

SURFACE RESCUE SWIMMER PRACTICE EXAM (SAMPLE)

STUDY GUIDE



**SAMPLE STUDY GUIDE
WITH LIMITED QUESTIONS**

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THE FULL VERSION STUDY GUIDE**

<https://surfacerescueswimmer.examzify.com>



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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. Which survivor should the rescue boat attempt to rescue first?**
 - A. Most recently spotted
 - B. Most severely injured
 - C. Closest to the boat
 - D. Youngest

- 2. Before inflating a survivor's personal flotation device, what must the Rescue Swimmer do when using a quick fitting harness?**
 - A. Check the flotation device's functionality
 - B. Disconnect the chest quick ejector snap
 - C. Reassess the survivor's condition
 - D. Secure the survivor's arms

- 3. True or False: The rescue boat is required to maintain positive communications with the bridge team at all times during a SAR mission.**
 - A. True
 - B. False
 - C. Only during nighttime operations
 - D. Only if conditions are safe

- 4. What is the status of collapsible stokes litters for use on surface ships?**
 - A. Allowed with guidelines
 - B. Allowed for trained personnel
 - C. Not allowed
 - D. Only for emergency use

- 5. Which publication outlines the Naval Search and Rescue (SAR) Standardization Program?**
 - A. OPNAVINST 3120.6
 - B. OPNAVINST 3130.5
 - C. OPNAVINST 3130.6
 - D. OPNAVINST 3140.2

- 6. What is the primary concern when performing an underwater approach to an entangled survivor?**
- A. Visibility underwater
 - B. The survivor's mental state
 - C. Rescue Swimmer's safety
 - D. Environmental conditions
- 7. If a survivor places a scissors lock on the Rescue Swimmer, how should the Rescue Swimmer respond?**
- A. Break the hold by force
 - B. Employ a swift escape
 - C. Place one hand between the ankles
 - D. Wrap the survivor's legs with a buoy
- 8. What does the term 'shall' imply regarding procedures in SAR operations?**
- A. It is discouraged
 - B. It is suggested
 - C. It is optional
 - D. It is mandatory
- 9. What must be ensured for the survivor before using the Rescue/MEDEVAC litter in a maritime rescue scenario?**
- A. They must be conscious
 - B. They should have no life-threatening injuries
 - C. They must be completely immobile
 - D. They should not have immediate life-threatening bleeding injuries
- 10. What condition is defined as asphyxia caused by immersion in fluid?**
- A. Hyperventilation
 - B. Choking
 - C. Near drowning
 - D. Drowning

Answers

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

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Explanations

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1. Which survivor should the rescue boat attempt to rescue first?

- A. Most recently spotted
- B. Most severely injured**
- C. Closest to the boat
- D. Youngest

Rescuing the most severely injured survivor first is critical because immediate medical attention can be the difference between life and death in emergency situations. Individuals who have sustained serious injuries are at a higher risk of deteriorating if not treated swiftly, which can lead to complications or fatality. Identifying and prioritizing those with severe injuries aligns with established rescue protocols and triage principles, where the goal is to maximize the number of survivors by providing timely help to those in greatest need. While factors such as being closest to the boat or being the youngest might seem relevant, they do not take precedence over the condition of the individual requiring urgent care. Focusing on the most grievously injured ensures that the rescue team's efforts lead to the best possible outcomes in terms of survival.

2. Before inflating a survivor's personal flotation device, what must the Rescue Swimmer do when using a quick fitting harness?

- A. Check the flotation device's functionality
- B. Disconnect the chest quick ejector snap**
- C. Reassess the survivor's condition
- D. Secure the survivor's arms

When using a quick fitting harness, it's crucial for the Rescue Swimmer to disconnect the chest quick ejector snap before inflating a survivor's personal flotation device. This is because the quick ejector snap facilitates a swift release of the harness system, allowing for safer and more effective deployment of the flotation device without interference. The harness must not be in a position that could inadvertently restrict the survivor during an emergency, especially when they are in distress and could panic. By disconnecting the quick ejector snap, the swimmer ensures that the survivor can be smoothly transitioned into a safe position and that the flotation device can expand unobstructed, enhancing the survivor's buoyancy and safety in the water. While checking the flotation device's functionality, reassessing the survivor's condition, and securing the survivor's arms are important tasks during a rescue operation, the immediate and critical step prior to inflating the flotation device is to disconnect the quick ejector snap. This ensures that the rescue can proceed without additional complications and keeps safety at the forefront of the operation.

3. True or False: The rescue boat is required to maintain positive communications with the bridge team at all times during a SAR mission.

- A. True**
- B. False
- C. Only during nighttime operations
- D. Only if conditions are safe

Maintaining positive communication between the rescue boat and the bridge team during a Search and Rescue (SAR) mission is essential for the safety and effectiveness of the operation. Constant communication ensures that the bridge team can provide critical situational awareness, share updates on the missions, and coordinate actions promptly. This allows for swift responses to changing conditions, which is vital in emergencies where every second counts. Such communication not only enhances teamwork but also helps prevent misunderstandings that could jeopardize the safety of the rescue swimmers and anyone they may be attempting to assist. Given the unpredictable nature of SAR operations, including variable weather conditions and the presence of obstacles in the water, continuous communication ensures that all personnel are aligned with the mission objectives and aware of each other's movements and statuses. Other scenarios, such as limiting communication to nighttime operations or only when conditions are safe, could create vulnerabilities. In high-stress situations or adverse weather, the necessity for communication becomes even more critical, making it important to maintain that connection at all times throughout the mission.

4. What is the status of collapsible stokes litters for use on surface ships?

- A. Allowed with guidelines
- B. Allowed for trained personnel
- C. Not allowed**
- D. Only for emergency use

Collapsible stokes litters are not permitted for use on surface ships because they do not meet the required safety and operational standards for patient transport in these specific environments. This restriction often stems from concerns about the structural integrity of collapsible litters, particularly in rough sea conditions where stability and reliability are crucial for safe patient handling. The standardization of equipment used for patient transfer ensures consistency and safety across all scenarios, which is vital in maritime operations. In contrast, options that suggest the litters could be allowed under certain conditions—whether with guidelines, for trained personnel, or limited to emergency use—would imply that collapsible stokes litters could potentially meet some safety criteria. However, the overarching directive typically favors robust and stable equipment to minimize the risk of injuries to both the patient and the rescuers in dynamic marine environments. Thus, the definitive stance is that collapsible stokes litters are not permissible in such settings.

5. Which publication outlines the Naval Search and Rescue (SAR) Standardization Program?

- A. OPNAVINST 3120.6
- B. OPNAVINST 3130.5
- C. OPNAVINST 3130.6**
- D. OPNAVINST 3140.2

The Naval Search and Rescue (SAR) Standardization Program is outlined in OPNAVINST 3130.6, which is specifically focused on enhancing the effectiveness and consistency of search and rescue operations across various naval units. This instruction provides the necessary guidelines and procedures that ensure all personnel involved in SAR missions are adequately trained and prepared, fostering a standard approach to SAR operations. OPNAVINST 3130.6 emphasizes the need for standardized practices to improve coordination and efficiency during SAR missions, which is essential given the unpredictable nature of such operations. By adhering to the standards set forth in this instruction, rescuers can improve response times and enhance the overall effectiveness of search and rescue efforts, thereby maximizing the chances of successful missions. The other materials, while important in their respective areas, do not specifically address the SAR Standardization Program. Thus, OPNAVINST 3130.6 is the definitive reference for those seeking detailed guidance on SAR procedures and standard practices within the Navy.

6. What is the primary concern when performing an underwater approach to an entangled survivor?

- A. Visibility underwater
- B. The survivor's mental state
- C. Rescue Swimmer's safety**
- D. Environmental conditions

The primary concern when performing an underwater approach to an entangled survivor is the rescue swimmer's safety. In such a high-stakes situation, the rescuing swimmer needs to be acutely aware of their own ability to navigate and perform effectively while also managing the risks posed by the environment and the situation at hand. When approaching an entangled survivor, the rescuer may face various hazards, such as strong currents, potential entanglement themselves, and limited visibility. Prioritizing the rescue swimmer's safety ensures that they can carry out the rescue effectively without becoming a victim themselves, which would complicate the rescue effort and potentially endanger the survivor as well. Other considerations like visibility underwater, the survivor's mental state, and environmental conditions are certainly important factors to assess, but they become secondary when the rescuer's own safety is at stake. Only when the swimmer feels secure in their approach can they proceed to safely assist the survivor.

7. If a survivor places a scissors lock on the Rescue Swimmer, how should the Rescue Swimmer respond?

- A. Break the hold by force
- B. Employ a swift escape
- C. Place one hand between the ankles**
- D. Wrap the survivor's legs with a buoy

When a survivor places a scissors lock on a Rescue Swimmer, the appropriate response is to place one hand between the ankles of the survivor. This technique helps to create space and disrupt the lock that the survivor has created with their legs. By positioning a hand between the ankles, the Rescue Swimmer can effectively separate the survivor's legs, which can allow for further movements and assist in gaining control of the situation. This approach minimizes the risk of injury to both the swimmer and the survivor while maximizing the chance of successful extraction from the situation. It's essential for the Rescue Swimmer to keep calm and use technique rather than sheer force, as breaking free violently could lead to further complications or panic. Using this method ensures a safer and more effective resolution to the encounter with the survivor.

8. What does the term 'shall' imply regarding procedures in SAR operations?

- A. It is discouraged
- B. It is suggested
- C. It is optional
- D. It is mandatory**

The term 'shall' in the context of Search and Rescue (SAR) operations indicates that certain procedures or actions are mandatory. This term is often used in policy documents, guidelines, and protocols to create a clear directive that leaves no room for interpretation or discretion. When 'shall' precedes a requirement, it signifies that adherence to the procedure is essential for ensuring safety, compliance, and effectiveness in SAR operations. Using the word 'shall' establishes a duty or obligation for the personnel involved, ensuring that all members understand the importance of following specific procedures that have been deemed necessary for successful operations. This is crucial in SAR scenarios, where following established protocols can mean the difference between life and death. In contrast, alternatives to 'shall' such as 'should' or 'may' often indicate recommendations or optional actions rather than enforceable requirements. This distinction emphasizes the critical nature of adhering to directives that are marked with 'shall' in SAR practices.

9. What must be ensured for the survivor before using the Rescue/MEDEVAC litter in a maritime rescue scenario?

- A. They must be conscious
- B. They should have no life-threatening injuries
- C. They must be completely immobile
- D. They should not have immediate life-threatening bleeding injuries**

In a maritime rescue scenario, ensuring that a survivor should not have immediate life-threatening bleeding injuries before using the Rescue/MEDEVAC litter is crucial for several reasons. First, immediate life-threatening bleeding requires urgent medical intervention and could compromise the survivor's condition during transport. If bleeding is not controlled before placing the survivor in the litter, movement could exacerbate their injuries, leading to further blood loss and potential shock. Using a litter is typically intended for stable patients where mobility for transportation is necessary, and addressing any critical bleeding is a priority that must be handled before movement. Therefore, verifying that the survivor does not have immediate life-threatening bleeding ensures that they can be safely transported without further risk to their condition, enhancing their chances of survival and improving outcomes once they receive comprehensive medical care. While it may be important for a survivor to be conscious or to have no life-threatening injuries for other aspects of the rescue process, the primary concern in this context is addressing immediate threats to life, specifically those related to uncontrolled bleeding. Hence, confirming that there is no immediate life-threatening bleeding aligns directly with the goals of providing timely and effective rescue support.

10. What condition is defined as asphyxia caused by immersion in fluid?

- A. Hyperventilation
- B. Choking
- C. Near drowning
- D. Drowning**

Drowning is defined as asphyxia caused by immersion in fluid, which can prevent a person from breathing air. This condition occurs when water or another liquid enters the airway, leading to a lack of oxygen and potentially resulting in death or severe injury. Understanding the mechanism of drowning is vital for rescue swimmers, as timely intervention and the ability to recognize signs of drowning can greatly influence survival outcomes. When a person is submerged, the body's reflexes may cause involuntary inhalation of the liquid, leading to a rapid decline in oxygen levels and the onset of asphyxia. In contrast to drowning, terms like near drowning refer to situations where a person may survive an incident of submersion but experiences complications related to the aspirated fluid. It's important to differentiate between these terms, as they reflect varying degrees of severity and potential outcomes regarding survival and recovery. Other conditions listed, such as hyperventilation and choking, do not specifically refer to the asphyxia caused by being immersed in fluid but rather denote different physiological responses or obstructions that impact breathing in varied contexts.

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://surfacerescueswimmer.examzify.com>

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

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