

Red Cross Lifeguard Practice Test (Sample)

Study Guide



Everything you need from our exam experts!

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SAMPLE

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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. What are the three stages of drowning?
 - A. Anger, shock, and acceptance
 - B. Surprise, struggle, and passiveness
 - C. Fear, confusion, and surrender
 - D. Worry, panic, and relaxation

2. What is the first action you should take if you suspect a spinal injury in a swimmer?
 - A. a. Remove the victim from the water immediately
 - B. b. Stabilize the head and neck until emergency services arrive
 - C. c. Call for additional lifeguard assistance
 - D. d. Encourage the victim to swim to safety

3. What is the appropriate response if a victim is conscious but choking?
 - A. Administer back blows
 - B. Perform abdominal thrusts
 - C. Encourage the victim to cough
 - D. Call emergency services

4. In the context of lifeguarding, what is the primary purpose of maintaining clear communication?
 - A. To build friendships among lifeguards
 - B. To ensure accurate scheduling of shifts
 - C. To promote teamwork and effective emergency responses
 - D. To maintain a pleasant atmosphere for patrons

5. 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

6. How can you confirm that the airway is open when performing CPR?
- A. By checking the victim's pulse
 - B. By looking for chest rise
 - C. By performing a head tilt-chin lift
 - D. By observing the color of the lips
7. An injured patron is responsive and bleeding. After summoning EMS and obtaining consent, what is your next care step?
- A. Treat the victim for shock by lying them down.
 - B. Elevate the wound if you can do so without causing further pain.
 - C. Press firmly against the wound with a sterile dressing and bandage.
 - D. Let the wound bleed until it stops on its own.
8. What does the acronym SAMPLE represent in patient assessment?
- A. Signs, Actions, Medications, Patient location, Events
 - B. Signs, Allergies, Medications, Past medical history, Last oral intake, Events
 - C. Symptoms, Activities, Measurements, Patient details, Environment
 - D. Signs, Attitudes, Medications, Procedures, Life support
9. What are early warning signs of overtraining in lifeguards?
- A. Increased stamina and enthusiasm
 - B. Fatigue, decreased performance, and irritability
 - C. Ability to manage stress effectively
 - D. Improved reaction times and focus
10. 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

Answers

SAMPLE

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

SAMPLE

Explanations

SAMPLE

1. What are the three stages of drowning?

- A. Anger, shock, and acceptance
- B. Surprise, struggle, and passiveness
- C. Fear, confusion, and surrender
- D. Worry, panic, and relaxation

The three stages of drowning are characterized as surprise, struggle, and passiveness. In the initial stage, surprise occurs when a person unexpectedly finds themselves in a situation where they are submerging or unable to breathe. This acute realization can lead to a moment of panic or disbelief. Following the surprise, the struggle stage begins. During this phase, the individual attempts to fight against the water, which may involve thrashing about and trying to keep their head above water. This struggle consumes a significant amount of energy and can be quite dramatic, but it is also often misunderstood by onlookers who may assume that the person is merely playing or splashing. As the scenario progresses, if the individual cannot escape the dangerous situation, they enter the passiveness stage. At this point, exhaustion sets in, and the person may surrender to the water, resulting in a complete lack of movement and an inability to call for help. This final stage can be particularly perilous, as it reflects a state where life-threatening drowning is imminent. Understanding these stages is essential for lifeguards and others responsible for water safety, as it enables them to recognize when a person is in distress and take appropriate action.

2. What is the first action you should take if you suspect a spinal injury in a swimmer?

- A. a. Remove the victim from the water immediately
- B. b. Stabilize the head and neck until emergency services arrive
- C. c. Call for additional lifeguard assistance
- D. d. Encourage the victim to swim to safety

The first action to take if you suspect a spinal injury in a swimmer is to stabilize the head and neck until emergency services arrive. This is crucial because any movement of the head or spine can potentially worsen the injury, leading to increased pain or even permanent damage. By stabilizing the head and neck, you minimize movement and help prevent further injury while waiting for trained medical professionals to take over care. In this scenario, removing the victim from the water immediately could exacerbate the injury if not done properly, as it may involve moving the spine in an unsafe way. Additionally, while calling for additional lifeguard assistance is important, it should not take precedence over ensuring the victim's stability, which is a priority in the case of suspected spinal injuries. Encouraging the victim to swim to safety is not advisable, as it requires movement that could potentially worsen the injury. Therefore, stabilizing the head and neck is the best initial course of action.

3. What is the appropriate response if a victim is conscious but choking?

- A. Administer back blows
- B. Perform abdominal thrusts
- C. Encourage the victim to cough
- D. Call emergency services

When a victim is conscious but choking, performing abdominal thrusts is the appropriate response. This technique is specifically designed to help clear a blocked airway caused by an object lodged in the throat. Abdominal thrusts create an upward force that can generate enough pressure to expel the object obstructing the airway. One key aspect of this response is that it directs efforts towards safely dislodging the object while the victim is still able to breathe and respond. This is crucial, as the abdominal thrusts empower the individual to remove the obstruction effectively rather than relying solely on external help or inaction. Encouraging the victim to cough is indeed important in certain situations, as a strong cough can sometimes dislodge a small object. However, if the victim cannot breathe, speak, or cough effectively, abdominal thrusts become necessary to prevent the situation from worsening. Administering back blows can be effective in certain choking scenarios, particularly when the victim is an infant, but for a conscious adult or child who is able to respond, abdominal thrusts are the most recommended course of action. Calling emergency services is important if the situation does not resolve quickly or if the victim loses consciousness, but it does not directly address the immediate need for clearing the airway.

4. In the context of lifeguarding, what is the primary purpose of maintaining clear communication?

- A. To build friendships among lifeguards
- B. To ensure accurate scheduling of shifts
- C. To promote teamwork and effective emergency responses
- D. To maintain a pleasant atmosphere for patrons

Maintaining clear communication in lifeguarding is pivotal for promoting teamwork and facilitating effective emergency responses. Clear communication ensures that all lifeguards are aware of their roles, understand any potential hazards, and can coordinate seamlessly during emergency situations. This level of communication enables lifeguards to share important information quickly, such as identifying distressed swimmers or implementing rescue strategies, which significantly enhances the safety of patrons at aquatic facilities. In high-pressure scenarios, clear communication is essential for making quick decisions and carrying out rescues effectively. It fosters an environment where lifeguards can rely on one another, increasing overall situational awareness and response efficiency. Prioritizing effective communication ultimately leads to a safer environment for both lifeguards and the community they serve.

5. 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.

6. How can you confirm that the airway is open when performing CPR?

- A. By checking the victim's pulse
- B. By looking for chest rise
- C. By performing a head tilt-chin lift
- D. By observing the color of the lips

To confirm that the airway is open during CPR, it is essential to perform a head tilt-chin lift maneuver. This is a standard technique used to reposition the airway, especially in victims who may have a blocked airway due to tongue obstruction or other issues. By tilting the head back slightly and lifting the chin forward, you help to align the airway and allow for better airflow. This method is particularly effective in ensuring that the airway remains unobstructed and can receive air during rescue breaths. While checking for a pulse, looking for chest rise, or observing the color of the lips may provide useful information about the victim's overall condition, they do not specifically confirm whether the airway is open. The head tilt-chin lift is the definitive action taken to assess and secure the airway before proceeding with rescue breaths in CPR.

7. An injured patron is responsive and bleeding. After summoning EMS and obtaining consent, what is your next care step?

- A. Treat the victim for shock by lying them down.
- B. Elevate the wound if you can do so without causing further pain.
- C. Press firmly against the wound with a sterile dressing and bandage.
- D. Let the wound bleed until it stops on its own.

In the scenario presented, the correct choice involves applying direct pressure to the wound with a sterile dressing and bandage. This step is crucial because it helps to control bleeding, which is vital in any case of injury. By pressing firmly against the wound, you are aiming to compress the blood vessels and reduce blood loss. The use of a sterile dressing ensures that you minimize the risk of infection while providing immediate care. Treating a bleeding wound effectively can significantly impact the victim's condition and overall recovery. Other options may involve actions that could delay necessary care or potentially exacerbate the bleeding. For instance, simply lying the victim down or elevating the wound may not provide the needed direct pressure to stop bleeding. Allowing the wound to bleed until it stops on its own is not a safe or appropriate first-response measure in a bleeding situation, as it can lead to further complications. Hence, the prompt application of pressure with a sterile dressing and bandage is the most immediate and effective next step in caring for an injured patron.

8. What does the acronym SAMPLE represent in patient assessment?

- A. Signs, Actions, Medications, Patient location, Events
- B. Signs, Allergies, Medications, Past medical history, Last oral intake, Events
- C. Symptoms, Activities, Measurements, Patient details, Environment
- D. Signs, Attitudes, Medications, Procedures, Life support

The acronym SAMPLE is essential in patient assessment because it serves as a structured approach for collecting critical information about a patient's medical history and current condition. Each component provides insights that help responders quickly understand the situation and make informed decisions regarding treatment and care. "Signs" refer to observable indicators of a patient's condition, such as rash, swelling, or unusual body temperature. "Allergies" helps to identify any substances that the patient may react negatively to, which is crucial for preventing further complications. "Medications" pertains to any prescriptions or over-the-counter drugs the patient may be taking, providing context for their health status and potential interactions. "Past medical history" provides background on any previous health issues that could influence the current situation. "Last oral intake" informs about when the patient last ate or drank, which is vital for assessing their hydration status and for any potential medical interventions. Lastly, "Events" relates to the circumstances surrounding the patient's current condition, giving insight into what might have caused the issue. Each element in this acronym plays a crucial role in achieving a comprehensive evaluation, allowing healthcare responders to prioritize care effectively. The structure of SAMPLE ensures critical information is gathered in an organized way, improving communication and ensuring that all necessary elements are considered during

9. What are early warning signs of overtraining in lifeguards?

- A. Increased stamina and enthusiasm
- B. Fatigue, decreased performance, and irritability
- C. Ability to manage stress effectively
- D. Improved reaction times and focus

The early warning signs of overtraining in lifeguards include fatigue, decreased performance, and irritability. Overtraining occurs when an individual exceeds their body's ability to recover from physical exertion. This state can lead to a variety of physical and psychological symptoms. Fatigue is a common sign, reflecting the body's inability to rest and recover properly after intensive training sessions. Lifeguards, who often have demanding physical requirements and need to remain alert, may experience a decline in both physical abilities and mental sharpness as overtraining sets in. Decreased performance is another crucial indicator; lifeguards may notice that their times in drills are slower, or they might find routine tasks require more effort than usual. This decline can impact their effectiveness on the job, as lifeguards must be at their best to respond to emergencies swiftly. Irritability can occur due to physical stress and mental fatigue, making it difficult to maintain the high level of communication and teamwork essential in their roles. Recognizing these signs early helps in adjusting training loads and ensuring adequate recovery, which is vital for maintaining optimal performance and safety in lifeguarding duties. In contrast, increased stamina and enthusiasm, effective stress management, and improved reaction times and focus are generally positive indicators, suggesting

10. 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.

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://redcrosslifeguard.examzify.com>

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

SAMPLE