

10. What is the importance of physical fitness for a lifeguard?

- A. To enhance their social skills**
- B. To ensure they can perform rescues and manage emergencies effectively**
- C. To be able to swim in competitions**
- D. To participate in community events**

Answers

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

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Explanations

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1. Which safety measure should be taken first when assisting distressed swimmers?

- A. Jumping in immediately
- B. Assessing the scene**
- C. Calling for assistance
- D. Using flotation devices

Assessing the scene is the most critical first step when assisting distressed swimmers because it allows you to understand the situation before taking action. By evaluating the environment, you can identify potential hazards, determine the number of people involved, and gauge the swimmer's condition and immediate surroundings. This ensures that you can provide help effectively without putting yourself or others at risk. If you jump in immediately without assessing the scene, you may dive into a dangerous situation where additional help is needed or where conditions could worsen. Calling for assistance is crucial, but if you do not first understand the scene, you may relay incorrect information or delay the response to the actual emergency. Similarly, using flotation devices without a proper assessment could lead to additional complications, especially if the swimmer is panicking or in distress. Thus, starting with a complete assessment maximizes safety and the effectiveness of the rescue efforts.

2. Why is team coordination important for lifeguards?

- A. It helps in better surfing techniques.
- B. It enhances their ability to perform synchronized dives.
- C. It improves reaction times during emergencies.**
- D. It creates a friendly rivalry among lifeguards.

Team coordination is crucial for lifeguards primarily because it improves reaction times during emergencies. In high-pressure situations, the effectiveness of a lifeguard team can significantly impact the outcome of a rescue. When lifeguards coordinate well, they can communicate quickly and efficiently, allowing for a faster and more organized response to incidents like drowning or injuries. Effective team coordination ensures that all members are aware of their roles and can anticipate each other's actions. This unity means lifeguards can quickly deploy techniques and equipment, as well as provide support to one another during a rescue. Consequently, the likelihood of successfully managing an emergency increases, protecting both the lifeguards and the individuals they are trying to rescue. While better surfing techniques, synchronized dives, and friendly rivalries may enhance team spirit or individual skill improvements, these factors do not have the same critical and direct impact on survival and safety outcomes in emergency situations as effective coordination during a response does.

3. Which of the following is a common hazard that lifeguards must watch for at the beach?

- A. High tides only**
- B. Jellyfish, rip currents, and sharp objects**
- C. Friendly beachgoers**
- D. Sunbathers only**

The correct choice identifies jellyfish, rip currents, and sharp objects as common hazards that lifeguards need to be vigilant about at the beach. Jellyfish can pose a significant risk to swimmers due to their stinging tentacles, which can cause severe pain or allergic reactions in people who come into contact with them. Lifeguards must be aware of the presence of jellyfish in the water and inform beachgoers to be cautious. Rip currents are powerful, narrow channels of water that flow away from the shore and can pull swimmers out to deeper water. Recognizing and understanding rip currents is crucial because they are one of the leading causes of rescues at the beach. Lifeguards must monitor surf conditions and provide guidance to the public about safe swimming areas. Sharp objects, such as broken glass, debris, or metal from beach equipment, can cause injuries to swimmers and beachgoers. Lifeguards often need to monitor the beach for these hazards to ensure a safe environment. In contrast, focusing solely on high tides or sunbathers overlooks the broader range of dangers present at the beach. While beachgoers are part of the community that lifeguards serve, "friendly beachgoers" does not represent a hazard. Additionally,

4. How can lifeguards prevent accidents on pool decks?

- A. By allowing running for safety drills**
- B. By enforcing no running policies and maintaining a clean area**
- C. By setting up distracting games for swimmers**
- D. By minimizing surveillance to avoid disturbing swimmers**

Lifeguards can prevent accidents on pool decks primarily by enforcing no running policies and maintaining a clean area. This proactive approach is essential because a slippery or cluttered surface is a prime cause of falls and injuries. By ensuring that the pool deck is free of obstacles and that swimmers are aware of the rules against running, lifeguards foster a safer environment. Additionally, keeping the area clean can significantly reduce hazards such as spills or debris, which can contribute to accidents. Consistent enforcement of safety policies encourages swimmers to adopt safe behaviors, ultimately reducing the likelihood of injuries among patrons.

5. Under what circumstances should a lifeguard use spinal motion restriction?

- A. When a victim is suspected to have a spinal injury**
- B. When the water is too cold**
- C. When a victim has a minor injury**
- D. When lifeguards are on break**

A lifeguard should utilize spinal motion restriction when there is suspicion of a spinal injury. This practice is crucial because spinal injuries can have serious and potentially life-altering consequences if not handled correctly. When handling a victim suspected of such injuries, minimizing movement is essential to prevent additional damage to the spine and surrounding tissues. The techniques used, such as stabilizing the head and neck, aim to securely immobilize the victim until they can receive proper medical evaluation and treatment. In this scenario, the other options presented do not warrant the use of spinal motion restriction. Cold water conditions, minor injuries, or breaks do not involve the same level of risk for spinal injury that necessitates such precautions. Thus, understanding the importance of identifying situations where spinal motion restriction is needed is vital for ensuring the safety and well-being of victims in the water.

6. During rescues, what is a primary consideration for lifeguards?

- A. Time taken to perform a rescue**
- B. Safety of both the rescuer and the victim**
- C. Efficiency of the rescue technique used**
- D. Availability of backup support**

The primary consideration for lifeguards during rescues is the safety of both the rescuer and the victim. This principle is crucial because without ensuring the safety of the lifeguard, there is a risk of creating additional victims rather than resolving the situation. If a lifeguard attempts a rescue without securing their own safety, they may end up in a dangerous position themselves, complicating the rescue effort and potentially putting others in jeopardy. Assessing the safety of the environment, the condition of the victim, and the lifeguard's own abilities and resources are all vital steps in making sure that the rescue can be executed effectively. Prioritizing safety ensures that both the lifeguard can perform their duties and the victim receives the assistance needed without additional risks being introduced into the situation. This focus on safety encapsulates the fundamental ethos of lifeguarding, which is to protect and preserve life. Efficiency of the rescue technique, availability of backup support, and the time taken to perform a rescue are important factors but must come secondary to ensuring the safety of all involved. If a lifeguard can't safely execute a rescue, then no other considerations become relevant.

7. What should lifeguards wear while on duty according to local regulations?

- A. A uniform that includes a swimsuit, shirt, and other required equipment**
- B. Casual beach attire suitable for swimming**
- C. Sportswear designed for active outdoor use**
- D. A wetsuit only during colder weather**

Lifeguards are required to wear a uniform that includes a swimsuit, shirt, and other essential equipment while on duty to ensure professionalism and visibility. This uniform is designed not only to identify them as lifeguards but also to provide them with the practical coverage and functionality needed for their responsibilities. The specific components of the uniform, like the swimsuit and shirt, are usually made from materials that allow for mobility and comfort while performing rescues or other tasks. This choice reflects local regulations that prioritize safety and uniformity among lifeguards, which can be crucial for quick identification by beachgoers in need of assistance. In contrast, casual beach attire or sportswear may not offer the same level of recognition or utility. A wetsuit is generally intended for specific situations, such as colder weather, rather than serving as standard daily attire. Therefore, the requirement for a complete and recognizable uniform is paramount for effective lifeguard operations on the beach.

8. Which of the following is not a treatment for shock?

- A. Maintain warmth**
- B. Keep the patient calm**
- C. Encourage moving around**
- D. Monitor vital signs**

In the context of treating shock, encouraging a patient to move around is not a recommended action. Shock is a critical condition where the body is not receiving adequate blood flow, which can lead to organ failure and other severe complications. Keeping a patient still and at rest is essential because movement can exacerbate their condition, lead to injury, or further hinder their circulation. To manage shock effectively, maintaining warmth is crucial as it helps prevent hypothermia, which can worsen the patient's condition. Keeping the patient calm is also important since anxiety and panic can increase the heart rate and oxygen demand, further stressing the body. Monitoring vital signs allows a lifeguard or medical responder to assess the patient's condition over time and determine if their status is improving or worsening. These actions are all aimed at stabilizing the patient until further medical help arrives.

9. Which type of emergency action plan should lifeguards be familiar with?

- A. A plan for various emergency scenarios**
- B. A plan for regular maintenance of equipment**
- C. A plan solely focused on drowning**
- D. A plan for customer service issues**

Lifeguards must be familiar with a comprehensive emergency action plan that encompasses various emergency scenarios. This type of plan is crucial because emergencies can vary widely, including situations such as drowning, injuries, weather-related incidents, and other unforeseen events. By having a plan that addresses multiple scenarios, lifeguards are better prepared to respond effectively and efficiently, ensuring the safety of patrons in a variety of circumstances. While plans focused on specific issues like drowning, maintenance of equipment, or customer service are important in their own right, they are more limited in scope. A well-rounded plan equips lifeguards with the skills and knowledge to handle emergencies effectively, which is vital in a dynamic environment like a beach or pool where many different incidents can arise.

10. What is the importance of physical fitness for a lifeguard?

- A. To enhance their social skills**
- B. To ensure they can perform rescues and manage emergencies effectively**
- C. To be able to swim in competitions**
- D. To participate in community events**

The importance of physical fitness for a lifeguard is primarily centered around the ability to perform rescues and manage emergencies effectively. Lifeguards must possess strong swimming skills, endurance, and overall physical strength to respond promptly and efficiently to any situation that may arise in the water. In emergencies, every second counts, and being physically fit allows lifeguards to reach individuals in distress quickly, execute rescues, bring them to safety, and provide the necessary assistance until further help arrives. Physical fitness also contributes to a lifeguard's mental alertness and ability to remain calm under pressure. A high level of fitness can help maintain stamina through lengthy hours on duty, potentially in challenging environments. This enhances not only their capability to save lives but also their overall performance in their role. Hence, physical fitness is critical, as it directly impacts the effectiveness of lifeguards in fulfilling their responsibilities.

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://lalifeguard.examzify.com>

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

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