

# Splash into safety!

## WATER SAFETY QUIZ FOR KIDS

1. What is the only good excuse for not wearing a life jacket when you are on a boat?
- A. You know how to swim
  - B. There is an adult nearby
  - C. The boat is not moving
  - D. There is no good excuse

*Answer*

D. You should always wear a life jacket when you are on a boat.

2. True or false: I can swim alone if I have taken swimming lessons.

*Answer*

False. You should always swim with a buddy or make sure an adult is present.

3. When do you need to wear a life jacket?
- A. When on a boat
  - B. When near an open body of water, such as a lake or the ocean
  - C. When playing a water sport
  - D. All of the above

*Answer*

D. Life jackets will help keep you safe when you are in and around water. You should always wear a life jacket when on a boat, near an open body of water or playing a water sport.

4. How can you keep safe while swimming in a pool?
- A. Never swim alone
  - B. Always make sure an adult is present
  - C. Don't push, shove or play rough
  - D. All of the above

*Answer*

D. You can get hurt in a pool by playing rough with other kids or by swimming alone. Make sure your mom or dad or another adult is watching you as you play.

5. Which of these items will protect you from drowning?
- A. An inner tube
  - B. A pool noodle
  - C. A life jacket
  - D. All of the above

*Answer*

C. A life jacket approved by the U.S. Coast Guard is the only item that is designed to keep you from drowning. Air-filled toys, such as water wings or inner tubes, should never take the place of life jackets.

6. I should put on sunscreen:
- A. Every two hours when playing outside
  - B. Before I head outside for a day in the sun
  - C. After I go swimming
  - D. All of the above

*Answer*

D. In order to ensure the best protection, always use a sunscreen with an SPF of 15 or higher and apply to all exposed skin before heading out, after swimming and every two hours.

7. True or false: It is okay to dive into open water sites, such as a lake or a river, because they are deeper than pools.

*Answer*

False. You should never dive into any water until an adult checks to see if the water is deep enough and free of any debris.

8. If someone falls into the water and is in trouble, I should:
- A. Throw him a life ring or life jacket
  - B. Call out for help
  - C. Use a stick, paddle or other object to reach out to him
  - D. All of the above

*Answer*

D. If someone is in trouble in the water, you should try to get the attention of an adult who can help you. You can also look around for a long object, such as a stick or a paddle, to try to reach the person in the water. If you see something that will float, such as a life jacket or a life ring, you can also throw that into the water. You should NEVER jump in the water to try to save the person.

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