

Test your water safety knowledge



1. Why can water be dangerous?
Hint: not all dangers are easy to see.

2. What do the signs below mean?



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3. How does open water (lake, sea, river) differ from a swimming pool?

4. Wales' waters are cold year-round. Why can entering cold water be dangerous?

5. Why is it important to stay together and keep an eye on your family and friends when near water?

6. What are three things you could bring with you for a safe day to the beach/lake/river?

7. Why should you never enter the water to help someone.

8. You can see someone in the water that is struggling. What is the first thing you should do?

Encourage them to float on their back and calm down. Keep your eye on them until the emergency services arrive.

Find something to help them, such as rescue equipment, a rope, a football or anything that floats.

Call 999 and ask for help.

9. True or false: It is better to float on your back rather than try to swim if you fall into water unexpectedly. **True** **False**

10. Why is it very important to only use rescue equipment in an emergency?

Answers 1. Water can be very deep, very cold, very fast and can also hide objects that can harm you. 2. A-no running. B-beware-deep water. C-no swimming. D-no diving. E-lifejackets to be worn. 3. Open water has currents, is colder, can have variable tides and varies in depth and can suddenly become very deep. 4. Can lead to cold water shock - leading to a feeling of panic that will cause you to breath more rapidly and find swimming difficult. 5. It is safer to stay together around water as there will be other people there should you get into danger and to raise the alarm. 6. Water, sunscreen, food, phone, sports equipment, personal flotation device (if appropriate). 7. It could put you in danger and make the situation worse. 8. 1. 9. True. 10. It may damage it meaning that it can't be used for a real rescue.