

# StarGuard Fifth Edition 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

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

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 a lifeguard do if they notice a change in a swimmer's behavior?**
  - A. Observe the swimmer for a short time**
  - B. Take immediate action to check on the swimmer's safety**
  - C. Inform other staff members and ignore it**
  - D. Focus on their assigned duties and disregard the swimmer**
  
- 2. Which component is essential for the delivery of oxygen from a tank to a BMV?**
  - A. Pressure relief valve**
  - B. Oxygen regulator**
  - C. Medical adapter**
  - D. Flow meter**
  
- 3. What are the stages of drowning?**
  - A. Initial struggle, distress, unconsciousness, and death**
  - B. Confusion, panic, submersion, and recovery**
  - C. Awareness, panic, unconsciousness, and survival**
  - D. Struggle, exhaustion, recovery, and safety**
  
- 4. What is the primary reason for prohibiting breath holding contests in swimming?**
  - A. To improve swimming distance**
  - B. To prevent sudden underwater blackout**
  - C. To enhance lung capacity**
  - D. To promote team spirit**
  
- 5. What is the primary focus during a lifeguard's duty?**
  - A. Conducting swimming lessons**
  - B. Monitoring the safety of patrons at the aquatic facility**
  - C. Enforcing facility rules only**
  - D. Maintaining the pool's chemical balance**

- 6. What is the first step when connecting an oxygen system?**
- A. Attach the BMV**
  - B. Open the tank valve**
  - C. Connect the regulator**
  - D. Check connections for leaks**
- 7. How often should lifeguard drills be conducted?**
- A. At least once a month**
  - B. Every time a new lifeguard is hired**
  - C. Only during peak season**
  - D. Every three months**
- 8. What is the primary purpose of a safety plan?**
- A. To ensure financial stability in emergencies**
  - B. To outline procedures and responses for emergencies and accidents**
  - C. To train staff on physical fitness**
  - D. To maintain equipment and facilities**
- 9. Describe the "reach, throw, row, go" approach.**
- A. A method for resolving conflicts**
  - B. Exclusively for lifeguard training**
  - C. Techniques for rescuing without entering the water, prioritizing reaching then throwing, and using a boat when available before personally going in**
  - D. A systematic swimming progression**
- 10. What is a benefit of the leg wrap rescue technique?**
- A. You maintain body contact with the drowning person**
  - B. You can escape easily if the person struggles**
  - C. You submerge your body to make the rescue**
  - D. You can use your arms and hands for support**

## Answers

SAMPLE

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

SAMPLE

## **Explanations**

SAMPLE

**1. What should a lifeguard do if they notice a change in a swimmer's behavior?**

**A. Observe the swimmer for a short time**

**B. Take immediate action to check on the swimmer's safety**

**C. Inform other staff members and ignore it**

**D. Focus on their assigned duties and disregard the swimmer**

Taking immediate action to check on the swimmer's safety is crucial when a lifeguard notices a change in a swimmer's behavior. Changes in behavior can be indicative of distress, fatigue, or other issues that may compromise the swimmer's safety. By acting promptly, the lifeguard can assess the situation, determine the swimmer's condition, and provide necessary assistance. This proactive approach is essential for preventing potential accidents or emergencies. Observing the swimmer for a short time, while sometimes appropriate in identifying patterns, may not be sufficient if the behavior indicates immediate risk. Failing to act can lead to serious consequences, including injury or drowning. Additionally, informing other staff members and ignoring the situation does not address the issue directly and could leave the swimmer vulnerable. Prioritizing assigned duties over the swimmer's safety overlooks the lifeguard's primary responsibility, which is to ensure the well-being of all patrons in the water. Thus, taking immediate action is the correct course of action in this scenario.

**2. Which component is essential for the delivery of oxygen from a tank to a BMV?**

**A. Pressure relief valve**

**B. Oxygen regulator**

**C. Medical adapter**

**D. Flow meter**

The oxygen regulator is essential for the delivery of oxygen from a tank to a Bag-Mask-Ventilation (BMV) system because its primary function is to control the pressure of the oxygen as it leaves the tank. Oxygen tanks store gas at very high pressures, which can be dangerous if not properly managed. The regulator reduces this high pressure to a safe and usable level, ensuring a consistent and controlled flow of oxygen to the BMV. In addition to regulating the pressure, the oxygen regulator typically integrates a flow meter, which measures and displays the flow rate of oxygen being delivered. However, the core function of the regulator is to adapt the high-pressure oxygen from the tank to a lower and safer pressure appropriate for medical delivery systems, including a BMV. This makes the regulator a crucial component in the entire oxygen delivery process, allowing for effective and safe oxygen administration during medical emergencies.

### 3. What are the stages of drowning?

**A. Initial struggle, distress, unconsciousness, and death**

**B. Confusion, panic, submersion, and recovery**

**C. Awareness, panic, unconsciousness, and survival**

**D. Struggle, exhaustion, recovery, and safety**

The stages of drowning are often described as an initial struggle, followed by distress, then leading to unconsciousness, and potentially resulting in death. Understanding these stages is important for recognizing the signs of drowning and intervening effectively. In the initial struggle, a person may actively try to keep their head above water and seek help. This struggle can quickly escalate to distress, where the individual becomes aware of their inability to rescue themselves and may attempt to call for help or wave for assistance. If the situation continues without intervention, the person can become exhausted and then lose consciousness due to a lack of oxygen. If not rescued at this point, the ultimate outcome can be death from drowning. This sequence highlights the critical window for rescue and intervention after the initial struggle and distress stages. Recognizing these stages is vital for lifeguards and bystanders to respond quickly and potentially save a life.

### 4. What is the primary reason for prohibiting breath holding contests in swimming?

**A. To improve swimming distance**

**B. To prevent sudden underwater blackout**

**C. To enhance lung capacity**

**D. To promote team spirit**

The primary reason for prohibiting breath holding contests in swimming is to prevent sudden underwater blackout. This phenomenon occurs when a swimmer holds their breath for an extended period, leading to carbon dioxide levels dropping too low. When the body senses low carbon dioxide, it may trigger a loss of consciousness due to a lack of oxygen to the brain. This can be particularly dangerous in water, as it increases the risk of drowning and serious injury. Hence, safety guidelines emphasize protecting swimmers from engaging in practices that could lead to this critical condition, illustrating the importance of always maintaining safe swimming habits.

**5. What is the primary focus during a lifeguard's duty?**

**A. Conducting swimming lessons**

**B. Monitoring the safety of patrons at the aquatic facility**

**C. Enforcing facility rules only**

**D. Maintaining the pool's chemical balance**

The primary focus during a lifeguard's duty is the safety of patrons at the aquatic facility. Lifeguards are responsible for monitoring swimmers and ensuring that everyone is safe while participating in water activities. This involves being vigilant and ready to respond to any emergencies, such as drowning incidents or injuries that may occur in and around the water. While conducting swimming lessons, enforcing facility rules, and maintaining chemical balance are important aspects of an overall aquatic facility management, they do not take precedence over the essential role of a lifeguard in ensuring the immediate safety and wellbeing of all patrons. Being attentive and proactive in recognizing potential dangers is what defines the lifeguard's primary responsibilities. Therefore, the focus must be on monitoring and acting to prevent accidents and ensure a safe environment for all users.

**6. What is the first step when connecting an oxygen system?**

**A. Attach the BMV**

**B. Open the tank valve**

**C. Connect the regulator**

**D. Check connections for leaks**

The first step when connecting an oxygen system is to connect the regulator. This is crucial because the regulator is responsible for controlling the flow of oxygen from the tank, ensuring it is delivered at a safe and manageable pressure. Proper connection of the regulator ensures that there will be no leaks and that the system is ready for further setup, such as attaching the BMV (Bag-Valve-Mask) or opening the tank valve. Once the regulator is securely attached to the oxygen tank, it allows for the safe opening of the tank valve, which provides access to the oxygen flow. From there, checks for leaks and attaching any additional components can be performed safely, knowing that the regulator is properly in place. Connecting the regulator first sets up a secure and functional oxygen delivery system, which is essential for ensuring effective emergency response or medical assistance.

## 7. How often should lifeguard drills be conducted?

- A. At least once a month**
- B. Every time a new lifeguard is hired**
- C. Only during peak season**
- D. Every three months**

Conducting lifeguard drills at least once a month is essential for maintaining safety and preparedness at aquatic facilities. Regular drills ensure that lifeguards are consistently practicing their skills, enhancing their readiness to respond effectively to emergencies. Monthly practice helps reinforce procedure knowledge, teamwork, and communication among the lifeguard team. It allows lifeguards to stay familiar with emergency protocols and practices, ensuring they can react swiftly and confidently should an actual situation arise. This frequency also accommodates the need for continuous training and adaptation to any changes in policies or procedures that might occur through the season. Regular drills can help identify any areas where additional training might be needed, promoting an overall culture of safety within the facility.

## 8. What is the primary purpose of a safety plan?

- A. To ensure financial stability in emergencies**
- B. To outline procedures and responses for emergencies and accidents**
- C. To train staff on physical fitness**
- D. To maintain equipment and facilities**

The primary purpose of a safety plan is to outline procedures and responses for emergencies and accidents. A well-structured safety plan enables organizations to prepare for potential risks by detailing the steps to take during various types of emergencies, such as fires, natural disasters, or medical emergencies. This planning is crucial for ensuring the safety and well-being of individuals and minimizing damage to property. Having a clear set of procedures helps facilitate quick and effective responses, which can save lives and reduce confusion during an emergency. The safety plan may include evacuation routes, communication protocols, responsibilities of staff, and first aid procedures, all of which are critical in managing crisis situations effectively. While maintaining financial stability, training staff on physical fitness, and maintaining equipment are important aspects of organizational operations, they do not directly address the core objective of a safety plan, which is specifically focused on preparedness and response in the face of emergencies.

**9. Describe the "reach, throw, row, go" approach.**

- A. A method for resolving conflicts**
- B. Exclusively for lifeguard training**
- C. Techniques for rescuing without entering the water, prioritizing reaching then throwing, and using a boat when available before personally going in**
- D. A systematic swimming progression**

The "reach, throw, row, go" approach is a structured method utilized in rescue situations, particularly in aquatic environments, to ensure safety and effectiveness. This technique emphasizes the importance of attempting to assist someone in distress without putting oneself in danger. Initially, rescuers are encouraged to "reach" for the person in distress, using any available objects such as a pole, branch, or personal flotation device. If reaching is not feasible, the next step is to "throw" a flotation device or buoy that can help keep the individual afloat until help arrives. This minimizes the risk of both the rescuer and the individual in distress entering the water. If those methods are unsuccessful, the rescuer should "row," utilizing a boat or other floating device if available to get closer to the person needing help. Only as a last resort, if all other methods have failed, should the rescuer "go" into the water themselves to attempt a direct rescue. This approach prioritizes safety and reduces the likelihood of the rescuer also becoming a victim. This systematic approach ensures that rescues are carried out in the most effective and safe manner possible, prioritizing methods that keep the rescuer out of potentially dangerous situations whenever feasible.

**10. What is a benefit of the leg wrap rescue technique?**

- A. You maintain body contact with the drowning person**
- B. You can escape easily if the person struggles**
- C. You submerge your body to make the rescue**
- D. You can use your arms and hands for support**

The leg wrap rescue technique is beneficial because it allows the rescuer to establish and maintain a stable and secure hold on the person in need without losing control during the rescue. This technique is particularly effective in situations where the drowning individual may struggle or panic, as it provides a way for the rescuer to maintain distance while still being able to secure the victim. Using this technique, the rescuer wraps their legs around the victim's body, which not only helps to stabilize the rescue but also allows the rescuer to stay somewhat protected from the drowning person's movements. This makes it easier for the rescuer to manage the situation without being directly pulled under the water, providing a layer of safety for both the rescuer and the victim. Additionally, maintaining body contact with the drowning person can be critical, but the leg wrap primarily focuses on leveraging the lower body for stabilization while freeing the arms for further support or to assist in guiding the individual to safety. The ability to escape if the person struggles is an important consideration, as it acknowledges the unpredictable nature of rescue situations. Thus, the leg wrap technique is designed to balance both safety and effectiveness during the rescue process.

## 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://starguard5e.examzify.com>**

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

SAMPLE