



Personal Health Series Water Safety

Name: Date:

Quiz

Instructions: Answer each question.

- 1. True or false: Always check the depth of water before you dive in.
- 2. If you don't see a lifeguard on the beach, you should:
 - a. only swim in shallow water
 - b. only swim up to your waist
 - c. not go in the water
 - d. only swim with experienced swimmers
- 3. You should wear a lifejacket:
 - a. any time it's raining
 - b. only if you're a beginning swimmer
 - c. only if it matches your lifehat
 - d. any time you go in a boat
- 4. True or false: You should always swim with another person even if you're a good swimmer.
- 5. True or false: More people die in boating accidents that in airplane or train crashes each year.

Extra credit:

List three water safety rules that you'll remember to follow the next time you're near or in the water: