

BEING SAFE AROUND THE WATER

Complete the multiple choice quiz below by circling your answer to these questions.



1. What can you do to get help when you are in trouble in the water?

- a. Splash around as fast as you can
- b. Put your hand up and yell for help
- c. Go to the bottom and push off and upwards repeatedly
- d. Swim to someone nearby and ask for help

2. What piece of equipment shows you where to swim at a patrolled beach?

- a. The lifeguard tower
- b. Red cones
- c. The red and yellow flags
- d. The safety boat

3. Why shouldn't you swim alone?

- a. There may be no one else to help you if you get into trouble
- b. There are sharks in the ocean
- c. Your friend cannot save you once you are in trouble
- d. You will be lonely

4. What is an open water environment?

- a. A pool that is unfenced
- b. A body of water without lane ropes
- c. Pools, ocean baths and public spas
- d. Creeks, streams, dams and rivers

5. What are two signs you might see at the pool to help keep you safe?

- a. Height restrictions and pool depth
- b. No planking and no bombing
- c. Pool depth and no diving
- d. No running and no flossing

6. Your friend wants you to take a risk while swimming at the beach. What should you do?

- a. Be polite and go along with it
- b. Yell at him/her "No, I won't do it!"
- c. Let your friend know you are not comfortable and say no
- d. Let them know you are not comfortable, but go along with it anyway

7. Which piece of equipment is used by a lifeguard to help a distressed swimmer at the pool?

- a. A bodyboard
- b. A surfboard
- c. A rubber duckie
- d. A flotation aid

8. Which answer is not one of the rules that helps keep you safe in the water?

- a. Ask a lifeguard for help
- b. Raise your hand if you are in trouble
- c. Never swim alone
- d. Swim where there are no waves breaking

9. What is a risk?

- a. Complete disorder and confusion
- b. A deliberate injury
- c. An unexpected situation that needs immediate action
- d. A situation that involves exposure to danger

10. What is the best piece of equipment you can use to reduce risk while boating?

- a. A lifejacket
- b. An oar
- c. A mobile phone
- d. Flippers