



Personal Health Series Water Safety

Name: Date:

Quiz

Instructions: Answer each question.

- 1. True or false: People should always check the depth of the water before diving in.
- 2. If you don't see a lifeguard on the beach, you should:
 - a. only swim in shallow water
 - b. ask someone where you can apply for the lifeguard job
 - c. not go in the water
 - d. only swim with experienced swimmers
- 3. You should wear a lifejacket:
 - a. any time it's raining
 - b. only if it matches your lifepants and lifeshoes
 - c. only if you're a beginning swimmer
 - d. any time you go in a boat
- 4. True or false: You should always swim with another person even if you're a good swimmer.
- 5. True or false: More people die in boating accidents that in airplane or train crashes each year.
- True or false: If you're watching young children near or in the water, it's OK to leave them alone if it's only for a few minutes.
- 7. True or false: If you're caught in a rip current, you should swim toward the shore.
- 8., 9., 10.

List three water safety rules that you'll remember to follow the next time you're near or in the water: