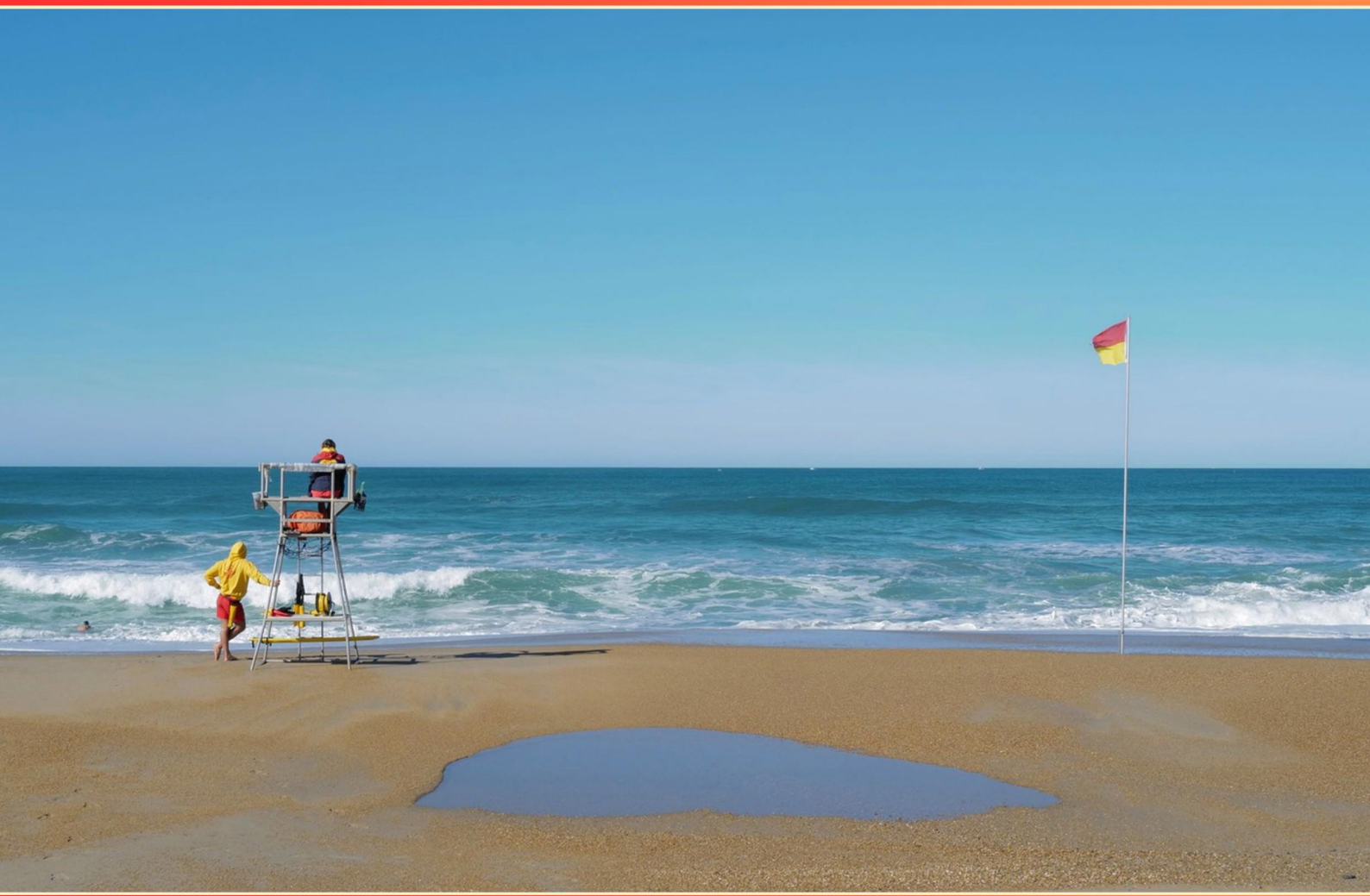
STARGUARD SUN SPLASH PRACTICE TEST (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

VISIT US ONLINE FOR THE FULL VERSION STUDY GUIDE

https://starguardsunsplash.examzify.com

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

Copyright 1

Table of Contents 2

Introduction 3

How to Use This Guide 4

Questions 5

Answers 8

Explanations 10

Next Steps 15

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.

SAMPLE

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!

SAMPLE

Questions

SAMPLE

1. What is the purpose of an Aquatic Facility's Emergency Action Plan?

A. A structured plan outlining procedures for various emergencies
B. A document listing all lifeguard certifications
C. A guide on how to operate the facility's equipment
D. A checklist for opening and closing the pool

2. What is the correct placement for the Heimlich maneuver?

A. Shoulder width apart, arms above the head
B. Foot in lunge position, pinky on the belly button
C. Hands crossed over the chest
D. Feet together, arms extended forward

3. After calling for help, what should you ask for?

A. I need a stretcher and water
B. I need a backboard, oxygen, mask, gloves, AED
C. I need an ambulance and a doctor
D. I need bandages and first aid kits

4. What is the safest entry method for any depth of water?

A. Feet-first entry
B. Compact jump
C. Tuck and roll
D. Stride jump

5. What is the first step in administering oxygen?

A. Attach the oxygen mask to the patient
B. Turn on the oxygen supply
C. Put on gloves
D. Securely connect the tubing

6. Which of the following is NOT a step in the rescue breathing process?

A. Head tilt chin lift
B. Tongue jaw lift
C. Chest compressions
D. Foreign object check

SAMPLE

7. What should be checked after administering chest compressions during the Heimlich maneuver?

A. Check the victim's pulse

B. Check for any obstructions in the mouth

C. Check if the person regains consciousness

D. Check for signs of distress

8. How does infant rescue breathing sound when administered?

A. One one thousand, two one thousand, puff 1

B. One one thousand, puff 1; one one thousand, puff 2

C. One one thousand, two one thousand, puff 2

D. Two one thousand, puff 1; two one thousand, puff 2

9. How do you check for responsiveness in a victim?

A. Shake the victim's arm gently

B. Tap the victim's shoulder and shout "Hey! Hey! Are You OK?"

C. Ask the victim to squeeze your hand

D. Check for pulse in the wrist

10. Which of the following is an example of PPE?

A. Mask

B. Gloves

C. Goggles

D. First-aid kit

SAMPLE

Answers

SAMPLE

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

SAMPLE

Explanations

SAMPLE

1. What is the purpose of an Aquatic Facility's Emergency Action Plan?

A. A structured plan outlining procedures for various emergencies

B. A document listing all lifeguard certifications

C. A guide on how to operate the facility's equipment

D. A checklist for opening and closing the pool

The purpose of an Aquatic Facility's Emergency Action Plan is to provide a structured plan outlining procedures for various emergencies that may occur in and around the aquatic environment. This plan ensures that all staff members are prepared to respond quickly and effectively to incidents, such as rescues, medical emergencies, weather-related evacuations, and other unforeseen events. Having a comprehensive Emergency Action Plan allows for a coordinated response, minimizes confusion during emergencies, enhances communication among staff, and ultimately aims to protect health and safety. It also includes important details such as emergency contact numbers, roles and responsibilities for staff, and evacuation routes, which are crucial during high-pressure situations. The other options do not serve the main objective of ensuring safety and emergency preparedness at the facility.

2. What is the correct placement for the Heimlich maneuver?

A. Shoulder width apart, arms above the head

B. Foot in lunge position, pinky on the belly button

C. Hands crossed over the chest

D. Feet together, arms extended forward

The Heimlich maneuver, or abdominal thrust maneuver, is designed to dislodge an object blocking a person's airway. The correct placement involves positioning oneself so that one foot is in a lunge position with the pinky placed just above the belly button on the individual's abdomen. This allows for the appropriate leverage and force to be applied when thrusting upward to expel the obstruction from the airway. Positioning with the foot in a lunge provides stability and balance, enabling the person administering the maneuver to generate the necessary force effectively. The placement of the hands above the belly button is crucial; it's essential to position them just above the navel to target the diaphragm and create the required pressure for expulsion. This method maximizes the chance of successfully clearing the airway and is a critical skill that can save lives in an emergency.

3. After calling for help, what should you ask for?

A. I need a stretcher and water

B. I need a backboard, oxygen, mask, gloves, AED

C. I need an ambulance and a doctor

D. I need bandages and first aid kits

The reason the answer is the most appropriate is that it includes essential equipment and supplies specifically tailored for responding to a medical emergency. In situations where someone may be injured or in distress, having a backboard can assist in safely immobilizing a patient, especially in cases of potential spinal injuries. Oxygen and a mask are crucial for providing respiratory support if the individual is struggling to breathe. Gloves are important for protecting both the responder and the patient from contamination while administering care. Lastly, an Automated External Defibrillator (AED) is critical for addressing life-threatening cardiac events, as it can restore a normal heart rhythm in cases of sudden cardiac arrest. The other options lack the same level of comprehensiveness or specificity needed for a serious medical response. For instance, simply asking for a stretcher and water may not address the immediate medical needs of the injured person. Requesting an ambulance and a doctor focuses on transportation and medical expertise but does not prepare for initial care before these professionals arrive. Bandages and first aid kits can be helpful, but they do not encompass the full range of immediate care requirements that may be necessary in serious situations.

SAMPLE

4. What is the safest entry method for any depth of water?

A. Feet-first entry

B. Compact jump

C. Tuck and roll

D. Stride jump

The compact jump is considered the safest entry method for any depth of water primarily because it minimizes the risk of injury upon impact. By keeping the body compact and as streamlined as possible, the spread of impact force is reduced, which helps to lessen the chance of hitting the water at an awkward angle. This method also allows the jumper to quickly become streamlined, entering the water head-first without the risk of excessive splash or disorientation. Additionally, a compact position can be beneficial in terms of maintaining control throughout the entry. The position significantly limits the exposure of limbs and reduces the surface area that can potentially lead to injuries from unexpected underwater obstacles. When performed correctly, a compact jump can provide an efficient and safe way to enter various depths of water while ensuring that the individual remains in control of their entry into the aquatic environment.

5. What is the first step in administering oxygen?

A. Attach the oxygen mask to the patient

B. Turn on the oxygen supply

C. Put on gloves

D. Securely connect the tubing

The first step in administering oxygen is to ensure the safety and hygiene of the procedure, which typically involves putting on gloves. This is crucial in a medical setting to protect both the patient and the healthcare provider from potential contamination, especially if the patient has any open wounds, infections, or other health concerns. By wearing gloves, the provider minimizes the risk of transmitting pathogens. In practice, the other steps—such as securing the tubing, turning on the oxygen supply, and attaching the oxygen mask—follow the initial step of putting on gloves. Each of these actions is important in effectively delivering oxygen, but they come after ensuring proper personal protective measures. By starting with gloves, the provider is setting a standard of care that prioritizes both safety and effective treatment.

6. Which of the following is NOT a step in the rescue breathing process?

A. Head tilt chin lift

B. Tongue jaw lift

C. Chest compressions

D. Foreign object check

In the context of rescue breathing, chest compressions are not a part of the process. Rescue breathing is focused specifically on providing effective breaths to an individual who is not breathing adequately on their own. The techniques utilized include actions like the head tilt-chin lift to open the airway, the tongue-jaw lift to ensure that the airway remains clear, and checking for foreign objects that might obstruct breathing. Chest compressions are part of cardiopulmonary resuscitation (CPR) and are indicated when an individual does not have a pulse or is in cardiac arrest, necessitating circulation support in addition to rescue breathing. In a scenario requiring rescue breaths alone, performing chest compressions is not appropriate, as the primary focus is on restoring adequate ventilation rather than circulation.

SAMPLE

7. What should be checked after administering chest compressions during the Heimlich maneuver?

A. Check the victim's pulse

B. Check for any obstructions in the mouth

C. Check if the person regains consciousness

D. Check for signs of distress

After administering chest compressions during the Heimlich maneuver, it is crucial to check for any obstructions in the mouth. When someone is choking, foreign objects can become lodged in the airway, and after attempting to relieve the obstruction with chest compressions, it's important to assess if any of the object can be visible or accessible in the mouth. This step is significant because if an obstruction is visible, it may be safely removed to help restore normal breathing. Not performing this check can lead to a failure to address the airway issue fully, potentially putting the victim at further risk. The other considerations, while important in emergency protocols, do not directly address the immediate need to verify if any obstruction remains after the Heimlich maneuver. For instance, checking the pulse is essential in many first-aid scenarios, but it does not directly aid in resolving choking. Similarly, checking for signs of consciousness or distress may suggest the victim's state but don't help in confirming whether the airway is clear. Thus, ensuring that there are no remaining obstructions is the most direct and relevant follow-up action.

8. How does infant rescue breathing sound when administered?

A. One one thousand, two one thousand, puff 1

B. One one thousand, puff 1; one one thousand, puff 2

C. One one thousand, two one thousand, puff 2

D. Two one thousand, puff 1; two one thousand, puff 2

When administering rescue breathing to an infant, the technique is characterized by a specific rhythm and timing that ensures effective ventilation. The wording "one one thousand, puff 1; one one thousand, puff 2" illustrates the proper cadence for delivering breaths. Each breath should be given slowly and gently, allowing approximately one second for each puff, with a brief interval in between, to ensure that the infant has enough time to exhale and that the breaths are not given too quickly or forcefully, which could lead to complications such as air entering the stomach instead of the lungs. This choice represents the recommended approach, emphasizing the importance of a deliberate and controlled method when delivering breaths to an infant, ensuring that the breaths are effective without overwhelming the child. The timing structure helps to simulate a natural breathing pattern while allowing the rescuer to maintain the focus needed for successful ventilation, ensuring that the infant receives the necessary oxygen.

SAMPLE

9. How do you check for responsiveness in a victim?

A. Shake the victim's arm gently

B. Tap the victim's shoulder and shout "Hey! Hey! Are You OK?"

C. Ask the victim to squeeze your hand

D. Check for pulse in the wrist

To check for responsiveness in a victim, tapping the victim's shoulder and shouting "Hey! Hey! Are You OK?" is an effective method. This approach combines both tactile and auditory stimuli, which are essential for determining if a person is awake and aware. Verbal prompts like shouting help to engage the victim and assess if they can respond to sounds, indicating their level of consciousness. The rationale behind this method is that it allows you to gauge the victim's responsiveness quickly and effectively. If they react to your voice or touch, you have immediate feedback about their state of alertness. This is crucial in emergency situations, as prompt identification of responsiveness can guide further actions, such as whether to perform CPR or call for additional help. Other methods, like shaking the victim's arm gently, may not provide clear feedback about the victim's awareness or consciousness level, and checking for pulse in the wrist does not directly assess responsiveness. Asking the victim to squeeze your hand may also be helpful once you've established initial contact, but it is not the most effective first step for determining if they are conscious and responsive.

10. Which of the following is an example of PPE?

A. Mask

B. Gloves

C. Goggles

D. First-aid kit

Personal Protective Equipment (PPE) encompasses a variety of items designed to protect individuals from potential hazards in their environment. Gloves serve as a critical form of PPE because they provide a barrier between the skin and harmful substances, pathogens, or chemicals, thereby minimizing the risk of contamination and injury. In the context of a sun splash facility, gloves are particularly important for staff dealing with chemicals, handling equipment, or providing first aid, as they protect both the wearer and others by preventing the transfer of bacteria or viruses. The use of gloves is a standard practice in health and safety guidelines for environments where exposure to infectious materials is a concern. While masks and goggles are also forms of PPE, gloves stand out in their direct application for personal protection against physical interaction and contamination. A first-aid kit, while essential for emergency care, is not classified as PPE; rather, it is a tool used for treatment after an injury has occurred.

SAMPLE

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://starguardsunsplash.examzify.com

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

SAMPLE