

Water Safety Quiz

Answers!

1. Name 3 types of open water:

- **River**
- **Sea**
- **Lake**
- **Reservoir**
- **Quarry**

2. Why is open water so dangerous to swim in?

- **There could be currents under the water**
- **The water is cold**
- **There may be things that you could get trapped in**
- **You might not be able to see how deep it is**
- **Some wildlife like jellyfish can be dangerous**
- **There might be a rip tide at the beach**
- **There could be strong waves**
- **It might be very difficult to get out**

3. Why is it safer to go to a swimming pool than to swim in open water?

- **There is usually a lifeguard at the swimming pool**
- **The water is warm**
- **The water is clean**
- **You know how deep the water is**
- **There are no unexpected currents or waves**

4. Name 3 hazards you might find at the beach

- **Waves**
- **Rip tides**
- **Underwater currents**
- **Sharp objects**

- **Sunburn and heat exhaustion**
- **Possibly no lifeguard**
- **Lots of people**
- **Dinghies and inflatables**

5. Name 3 hazards you might find by a river

- **Deep water**
- **Steep river banks that are hard to climb out of**
- **Strong currents**
- **Broken or missing rescue equipment**
- **Submerged items**
- **Cold water**
- **Murky water**

6. Name 3 hazards you might find by a lake

- **Deep water**
- **Cold water**
- **Steep banks that are hard to climb out of**
- **Submerged items**
- **Broken or missing equipment**
- **Murky water**

7. How can cold water affect your swimming ability?

It can make you panic, feel tired, cause cramp and take your breath away.

8. Why is diving into shallow water dangerous?

You might hit your head on the bottom. This could result in you becoming unconscious and drowning or damaging your neck and becoming paralysed.

9. Think of 3 things you could throw to someone in the water to help them float?

Anything that floats!

10. Why must you not jump in to try to save someone?

You could get into danger too and then there would be 2 casualties in need of rescue. Always keep yourself safe too.

11. How can you get help in an emergency?

Run for help and call the emergency services.

12. What number should you call in an emergency and which emergency service should you ask for?

999 or 112. If you are at the beach ask for the coastguard. If you are inland ask for the Fire and Rescue service.

13. Why is it important we learn to swim in clothes as well as in bathers?

If you fell into open water, then you would be wearing your clothes.

14. Why is it important that we can swim without wearing goggles?

If you fell into open water, then you would not be wearing your goggles!

15. What should you do if you fall into cold water?

Float until you get your breath back and feel calm, then shout for help.

16. What are the 4 key water safety messages?

Stop and Think

When you're by the water, ask yourself:

- **Is it a safe place to swim and is there a lifeguard?**
- **How deep is it?**
- **What dangers could be under the surface?**
- **At the beach, have you asked the lifeguards for advice?**

Stay Together

Family and friends can help in an emergency

- **Always go with someone else.**
- **Tell someone where you're going and when you'll be back.**
- **Carry a phone to call for help.**

Float

Float until you get your breath back and feel calm, then shout for help.

Call 999 or 112

If you are at the beach ask for the coastguard. If you are inland ask for the Fire and Rescue service.

17. Why should you keep your head out of the water as much as possible?

To preserve heat – you lose the majority of your body heat through your head.

18. What types of flags would you see at the beach? What do they mean?



19. What is the H.E.L.P position?

The Heat Escape Lessening Position (HELP) is a way to stop heat escaping from your body when in cold water.

Hold on to something that floats, cross your arms, tuck your legs in and keep your head above the water.



20. What is the huddle position?

When a group of people huddle together to conserve body heat together.

