

Student Resource: Staying Safe in and Around Water - Self-Check (intermediate)

1. Place a checkmark beside all the rules you should follow to be safe around water.

- ☐ never swim alone - always have a buddy
- ☐ swim near a lifeguard or adult
- ☐ be ready to do your personal floatation device or lifejacket up if you get into trouble while boating
- ☐ only go out of the boundaries to retrieve something that has floated away
- ☐ look before you leap; know what is in the water below
- ☐ only dive where allowed; do not dive into unknown water
- ☐ if you are in trouble in the water, stay calm and float on your back
- ☐ avoid jumping off or swimming near piers where the current is stronger
- ☐ be aware of currents at the beach

2. Place a check on the line to show what you should or should not do to help a friend who is in trouble in the water.

- ☐ call for help
- ☐ stay in the water near them to help them to shore
- ☐ throw something or reach with something that will float for them to grab, and pull them in
- ☐ stay calm and talk to them

3. What are the risks of swimming or boating on a lake?

4. What are the risks of swimming or boating on a river?

Answers:

Question 1: Check all except “be ready to do up your personal floatation device or lifejacket if you get into trouble while boating” and “only go out of the boundaries to retrieve something that has floated away”.

Question 2: Check all except “stay in the water near them to help them to shore”.

Question 3:

- Currents can carry you further out than you should be.
- You may find yourself in deep water.

Question 4:

- Underwater hazards like logs.
- Unknown drop-offs.
- Hidden currents.