

Water Safety

Before you dive in...

Think carefully about your answers to these questions. You may have to tick more than one box.

1. Why is a public swimming-pool the safest place to swim?

- a. It is warm and clean
- b. You can meet your friends there
- c. It is patrolled by trained staff

2. Why should you wait before swimming after meals?

- a. You will feel sleepy
- b. You might get cramp or be sick
- c. You will be too heavy to float

3. Where is it safe to dive?

- a. In shallow water
- b. Into 'unknown' waters
- c. Into the deep end of a swimming-pool

4. When is it safe to walk on ice-covered ponds, lakes or canals?

- a. In the winter
- b. When the temperature is 0° C
- c. Never

5. Why should you never go swimming alone?

- a. It is boring
- b. You might run into trouble and need help
- c. It is more fun with a friend

6. If you are walking by a stream or a lake and you see someone in trouble, should you...

- a. Jump in to help them?
- b. Look for a nearby adult to help?
- c. If no adult is nearby, throw the person a line or try to reach them with a stick or scarf?

7. If you feel cold or unwell while you are swimming, should you...

- a. Get out of the pool?
- b. Swim faster to get warm?
- c. Float on your back?

8. If you fall into water and cannot reach safety, what should you do?

- a. Think clearly, and don't panic
- b. If you cannot reach the bottom, turn over and float on your back
- c. Call for help - wave one arm. Get noticed!

9. If you are on a beach and see a red flag, this means...

- a. It is safe to swim
- b. It is going to be windy
- c. It is **not** safe to swim

10. If you want to enjoy water and like swimming, sailing or fishing, always...

- a. Go with friends
- b. Go alone
- c. Go with an adult

When you have finished this challenge, ask a parent or teacher to check your answers. If you have got 10/10, well done! Less than 6/10, try The Splash Code again.