

STUDENT'S NAME:

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SCHOOL:

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YEAR LEVEL:

DATE:

## WATER SAFETY KNOWLEDGE ANSWERS

To download a copy of the Victorian Water Safety Certificate Teacher's Guide, a sample Certificate and to order Certificates online, visit [www.lsv.com.au/vwsc](http://www.lsv.com.au/vwsc).

Students are required to answer the following questions on issues relating to water safety knowledge:



### Water safety

Why would you use a feet first entry into deep water?

It is safer than a head first entry, especially when the water has debris floating on it.

It allows the feet to feel for unseen obstacles below the surface. Different types of feet first

entries that can be used in deep water are; Stride-in entry, compact jump, step-in entry.

Name at least three survival strokes.

1. Head-up freestyle

2. Survival backstroke

3. Breaststroke

4. Sidestroke

List three ways you could keep yourself afloat in the water without an aid?

1. Sculling

2. Treading water

3. Floating

## What are the different ways you could rescue a person in trouble?

Non-swimming rescues including talk rescue, reach rescue, throw rescue, wade rescue and row rescue. Swimming rescues including swim rescue and tow rescue. In any rescue, self preservation is most important. The rescuer should know their own ability and firstly attempt a rescue where they do not enter the water. Getting help from an adult and emergency services is also very important.

## Water safety around the home

Give at least three rules of water safety around swimming pools.

1. Fence home pools and include self-closing gates to the appropriate Australian Standard.
2. Empty children's paddling pools as soon as they have finished using them.
3. Remove climbing objects from around the outside area of the pool.
4. Always swim with an adult actively supervising.

List places around the home which could be potential water dangers.

1. Unfenced home pools
2. Gates and barriers left open allowing easy access to a pool
3. Uncovered spa bath
4. Filled paddling pools which are not in use
5. Buckets filled with liquids
6. Eskies with melted ice
7. Fish ponds in gardens which may attract young children
8. Bath filled with water or the plug left in
9. Washing machines with open lids
10. Toilets with open or accessible lids
11. Dams, creeks, wells, water tanks and irrigation channels on properties, i.e. farms
12. Animal drinking bowls and troughs

## Aquatic Recreation Environments

**If you are in a boat and it turns over, what should you do?**

Remain calm; float, scull and tread water – ensure you are wearing/put on a lifejacket.

If a flotation aid is available, hold on to it for support.

Make a plan – For example, is it possible to safely swim to land or should you stay with the boat and attract attention?

**List at least three safety rules you should follow when swimming at the pool.**

1. Read and obey notices/signs giving advice to swimmers.
2. Assess your ability - stay clear of deep water unless you can swim.
3. Check the depth markings on the pool side to see where it is best to swim or dive.
4. Obey the pool lifeguards.
5. No running.

**If you are visiting a swimming pool for the first time, what do you need to know?**

How to read and understand the notices/signs giving advice to swimmers.

Understand your ability - stay clear of deep water unless you can swim.

Check the depth markings on the pool side to see where it is best to swim or dive.

Know what the pool lifeguards look like and where they are located.

## Beach and surf

**If you get into trouble in the water, how do you attract attention?**

Stay calm.

Float, scull and tread water.

Wave

Call for HELP!

**Where should you swim at the beach?**

Always swim between the red and yellow flags, where the lifesavers can see you.

Always swim with an adult. Read the safety signs.

**What colour are the flags you swim between at the beach?**

Always swim between the red and yellow flags, where the lifesavers can see you.

**If you are swimming at the beach and get caught in a rip current, what should you do?**

Stay calm, conserve your energy, wave an arm and call for HELP! Also consider these options:

1] Float with the current. It may return you to a shallow sandbank; or

2] Swim parallel to the beach. You may escape the rip current.

Re-assess the situation – if what you’re doing isn’t working, try another option until you return to shore.

## **Inland waterways**

**What dangers may be found when playing around river banks?**

Slippery, muddy and crumbling river banks.

These could be the cause of an accidental and unexpected entry into the river.

**List at least three dangers that may be found when swimming in rivers and lakes.**

1. Cold, murky or muddy water - Makes it hard to see any debris and submerged obstacles. May cause muscle cramps.

2. Uneven and unsafe river beds - uneven and unsafe river beds can cause difficulties for those wading or swimming.

3. Submerged obstacles - Submerged obstacles such as trees, branches, rocks or discarded rubbish can be very dangerous when diving, swimming or even falling in accidentally.

4. Currents- Currents are unpredictable. A current is a portion of water moving in a certain direction.

**Who should you get to check a river, dam, lake or water hole before swimming?**

An adult; a local who is familiar with the environment; a Park Ranger or lifeguard (if designated swimming area). You must also read the signs and check relevant information websites.

**What should you do if you are caught in a river current?**

Stay calm; conserve your energy and float or scull travelling feet first. Try to work your way to the edge and grab hold of something, i.e. an overhanging branch or tree. Wave an arm and call for HELP!