

# **International Learn To Swim Programme**

## **Water Safety Questions**

### Questions for First Step Series

<b>Questions Poolside Safety &amp; Poolside Rules</b>	<b>Answer</b>
1. Where is the shallow end of the swimming pool?	The answer is specific to the centre.
2. When are you allowed into the water?	Pupils should enter the pool only when instructed to do so by the teacher.
3. How must you enter the water?	Safely and slowly down the steps or sit and swivel into the pool.
4. How must you walk along the poolside?	Slowly.
5. Are you allowed to run around the poolside?	No.
6. If the teacher blows the whistle what must you do?	The answer is specific to the centre.
7. If the fire alarm sounds what must you do?	The answer is specific to the centre.
8. Are you allowed to throw the swimming aids?	No.
9. Are you allowed to bit or chew the swimming aids?	No.
10. If you want to go to the toilet what must you do?	Ask the teacher.
11. Are you allowed to go to the toilet in the pool?	No.
12. Are you allowed to push people into the pool?	No.
13. Are you allowed to push people under the water?	No.
14. Are you allowed to splash water into other peoples eyes?	No.
15. Are you allowed to eat sweets when you are in the water?	No.
<b>Questions Water Safety</b>	<b>Answer</b>
1. Who is the STA water safety mascot?	STAnley.
2. What is the STA water safety mascot?	STAnley the seal.
3. What does STAnley say?	Stay safe in and around water.
4. Who should be with you if you are going near a pond or lake in the park?	An adult.
5. If you had a pond should you go swimming in it?	No.
6. If you play in a paddling pool in the	An adult.

# International Learn to Swim Programme Resource Manual



<b>Questions</b>	<b>Answer</b>
<b>Poolside Safety &amp; Poolside Rules</b>	
summer, who should be looking after you?	
7. When you have a bath at home who should be looking after you?	An adult.
8. In the winter, if a pond or lake freezes over can you play on it?	No.
9. If you go to feed the ducks in the park should you stand right by the edge?	No.
10. If you see someone in trouble in the water what should you do?	Tell an adult/lifeguard.
<b>Questions</b>	<b>Answer</b>
<b>Water Safety</b>	
11. If you go swimming on holiday who should be looking after you?	An adult.
12. If you go to the beach for your holiday should go and wonder off on your own?	No.
13. If you go near a river or canal to watch the boats is it safe to go near the edge?	No.
14. Is it safe to swim in a river or a canal?	No.
15. Is it safer to swim in a swimming pool or in the sea?	The swimming pool.
16. Is the water in ponds and rivers and canals as warm as it is in the swimming pool?	No.
17. Is the water in ponds and rivers and canals as clean as it is in the swimming pool?	No.
18. Is the sea always as calm and flat as the swimming pool or does it have big waves?	The sea has big waves.
19. What colour warning flag do we fly at the beach to warn you not to go into the sea?	Red.
20. If you go boating on the river or the canal what kind of jacket must you wear?	A lifejacket or buoyancy aid.

## Questions for Level 1 - Octopus

Question	Answer
1. Give examples of whistle signals used in your pool with their meaning.	The answer is specific to the centre.
2. Why should you walk and not run on the poolside?	Running is dangerous on the poolside as it may be slippery and is likely to result in a person slipping and falling which may cause injury.
3. How do you know where the shallow end of the pool is?	Signs are usually displayed giving the water depth.
4. When would you go to the toilet?	Pupils should go to the toilet prior to the lesson and ask to leave the pool to go to the toilet if necessary.
5. If you have long hair what should you do with it before going into the pool?	Long hair should be covered by a swimming hat or tied back.
6. If you wear jewellery what do you do with it before you go swimming?	Jewellery should be removed prior to swimming and left at home or stored in a safe place at the pool.
7. When and how would you enter the pool?	Pupils should enter the pool only when instructed to do so by the teacher. A safe method of entry should be used.
8. What are the depths of your pool?	This is specific to the centre.
9. Who would you tell if someone has an accident at the pool?	The teacher of the class, a lifeguard or another responsible person should be told if an accident occurs.
10. What are you not allowed to do at the swimming pool?	<p>Pupils should not:</p> <ul style="list-style-type: none"> <li>• Eat chewing gum or sweets in the water.</li> <li>• Run on the poolside.</li> <li>• Enter the water until instructed.</li> <li>• Leave a class without telling anyone.</li> <li>• Dive, unless under instruction or unless this is allowed at the pool in a designated area.</li> <li>• Engage in dangerous pursuits such as 'bombing', pushing others into the pool, ducking others under the water.</li> <li>• Any other activity which is dangerous or frightening to others.</li> </ul>
11. What rules are there for using the swimming pool?	<p>Rules for using a swimming pool include:</p> <ul style="list-style-type: none"> <li>• Storing outer clothing in a safe, dry place.</li> <li>• Blow the nose; go to the toilet and shower prior to entering the water.</li> <li>• Obey any printed notices.</li> <li>• Obey any instructions from a teacher or lifeguard.</li> <li>• Enter and leave the pool when instructed.</li> <li>• Do not engage in any dangerous practices.</li> <li>• Shower after leaving the pool.</li> </ul>
12. What colour uniform do the lifeguards wear?	This is specific to the centre.
13. What should be done with equipment when we have finished with it?	After use, equipment should be placed tidily on the poolside if required again and returned to the store at the end of the lessons.
14. Why do we need to know which is the shallow end or deep end of the pool?	This is necessary in the interest of safety. Beginner pupils should not enter deep water without a buoyancy

Question	Answer
	aid and it is also important to know the depth of the water for various activities such as diving and feet first entries.
15. What should you do if the alarm sounds whilst at the pool?	If the alarm sounds, pupils should immediately leave the pool and await instructions from a lifeguard or teacher.
16. What should you do after you have been swimming?	After swimming, the pupils should shower, dry themselves, dress and rinse out their swimming costumes in clean water as soon as possible.
17. What jewellery is allowed in a swimming pool?	The only jewellery which should be worn in a swimming pool is a Medic Alert bracelet or necklace.
18. Who should you tell if you need to go to the toilet during a swimming lesson?	If the pupils want to go to the toilet during a lesson, they should ask the teacher for permission to leave the pool.
19. What should you do at the end of the lesson?	At the end of the lesson, pupils should leave the pool safely, place any equipment used tidily on the poolside then proceed as in 16 above.
20. Why, are you not allowed to duck each other?	Ducking is a dangerous practice, which may cause distress to another pupil.

## Questions for Level 2 - Goldfish

Question	Answer
1. How would you telephone for help?	To telephone for help, dial 999 and ask for the service you require.
2. What are the four parts of the Water Safety Code?	The 4 parts of the Water Safety Code are: <ul style="list-style-type: none"> <li>• Spot the dangers.</li> <li>• Take safety advice.</li> <li>• Don't go alone.</li> <li>• Learn how to help.</li> </ul>
3. What is the difference between swimming in a pool and swimming in open water?	The differences between swimming in a pool and swimming in open water are many. In a pool the water is in a clearly defined area, the depth is known and it is usually warm. The pool is usually supervised by lifeguards and help is at hand if difficulties arise. In open water the area may be very large and the water may be cold. Dangerous currents, underwater hazards such as rocks and weeds may be present, the water may be polluted and the depth unknown. Banks may be steep making it difficult to get out of the water. There may be no supervision and help unobtainable.
4. What water hazards/dangers are there in the home or in the garden?	Water dangers and hazards in the home and garden include any container in which water is present in sufficient quantity to cover the nose and mouth if a person is unable to remove their face from it. Examples are, a bowl or bath, toilet, garden ponds, paddling pool or swimming pool, water butts or even a puddle.
5. What water hazards/dangers are there in the park or in the locality?	Water dangers and hazards in a park and in the locality include those mentioned in 4 above and also ponds, lakes, streams, rivers, canals, gravel pits, reservoirs and water in industrial areas.
6. What water hazards/dangers are there at the beach/seaside?	Water dangers and hazards at the seaside include all of those mentioned in 4 and 5 above and also the sea itself, rock pools, river constraints, quick sands, mud flats, piers, groins, breakwaters, water craft and the use of inflatable boats or other inflatable objects.
7. What warning flags are there at the beach?	Warning flags in use at the beach are: <ul style="list-style-type: none"> <li>• RED – do not enter the water.</li> <li>• RED AND YELLOW – patrolled bathing area.</li> <li>• BLACK AND WHITE QUARTERED – craft area.</li> <li>• ORANGE WITH BLUE DIAGONAL STRIPES – signal flag.</li> </ul>
8. Why are rivers dangerous?	Rivers are dangers as they may be cold, of an unknown depth which may change suddenly, be fast flowing with currents and whirlpools. There may be underwater hazards such as rocks, metal objects or broken glass and weeds may be present. The level may rise rapidly if there is rain upstream or if the river is

Question	Answer
	tidal. There may be weirs and waterfalls. The banks may be overhanging, steep or slippery or may collapse suddenly. Rivers, which are frozen, should never be walked on as the ice may crack allowing the person to fall through the ice.
9. Why are canals dangerous?	Canals are dangerous as the water is deep and is often polluted and murky. There may be underwater hazards such as metal objects and broken glass. If on a boat low bridges may be hazardous. Locks are very dangerous having steep sides. They are deep and when being emptied or filled have very dangerous currents. Frozen canals should be avoided.
10. Name some places where it would not be safe to swim?	It is not safe to swim in any open water such as ponds, lakes, rivers, canals and the sea unless there is a designated supervised area.
11. Why should you never go swimming alone?	No-one should go swimming alone as there would be no-one available to help or send for help in an emergency.
12. If you go swimming on holiday what should you do first?	When someone wishes to go swimming whilst on holiday, they should look for a designated supervised area for swimming. It is advisable to learn to swim prior to a holiday.
13. If you go swimming in the sea what should you do first?	If swimming in the sea, the local conditions should be checked and swimming should only take place in a designated, patrolled area.
14. If you go swimming at a new pool what should you do first?	When going to a new pool for the first time, any notices which may be displayed giving regulations and safety precautions should be read and adhered to. Notices giving the depth of the pool should be checked.
15. If you see somebody drowning in the swimming pool what would you do?	If someone appears to be drowning in a swimming pool, the alarm should be sounded and a lifeguard or other responsible person should be informed.
16. If you saw somebody drowning in open water what would you do?	If anyone is drowning in open water, the situation should be assessed and the alarm raised. A rescue should only be attempted if it is possible without endangering the life of the rescuer. Possible rescues are given in 17, 19 and 20 below.
17. How can you help somebody who is drowning without putting yourself at risk?	<p>Rescues which may be possible without risk to the rescuer are:</p> <ul style="list-style-type: none"> <li>• To throw a buoyant aid or rope.</li> <li>• A reach rescue from the side whilst lying down.</li> <li>• A wade-in rescue if the water is shallow.</li> </ul> <p>A rescue is only attempted if it is safe to do so without putting the rescuer at risk. It may be possible to affect a talking rescue by shouting instructions to a casualty to calm them and telling them how to help themselves.</p>
18. What rescue services can help you at the seaside?	Rescue services which can help at the seaside include the coastguard, beach lifeguards and the lifeboat service. The fire service, police and ambulance service may also be needed.

# International Learn to Swim Programme Resource Manual



Question	Answer
19. How could you reach somebody who has fallen in and cannot swim very well?	A reach rescue may be possible by lying on ones side and reaching to the person with any long object such as a pole, the branch of a tree or even an article of clothing. It is important to lie down so that the person being rescued cannot pull the rescuer into the water.
20. What would be the best aid to use to reach out to somebody who needs help in the water?	Anything which is available can be used for a reach rescue as long as it is strong and can reach the casualty. The branch of a tree might be available.
21. What could you use to throw to somebody who needs help in the water?	An aid which could be thrown to a person needing help in the water could be a rope or any object which will float. A lifebelt would be best but a plastic container, a ball or piece of wood could all be used.