

WATER SAFETY QUIZ - QUESTIONS & ANSWERS

Q1] What is the safest form of entry into deep water?

A] Feet first entry - It is safer than a head-first entry, especially when the water has debris that may or may not be seen on the surface. 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.

Q2] List two places around the house that could be potential water dangers?

A] Possible answers:

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

Q3] Name one survival stroke.

A] Answers could be: survival backstroke; breaststroke; sidestroke.

Q4] Swimming can make you feel? (No right or wrong answer here).

A] Happy - Regular exercise can increase self-confidence, relax you, and lower the symptoms associated with mild depression, anxiety and stress. Other answers may include safe, energetic, fit etc.

Q5] By the end of Year 6, we want all students to be able to swim consistently for what distance in the pool?

A] Swim 50m.

Q6] What muscles are used whilst swimming?

A] Almost all muscles.

Q7] Name one object that could be used for a throw rescue and one object that could be used in a reach rescue.

A] Throw rescue: Esky, rescue ring, rope, life jacket, ball, kickboard. Reach rescue: Pole/stick, rescue ring, life jacket, kickboard.

Q8] Where should you swim at the beach?

A] Always swim between the red and yellow flags.

Q9] There are three ways in which you can keep yourself afloat in the water without an aid. Name one.

A] Sculling; treading water; floating.

Q10] When you are in a boat or paddling (in a canoe or kayak), you should always wear a?

A] Lifejacket.

Q11] What does PFD stand for?

A] Personal Floatation Device.

Q12] Fill in the blank word from this statement "Never Swim _____"

A] Alone.