



SAR Exam 1

1. A basic understanding of this is a crucial element of overcoming a fear of water.
 - a) Buoyancy
 - b) Swimming
 - c) Floating
 - d) Floats
2. A lifeguard should use the stride jump with a rescue tube only if the water is at least _____ deep and he or she is no more than 3 feet above the water.
 - a) 2 Feet
 - b) 1 Foot
 - c) 7 Feet
 - d) 5 Feet
3. To enter the water from a gradual slope, such as a shoreline or wave pool, the lifeguard should use the
 - a) Stride jump
 - b) Run-and-Swim Entry
 - c) Slide Jump
 - d) Front Jump
4. Movement should be relaxed and smooth, knees are drawn forward as the arms simultaneously pull downward and backwards as the head lifts and faces forward is what?
 - a) Projecting
 - b) Surround
 - c) Regaining standing
 - d) Fronting
5. To enter the water when more than 3 feet above the water, such as on a lifeguard stand, helicopter, or pier the rescuer will use?
 - a) Slide-In Entry
 - b) Stride Jump
 - c) Run-and-Swim Entry
 - d) Compact Jump

6. The fastest, most efficient stroke of them all?
 - a) Front Crawl
 - b) Side Stroke
 - c) Combat Stroke
 - d) All the Above
7. The _____ is an important part of the front crawl, especially swimming in the ocean.
 - a) Stroke
 - b) Flotation
 - c) Recovery Stroke
 - d) Kick
8. Rescue Swimmers are _____ who save lives.
 - a) Paramedics
 - b) Air Crew
 - c) Athletes
 - d) Any Crew member with swimming ability.
9. When performing patron surveillance, a lifeguard should always keep a _____ ready to use.
 - a) Rescue tube
 - b) Long Back Board
 - c) CPR Mask
 - d) Medical Gloves
10. The typical line length of a _____ ranges from 30 to 60 feet.
 - a) Rescue Tube
 - b) Rescue Rope
 - c) Ring Buoy
 - d) Towing Line
11. When using a rescue board in calm water which end do you point to the victim?
 - a) Rear
 - b) Bow
 - c) Port Side
 - d) Right Side
12. When using a rescue board for a victim the is Unresponsive, which of the following is not a true statement?
 - a) Grasp the victim's hand or wrist and slide off the board on the opposite side, flipping the rescue board over toward the lifeguard.
 - b) Hold the victim's arm across the board with the victim's chest and armpits against the far edge of the board
 - c) Approach the victim from the side.
 - d) Approach the victim from the front side.

13. When using watercraft If the victim cannot hold the oar or equipment, what is the correct way to approach the victim?
- a) move the rear close to the victim.
 - b) move the stern close to the victim.
 - c) move the bow close to the victim.
 - d) All the above
14. The best way to swim to the victim is?
- a) Side Stroke
 - b) Modified Front Crawl
 - c) Breaststroke
 - d) B & C
 - e) All the above
15. The active drowning victim _____ can be used for either a distressed swimmer or an active drowning victim.
- a) Rear rescue
 - b) Side rescue
 - c) Reach rescue
 - d) Device rescue
16. Passive Drowning Victim Rear Rescue, when rolling the victim face up which of the following statement is True?
- a) Roll the victim over by raising the lifeguard's shoulder and rolling onto the back so that the victim is face-up on top of the rescue tube.
 - b) Roll the victim over by dipping the victim shoulder and rolling onto the back so that the victim is face-up on top of the rescue tube.
 - c) Roll the victim over by dipping the lifeguard's shoulder and rolling onto the back so that the victim is face-up on top of the rescue tube.
 - d) None of the above
17. When performing a rescue for an Active or Passive Submerged Victim in Deep Water which of the following is false?
- a) As downward momentum slows, turn the palms outward and sweep the hands and arms upward and overhead.
 - b) Do not repeat this arm movement until deep enough to reach the victim.
 - c) Hold the victim in a face-up position on the rescue tube
 - d) Quickly move the victim to safety
18. Which of the following is false about escapes?
- a) As soon as the victim grabs hold, take a quick breath.
 - b) Tuck the chin right.
 - c) Turn the head to either side.
 - d) Raise the shoulders and submerge with the victim.

19. When doing an escape, it is important to Keep the _____, the arms fully extended, and the shoulders raised until free.
- a) Chin tucked
 - b) Hands Closed
 - c) Eyes forward
 - d) Hands relax
20. Which of the following is true if there is only one lifeguard rescuing two victims who are clutching each other?
- a) Use the rescue tube to support both victims with their mouths out of the water.
 - b) Talk to the victims to help reassure them.
 - c) Support both victims until other rescuer's arrive or the victims calm down enough to help move to safety.
 - d) All the above