SUMMER WATER SAFETY

GRADES K-6

QUIZ

Instructions: Circle the correct answer for each safety question.

1. Who should always be with you when you go swimming?

a) Just your favorite pet
b) A "Water Buddy" and an adult who is watching closely
c) No one, it is fun to swim completely alone

2. True or False: If a friend is struggling in deep water, you should dive right in to pull them out yourself.

☐ True ☐ False

3. When should you wear a U.S. Coast Guard-approved life jacket?

a) Every time you ride on a boat, jet ski or kayak
b) Only when it starts to get dark outside
c) Only if you forgot your sunglasses

4. What is the safest way to enter a lake, river or swimming pool if you don't know the depth?

a) Headfirst dive
b) Running flip
c) Feet first, after checking for hidden hazards

5. If you feel dizzy, tired or too hot while playing in the sun, you should:

a) Keep running around until you get used to it
b) Take a break in the shade, drink water and tell an adult
c) Swim out into the deepest part of the lake

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