

Swim Academy Water Safety Quiz

1. Who do you need to listen to during your lesson? Where do you think your head should be when the teacher is talking to you?
2. Why should you walk and not run on the poolside?
3. When and how do you get in to the pool? Why do we do it this way?
4. Are you allowed to eat in the swimming pool or changing rooms? Why should you not eat for at least ½ hour before swimming?
5. If you have long hair what should you do with it before going swimming? Why do we wear swimming hats?
6. What are you not allowed to do in the swimming pool? Can you think of three things?
7. What should you do if the fire alarm sounds whilst you are in the swimming pool?
8. Why do we need to know which is the shallow end and the deep end of the swimming pool? How do you know how deep the shallow end water is and how deep the deep end water is?
9. When would you go to the toilet? Are you allowed to go to the toilet in the pool? Who should you tell if you need the toilet during your swimming lesson?
10. Why should you have a shower before you come into the swimming pool?
11. Are you allowed to push people in the pool? Why should you not duck someone under the water/push them into the swimming pool?
12. If you wear jewellery what should you do with before you go swimming? Why?
13. What is the difference between swimming in a swimming pool and swimming in open water, e.g. the sea, river, pond etc? Can you think of three differences? Name some places where it is not safe to swim

