

Red Cross Lifeguard Practice Test (Sample)

Study Guide



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SAMPLE

Questions

- 1. What is the best immediate response for a lifeguard who witnesses an athlete collapse on the pool deck?**
 - A. Leave it to bystanders**
 - B. Check for breathing and perform CPR if necessary**
 - C. Call for another lifeguard to take over**
 - D. Start a swim meet promptly**
- 2. When caring for musculoskeletal injuries, what does RICE stand for?**
 - A. Remove, immobilize, care, elevate.**
 - B. Rest, ice, care, evaluate.**
 - C. Rest, immobilize, cold, elevate.**
 - D. Remove, ice, care, evaluate.**
- 3. What is the primary objective of the facility safety team?**
 - A. Provide back-up coverage during rescues.**
 - B. Assist in emergency care and maintaining safety.**
 - C. Educate lifeguards about the EAP.**
 - D. Perform surveillance while lifeguards take breaks.**
- 4. What should you do if you notice several body piercings when applying AED pads?**
 - A. Remove the jewelry before applying the pads**
 - B. Use one pad, applying it directly over the jewelry**
 - C. Wipe the chest, including the jewelry, with alcohol**
 - D. Apply the pads to the chest, at least 1 inch away from the jewelry**
- 5. After removing a victim suspected of a spinal injury from the water, what is a key step you should not take?**
 - A. Contact 911 or the local emergency number**
 - B. Dry the victim and apply AED pads**
 - C. Protect the victim from becoming cold**
 - D. Reassure the victim**

- 6. How should lifeguards perform the "log roll" technique on an unresponsive victim?**
- A. Quickly roll the victim without support**
 - B. Gently roll them onto their side while maintaining spinal stabilization**
 - C. Lift them directly out of the water**
 - D. Flip them over completely**
- 7. You are approaching a victim who is horizontal in the water, at the surface in 4 feet of water. The victim is facing you and appears to be unconscious. What rescue technique would be appropriate in this situation?**
- A. a. Active victim front rescue**
 - B. b. Passive victim front rescue**
 - C. c. Passive victim in extreme shallow water - face up**
 - D. d. Submerged victim in shallow water**
- 8. What actions should a lifeguard take if a spinal injury is suspected in deep water?**
- A. Remove the person from the water immediately**
 - B. Keep the head and neck stable and call for emergency assistance**
 - C. Perform rescue breathing**
 - D. Use a backboard to transport the victim**
- 9. When completing an incident report, what is crucial to include?**
- A. All factual information about what was seen, heard, and actions taken.**
 - B. Your analysis of how the incident occurred.**
 - C. Witness opinions compiled into a single report.**
 - D. Preventing the victim from leaving until the report is signed.**

10. When glare from the sun obstructs your view, what should you do to maintain surveillance?

- A. Document the issue for future discussion.**
- B. Adjust your position to reduce the glare.**
- C. Leave to find your supervisor.**
- D. Remain in position since patrons are strong swimmers.**

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Answers

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

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Explanations

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1. What is the best immediate response for a lifeguard who witnesses an athlete collapse on the pool deck?

- A. Leave it to bystanders**
- B. Check for breathing and perform CPR if necessary**
- C. Call for another lifeguard to take over**
- D. Start a swim meet promptly**

When a lifeguard witnesses an athlete collapse on the pool deck, the best immediate response is to check for breathing and perform CPR if necessary. This action is critical because it addresses the most immediate concern: whether the individual is breathing or has a pulse. If the person is not breathing or shows no signs of life, initiating CPR can be lifesaving. It is essential to act quickly in these situations, as brain damage can occur in just a few minutes without oxygen. This response prioritizes the athlete's health and safety, demonstrating the lifeguard's training in emergency protocols. While the involvement of bystanders can be helpful, it is not sufficient in a critical situation like this. Relying on others may lead to delays in addressing the athlete's immediate medical needs. Calling for another lifeguard could be a subsequent action, but the priority remains with the individual in distress. Starting a swim meet at this time would be inappropriate and could exacerbate the situation by delaying necessary medical attention.

2. When caring for musculoskeletal injuries, what does RICE stand for?

- A. Remove, immobilize, care, elevate.**
- B. Rest, ice, care, evaluate.**
- C. Rest, immobilize, cold, elevate.**
- D. Remove, ice, care, evaluate.**

RICE refers to a standard method for treating musculoskeletal injuries, which emphasizes the importance of initial care to reduce swelling and pain. The acronym stands for Rest, Ice, Compression, and Elevation. In this context, "Rest" helps to avoid further injury and allows the body to begin healing. "Ice" is applied to reduce inflammation and numb pain, which is crucial in the first 48 hours following an injury. "Compression" helps to limit swelling and support the injured area, while "Elevation" aids in decreasing swelling by allowing fluids to drain away from the injured site. The answer you've identified aligns with this understanding by emphasizing Rest, cold application (ice), and Elevation. This approach is essential for minimizing damage and supporting recovery. The inclusion of "cold" instead of "ice" might suggest a slightly broader understanding of cooling methods, but in practice, ice is the preferred method used. Thus, this choice effectively captures the RICE principle for immediate care of musculoskeletal injuries.

3. What is the primary objective of the facility safety team?

- A. Provide back-up coverage during rescues.**
- B. Assist in emergency care and maintaining safety.**
- C. Educate lifeguards about the EAP.**
- D. Perform surveillance while lifeguards take breaks.**

The primary objective of the facility safety team is to assist in emergency care and maintain safety. This role is critical because safety teams are responsible for ensuring that all emergency procedures are effectively executed during incidents, thereby minimizing risk and enhancing the safety of all facility users. They provide support to lifeguards during emergencies by helping to coordinate efforts, providing additional resources, and overseeing the safety protocols in place. This function goes beyond just providing backup or educational support; it encompasses a proactive approach to emergency preparedness and response, which includes monitoring the environment for potential hazards and responding appropriately to any incidents that may occur. While other options may touch on relevant aspects of a safety team's responsibilities, the core focus on emergency care and overarching safety measures is what distinguishes this option as the primary objective of the facility safety team.

4. What should you do if you notice several body piercings when applying AED pads?

- A. Remove the jewelry before applying the pads**
- B. Use one pad, applying it directly over the jewelry**
- C. Wipe the chest, including the jewelry, with alcohol**
- D. Apply the pads to the chest, at least 1 inch away from the jewelry**

The recommended action when encountering body piercings while applying AED pads is to apply the pads to the chest, ensuring they are at least 1 inch away from the jewelry. This practice is crucial because metal jewelry can interfere with the electrical current delivered by the AED and potentially cause burns. By positioning the pads away from the jewelry, you ensure that the electrical shock can be effectively delivered to the heart without obstructions. This approach also helps to avoid direct contact between the pads and the jewelry, which reduces the risk of complications. In certain scenarios, such as if the jewelry covers a significant area of the skin, it may be better to move a bit further away from them to ensure optimal pad placement. Maintaining a safe distance helps to ensure that the AED functions correctly and provides the necessary treatment without any interruptions caused by metal interference.

5. After removing a victim suspected of a spinal injury from the water, what is a key step you should not take?

- A. Contact 911 or the local emergency number**
- B. Dry the victim and apply AED pads**
- C. Protect the victim from becoming cold**
- D. Reassure the victim**

In the scenario described, the key step that should not be taken is drying the victim and applying AED pads. In cases of suspected spinal injuries, the primary focus is on stabilizing the victim and avoiding any movements that could exacerbate their condition. Applying AED pads isn't recommended at this stage because, primarily, the victim may not need defibrillation if they still have a pulse or if their cardiac status is uncertain. Additionally, drying the victim could involve movement that might compromise spinal alignment. Keeping the victim warm and stable while waiting for emergency medical personnel is critical, as cold can exacerbate shock and complicate their condition. Therefore, maintaining warmth and minimizing movement are essential until trained medical responders can take over.

6. How should lifeguards perform the "log roll" technique on an unresponsive victim?

- A. Quickly roll the victim without support**
- B. Gently roll them onto their side while maintaining spinal stabilization**
- C. Lift them directly out of the water**
- D. Flip them over completely**

The log roll technique is essential when dealing with an unresponsive victim, particularly to maintain spinal alignment and prevent further injury. When lifeguards gently roll a victim onto their side while maintaining spinal stabilization, they are ensuring that the head, neck, and back are kept in a straight position. This is crucial because any rapid or unsupported movement could exacerbate any potential spinal injuries. The process involves carefully coordinating the movement between lifeguards, allowing for controlled support of the body while ensuring that the victim's airway is positioned properly to facilitate breathing and prevent aspiration. This technique is particularly important in water rescues, where the risk of drowning is high, and maintaining the victim's airway is a priority. Performing the roll too quickly or without proper support, as might be suggested by options that imply hasty or unsupported movements, increases the risk of causing further harm. Additionally, attempts to lift the victim directly from the water or to flip them completely disregard any spinal stabilization and can lead to serious complications in case of a spinal cord injury. Thus, option B aligns with best practices in lifeguarding and first aid for managing unresponsive victims safely and effectively.

7. You are approaching a victim who is horizontal in the water, at the surface in 4 feet of water. The victim is facing you and appears to be unconscious. What rescue technique would be appropriate in this situation?

A. a. Active victim front rescue

B. b. Passive victim front rescue

C. c. Passive victim in extreme shallow water - face up

D. d. Submerged victim in shallow water

In situations where a victim is horizontal in the water, facing you, and appears to be unconscious, using the passive victim front rescue technique is the most appropriate response. This method is specifically designed for situations where the victim is not actively struggling or attempting to swim to safety. In this scenario, the victim's lack of movement suggests that they are in a state of distress or unconsciousness, characteristic of a passive victim. The frontal approach allows the lifeguard to maintain visual contact with the victim and to quickly assess their condition while preparing for the rescue. It also minimizes the risk of inadvertently causing the victim to become more agitated or to struggle, which could occur with an aggressive or inappropriate rescue technique. Choosing this technique allows the lifeguard to provide immediate assistance while ensuring safety for both themselves and the victim, as it allows for a controlled approach and a safe recovery position once the victim is reached. The focus on using the front rescue method here emphasizes the need for a calm and deliberate response when encountering an unconscious person in the water, optimizing the chances for a successful and safe rescue.

8. What actions should a lifeguard take if a spinal injury is suspected in deep water?

A. Remove the person from the water immediately

B. Keep the head and neck stable and call for emergency assistance

C. Perform rescue breathing

D. Use a backboard to transport the victim

When a spinal injury is suspected in deep water, the lifeguard's priority is to ensure the victim's safety while minimizing the risk of further injury. By keeping the head and neck stable and calling for emergency assistance, the lifeguard is effectively managing the situation according to established protocols for spinal injuries. Stabilizing the head and neck protects the spinal cord from potential damage that could occur if the victim is moved without appropriate precautions. This approach also allows for continued monitoring of the victim's airway and breathing until professional help arrives. In situations involving suspected spinal injuries, any sudden movements or attempts to remove the person from the water can exacerbate the injury. Therefore, it's crucial to prioritize stabilization over immediate extraction.

9. When completing an incident report, what is crucial to include?

A. All factual information about what was seen, heard, and actions taken.

B. Your analysis of how the incident occurred.

C. Witness opinions compiled into a single report.

D. Preventing the victim from leaving until the report is signed.

Including all factual information about what was seen, heard, and actions taken is crucial when completing an incident report because accuracy and objectivity are paramount in documenting events. The incident report serves as an official record that may be referenced later for investigations, legal proceedings, or internal reviews. By focusing on facts rather than personal opinions or interpretations, you ensure that the report reflects a clear and unbiased account of the incident. This foundational approach helps to maintain the integrity of the report and ensures that anyone reading it later, such as colleagues, supervisors, or investigators, receives an accurate portrayal of what transpired. It also helps to avoid potential legal issues that might arise from subjective interpretations or assumptions about the incident.

10. When glare from the sun obstructs your view, what should you do to maintain surveillance?

A. Document the issue for future discussion.

B. Adjust your position to reduce the glare.

C. Leave to find your supervisor.

D. Remain in position since patrons are strong swimmers.

When glare from the sun obstructs your view, adjusting your position to reduce the glare is essential for maintaining effective surveillance. This action allows you to better see and monitor the activities of swimmers, which is critical for ensuring their safety. Lifeguarding requires constant observation of the pool's patrons; any obstruction, such as glare, can hinder the lifeguard's ability to detect potential hazards or emergencies. Maintaining a clear line of sight is paramount, and changing your position can significantly enhance your visibility. For instance, moving to a shaded area or shifting your angle of observation can help alleviate the effects of glare, allowing you to fulfill your responsibilities more effectively. While documenting the issue might seem helpful, it does not help in the immediate context, as surveillance cannot be compromised while waiting for future discussions. Leaving to find a supervisor could result in a lack of oversight at that moment, potentially putting swimmers at risk. Finally, assuming that patrons are strong swimmers does not adequately consider potential emergencies, as conditions can change rapidly, and not all individuals may be capable of handling them. Therefore, adjusting your position is the most proactive and responsible action to ensure the safety of all patrons.