

# Surface Rescue Swimmer Practice Exam (Sample)

## Study Guide



**Everything you need from our exam experts!**

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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 is the most common approach used by rescue swimmers for all conscious survivors?**
  - A. Front Surface Approach**
  - B. Underwater Approach**
  - C. Rear Surface Approach**
  - D. Surface Swim Approach**
  
- 2. What type of suit must be worn on all overwater rescues?**
  - A. Life jacket**
  - B. Wet suit top or dry suit**
  - C. Swimming trunks**
  - D. Diving suit**
  
- 3. What type of policies does the NTTP 3-50.1, Navy Search and Rescue Manual provide?**
  - A. SAR training guidelines**
  - B. SAR equipment specifications**
  - C. SAR policies and evaluation procedures**
  - D. SAR environmental considerations**
  
- 4. What indicates the emergency nature of the rescue situation according to the text?**
  - A. Signals from the survivor**
  - B. The water temperature**
  - C. Instructions from the crew**
  - D. Medical readiness**
  
- 5. Where can requirements for annual SAR training and qualifications be found?**
  - A. OPNAVINST 3140.5**
  - B. OPNAVINST 3130.6**
  - C. OPNAVINST 3150.7**
  - D. OPNAVINST 3120.6**

**6. What does a raised arm with a clenched fist signify?**

- A. Proceed with caution**
- B. Stop housing**
- C. Resume activity**
- D. Help needed**

**7. What is the reference site for the corrected inventory of items in the medical bag?**

- A. Corporate website**
- B. SARMM share point website**
- C. Defense Logistics Agency website**
- D. FDA official site**

**8. What must the RS consider while attempting to gain control of the survivor?**

- A. The amount of force used is critical**
- B. The survivor's emotional state**
- C. The location of the rescue boat**
- D. The time elapsed since the fall**

**9. True or False: A Medical Rescue Report must be completed for all SAR efforts involving Navy personnel.**

- A. True**
- B. False**
- C. Only for successful rescues**
- D. Only for non-military rescues**

**10. What is an important activity for surface RS personnel according to OPNAVINST 3130.6?**

- A. Watching videos on rescue techniques**
- B. Conducting proficiency training**
- C. Maintaining regular cycles of rest**
- D. Planning social events**

## **Answers**

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

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## **Explanations**

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**1. What is the most common approach used by rescue swimmers for all conscious survivors?**

- A. Front Surface Approach**
- B. Underwater Approach**
- C. Rear Surface Approach**
- D. Surface Swim Approach**

The rear surface approach is a common technique utilized by rescue swimmers when assisting conscious survivors. This method involves the swimmer approaching the survivor from behind, allowing the swimmer to maintain a low profile and minimizing the potential for the survivor to panic. This approach is particularly advantageous as it enables the swimmer to assess the situation without alarming the survivor, facilitating a quicker and safer rescue. In using the rear surface approach, the swimmer can effectively control the victim's movements and provide reassurance while simultaneously preparing them for further assistance. This method reduces the risk of splashing or sudden movements that could startle the survivor, enhancing cooperation during the rescue. While other approaches may have their specific benefits in certain situations, the rear surface approach is widely regarded as the most effective and safe method for conscious survivors, as it builds trust and promotes an orderly rescue process.

**2. What type of suit must be worn on all overwater rescues?**

- A. Life jacket**
- B. Wet suit top or dry suit**
- C. Swimming trunks**
- D. Diving suit**

For all overwater rescues, wearing a wet suit top or dry suit is essential due to the protective features these suits provide. Both types of suits are designed to insulate the body against cold water, which is crucial for maintaining core body temperature during prolonged exposure. A wet suit traps a thin layer of water between the suit and the skin, which is then warmed by body heat, allowing for thermal protection in cooler conditions. Meanwhile, a dry suit provides even greater insulation by keeping water out entirely, making it suitable for colder environments or situations where immersion in water is expected. Choosing a suit that offers thermal protection and buoyancy is vital for a rescuer's effectiveness and safety on the water, as cold shock and hypothermia are significant risks during overwater rescue operations. By using a wet suit top or dry suit, responders are better prepared to handle the challenges they may face during a rescue scenario, ensuring their safety while they focus on the successful retrieval of individuals in distress.

### 3. What type of policies does the NTTP 3-50.1, Navy Search and Rescue Manual provide?

- A. SAR training guidelines**
- B. SAR equipment specifications**
- C. SAR policies and evaluation procedures**
- D. SAR environmental considerations**

The Navy Search and Rescue Manual, NTTP 3-50.1, is a comprehensive guide that establishes the operational policies and procedures for search and rescue (SAR) missions within the Navy. This manual outlines the critical standards and protocols that are necessary to ensure the safety and effectiveness of SAR operations. It provides clear guidance on how SAR missions should be executed, defining roles and responsibilities, coordination between different units, and evaluation procedures for the missions conducted. By focusing on policies and evaluation procedures, the manual ensures that all personnel involved in SAR operations adhere to a consistent framework that can be assessed and improved upon. This systematic approach is crucial for maintaining operational readiness and enhancing the overall effectiveness of rescue operations. While the other options may represent important aspects of SAR operations, such as training guidelines or environmental considerations, the primary focus of the NTTP 3-50.1 is to provide a structured policy framework and evaluation mechanisms that support the strategic objectives of Navy search and rescue missions.

### 4. What indicates the emergency nature of the rescue situation according to the text?

- A. Signals from the survivor**
- B. The water temperature**
- C. Instructions from the crew**
- D. Medical readiness**

Signals from the survivor are a critical indication of the emergency nature of a rescue situation. When a survivor is in distress, their actions, such as waving, calling for help, or any visible signs of panic, can provide immediate and clear communication of their need for assistance. This visual or audible signaling is often the most direct way to ascertain the urgency of the situation and the immediate requirements for rescue efforts. Recognizing these signals can guide rescuers in prioritizing their response and determining the best course of action to ensure the survivor's safety. While factors such as water temperature, instructions from the crew, and medical readiness are important considerations during a rescue operation, they do not directly indicate the urgency of the situation in the same way that a survivor's signals do. Water temperature can influence the level of risk involved but does not provide specific information about the survivor's condition. Instructions from the crew may be essential for coordinating the rescue but rely on recognizing the emergency first. Medical readiness is vital for the aftermath of a rescue but is not a factor that indicates the immediate need for the rescue itself. Therefore, signals from the survivor stand out as the most direct evidence of an emergency needing prompt action.

**5. Where can requirements for annual SAR training and qualifications be found?**

- A. OPNAVINST 3140.5**
- B. OPNAVINST 3130.6**
- C. OPNAVINST 3150.7**
- D. OPNAVINST 3120.6**

The correct answer pertains to OPNAVINST 3130.6, which specifically outlines the requirements for Search and Rescue (SAR) training and qualifications. This instruction is critical for ensuring that personnel are adequately prepared and maintain the necessary skills for effective SAR operations. The instruction provides detailed guidelines on the frequency and content of training, as well as the evaluation of qualifications to ensure that rescue swimmers and related personnel are equipped to respond to emergencies proficiently. It addresses not only the training aspects but also the responsibilities of leadership in maintaining a well-trained team, thereby bolstering the overall effectiveness of SAR missions. This focus on training requirements assures that all rescue swimmers meet the necessary standards to operate safely and effectively, which is integral to the high-stakes nature of SAR operations. Other references, while relevant to different areas of Navy operations and training, do not specifically cover the annual SAR training and qualifications, which makes OPNAVINST 3130.6 the authoritative source for this specific training requirement.

**6. What does a raised arm with a clenched fist signify?**

- A. Proceed with caution**
- B. Stop housing**
- C. Resume activity**
- D. Help needed**

A raised arm with a clenched fist is an internationally recognized signal used in rescue situations. This gesture communicates that immediate assistance is required. When someone raises their arm with a clenched fist, it signals to others that they are in distress and in need of help. This sign is crucial in emergency scenarios, as it allows rescue swimmers and other rescuers to quickly identify individuals who are in jeopardy. In contrast, the other options do not accurately convey the message associated with a raised arm and clenched fist. For instance, "Proceed with caution" would typically involve more subdued hand signals or gestures that indicate vigilance without implying emergency. Similarly, "Resume activity" would not be represented by a clenched fist, as it implies normal operation rather than a need for aid. "Stop housing" does not relate to any recognized distress signal and does not convey any meaning regarding assistance. Therefore, the specific gesture of a raised arm with a clenched fist is unequivocally associated with needing help.

**7. What is the reference site for the corrected inventory of items in the medical bag?**

- A. Corporate website**
- B. SARMM share point website**
- C. Defense Logistics Agency website**
- D. FDA official site**

The correct reference site for the corrected inventory of items in the medical bag is the SARMM SharePoint website. This platform is specifically designed to manage and disseminate information related to search and rescue operations, including the inventory of medical supplies and equipment necessary for surface rescue swimmers. The SARMM SharePoint site is tailored to the needs of rescue personnel, providing them with up-to-date and accurate information, thus ensuring that all items crucial for operations are readily available and correctly documented. While other websites like the Corporate website, Defense Logistics Agency, and the FDA official site serve their purposes, they do not provide the specialized inventory information required for the specific needs of surface rescue operations. The Corporate website may contain broader corporate-related information, whereas the Defense Logistics Agency focuses on supply chain management for the military and may not feature the specific inventory for rescue operations. The FDA site primarily deals with regulations and safety of food and drugs rather than direct reference to operational checklists or equipment inventories for search and rescue purposes. Therefore, the SARMM SharePoint website is the most pertinent and reliable source for this specific inventory data.

**8. What must the RS consider while attempting to gain control of the survivor?**

- A. The amount of force used is critical**
- B. The survivor's emotional state**
- C. The location of the rescue boat**
- D. The time elapsed since the fall**

When attempting to gain control of a survivor, the amount of force used is indeed critical. This consideration is essential because using too much force can lead to the survivor becoming more distressed or even result in injury. Rescue swimmers must strike a balance between effectively managing the situation and ensuring the safety of both themselves and the survivor. Applying the right amount of force helps in establishing control while maintaining a sensitive approach, especially in high-stress situations where the survivor may be panicking. In different circumstances, factors like the survivor's emotional state, the location of the rescue boat, and the time elapsed since the fall can also be important, but they mainly influence the strategy and approach rather than the fundamental need for careful management of force. Understanding the importance of force can significantly enhance the likelihood of a successful rescue operation while minimizing further risk to the survivor.

**9. True or False: A Medical Rescue Report must be completed for all SAR efforts involving Navy personnel.**

- A. True**
- B. False**
- C. Only for successful rescues**
- D. Only for non-military rescues**

The statement that a Medical Rescue Report must be completed for all SAR efforts involving Navy personnel is false. In standard practice, a Medical Rescue Report is not mandated for every situation. Typically, these reports are generated only when specific criteria are met, such as when there is a medical intervention or when injuries are reported. This means that not all search and rescue (SAR) operations necessitate a Medical Rescue Report, especially if no medical issues arise during the operation. The intent of these reports is to ensure that appropriate medical documentation exists when necessary, but it is not a blanket requirement for every case involving Navy personnel. Additionally, the other options are also contingent if particular situations arise, but they don't reflect the general rule that there is no necessity for a report in all cases. The focus on completed reports is primarily tied to the medical context rather than the fact of the rescue operation itself. This highlights the importance of context for when documentation is truly essential.

**10. What is an important activity for surface RS personnel according to OPNAVINST 3130.6?**

- A. Watching videos on rescue techniques**
- B. Conducting proficiency training**
- C. Maintaining regular cycles of rest**
- D. Planning social events**

Conducting proficiency training is a crucial activity for surface rescue swimmer (RS) personnel as outlined in OPNAVINST 3130.6. This training ensures that personnel are consistently honing their skills and enhancing their abilities to perform rescues effectively and safely. Proficiency training includes practicing various rescue techniques, familiarizing oneself with equipment, and engaging in realistic scenarios that simulate actual rescue operations. This ongoing training is essential for building confidence, maintaining readiness, and ensuring that rescue swimmers can perform under the pressures of real-life situations. Effective proficiency training also minimizes the risks that can arise from being out of practice, which is vital in high-stakes environments like search and rescue operations. Ensuring that all team members are up-to-date with their skills adds to the overall effectiveness and safety of rescue missions, reinforcing the importance of this training as a key component of surface rescue operations. In contrast, activities like watching videos on rescue techniques, maintaining rest cycles, or planning social events do not contribute directly to the immediate skill development and readiness required for the role of a surface rescue swimmer. Therefore, while these activities have their place in the broader context of personnel well-being and professional development, they do not meet the operational training needs specified in OPNAVINST 3130.

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

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

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