

# Lee's Water Safety Quiz

Based on the STA Water Safety Webinar 17.04.2020

## ANSWERS

1. What is the name of STA Water Safety Mascot?
  - STAnley the Seal
2. What is STAnley's Water Safety Code of Advice?
  - Spot the Dangers
  - Take Safety Advice
  - Don't Go Alone
  - How to help
3. Name 2 water safety dangers at Home?
  - Baths / Sinks
  - Fish Pond
  - Buckets
  - Paddling Pool
  - And more...
4. Name 2 water safety dangers at a Swimming Pool?
  - Slippery surfaces
  - Depths' of water
  - And more...
5. Name two dangers that you should be aware of around Rivers, Lakes and Canals?
  - Slippery and unstable edges
  - Calm water may have strong currents
  - Dangers in the water e.g. rubbish, rocks, rusty metals, tree branches
  - Safety equipment around the area
  - Unknown depths of water
  - Avoid water that is frozen, do not play on the ice
6. What should you do if you fall in to cold water?
  - Float on your back for 60 - 90 seconds
  - Keep your nose / mouth clear so you can control your breathing and try to keep calm
  - You will be in a better position to swim to safety or call for help (RNLI)
7. Name 2 things a Lifeguard will do?
  - Supervise the swimming pool
  - Enforce the rules
8. Give 2 Swimming Pool rules?
  - Children should always be supervised by an Adult
  - Beware of the depths
  - Don't dive where 'No Diving' signs are present
  - Take care on slippery floors
  - Don't bomb
  - No ducking
  - No shouting
  - No pushing
  - Don't practice acrobatics
  - Don't run
  - No Eating or Drinking
  - And more...
9. No Swimming
10. Lifeguard on Duty
11. 999 / 112 / 111

