AQUA QUIZ
Be active in the water!
Swim and Survive is a swimming and water safety initiative of Royal Life Saving that seeks to increase the swimming and water safety skills of Australian children to prevent drowning and increase participation in safe aquatic activity.

Visit Lochie the Lifeguard at swimandsurvive.com.au and discover more fun, interactive games, puzzles and activities.

Learning how to be safe when you are in, on, or around the water is a valuable skill to have.

Everyone can be a lifesaver - that includes you!

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swimandsurvive.com.au
**ACTIVITY 2**

**Rescue Aids**
Circle the things that you could use to rescue someone.

- Hat
- Lifebuoy
- Snorkel
- Fishing rod
- Trophy
- Rugby ball
- Lifejacket
- Fins

**ACTIVITY 3**

**Aquacode**
Colour in the pictures, fill in the Aquacode rules and match the correct picture to the rule.

- F ___ ___ ___ and W ___ ___
- G ___ T __________
- R _______ to R _______
What’s the Safety Tip?
Fill in the missing words to find out all the safety tips. Use the pictures underneath to help you find the missing words.

If you get into trouble in the water, signal for _ _ _ _ .
Adults should _ _ _ _ _ _ _ _ children in the water.
Always wear a _ _ _ _ when you go boating.
_ _ _ _ _ _ objects can be hidden under the water surface.
A pool must have a _ _ _ _ _ _ around it to restrict access.
Learn to _ _ _ _ , it’s fun.

Water Safety Tips
Write in a water safety tip for each picture in the space provided and colour the pictures in.

[Images of children swimming, PFD, fence, sharp object, supervising, help]

CAREFUL - WET CONCRETE IS VERY SLIPPERY. IF YOU RUN AROUND THE POOL EDGE YOU COULD EASILY FALL AND HURT YOURSELF OR SOMEONE ELSE VERY BADLY.
Crack the Code
Find the number to find the letter and fill in the blank to complete the word.

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Water Safety Signs
Safety signs warn us of dangers you can’t always see. Draw a line to match the problem with the correct sign that will help you.

My friend has cut his finger. Where can I find first aid?

I want to go swimming. How will I know which is the deep end?

Emergency! I need help. Someone is hurt badly. Where can I find a phone to call 000?

I want to go surfing. How will I know if I can?

We arrive at the beach. Where can we swim at the beach safely?
**Fun Maze**

Help Josh find his PFD in the maze, so he can join Jack and Jen in the boat.

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**Scrambled Words**

Unscramble each of the clue words. Take the letters that appear in circles and unscramble them for the final message.

- TUHS HET OLPO TAGE
  - scrambled letters: E R M
  - unscrambled letters: E R M

- RDAE TSFAYE GSSNI
  - scrambled letters: E R M
  - unscrambled letters: E R M

- EERNV ISMW NOLEA
  - scrambled letters: E R M
  - unscrambled letters: E R M

- WMSI WETBENE ETH LSAFG
  - scrambled letters: E R M
  - unscrambled letters: E R M

**Final message.**

- E R M
  - scrambled letters: E R M
  - unscrambled letters: E R M
ACTIVITY 10

Find a Word
Help Josh find the Water Safety Words in this puzzle.

Across Clues
1. Children should always be under ___________ when in and around water. (11)
2. A good thing to use to rescue someone in trouble. (4)
3. This aquatic environment often has a flat and still appearance. (4)
4. These are made to keep people safe. (5)
5. This aquatic activity can be extremely dangerous if you do not wear safety equipment. (11)
6. Be careful of these when swimming at the beach. (5)
7. You should always listen and obey these people when at the swimming pool. (10)
8. The best way to rescue someone in trouble if they are close to you. (5)
9. This is the best way to get into cold water. (6)
10. Always check for these before you enter the water. (7)
11. These occur in rivers and can be very fast and strong. (8)
12. Dangerous fast flowing currents. (4)
13. This aquatic environment often has a flat and still appearance. (4)
14. Your pool at home should always have one of these around it. (5)
15. When in trouble in the water you should ___________ for help. (6)
16. To help somebody in trouble in the water is to do this. (6)
17. This aquatic activity can be extremely dangerous if you do not wear safety equipment. (11)
18. You should swim between these when you’re at the beach. (5)
19. Always swim with one of these. (6)
20. These may be hidden under the surface of the water. (5)
21. A safety rule is you should never swim ___________ when in water. (5)
22. Buckets and wading pools should always be left like this. (5)
23. Many swimming centres offer these so people can learn to swim. (7)
24. When you are spending time in the sun, always put this on. (8)

Down Clues
1. Always do this to the pool gate. (4)
2. A good thing to use to rescue someone in trouble. (4)
3. The surface around the pool edge can be this. (8)
4. These are made to keep people safe. (5)
5. Be careful of these when swimming at the beach. (5)
6. The best way to rescue someone in trouble if they are close to you. (5)
7. Always check for these before you enter the water. (7)
8. These are made to keep people safe. (5)
9. This aquatic activity can be extremely dangerous if you do not wear safety equipment. (11)
10. Always do this to the pool gate. (4)
11. Always do this to the pool gate. (4)
12. Dangerous fast flowing currents. (4)
13. This aquatic environment often has a flat and still appearance. (4)
14. Your pool at home should always have one of these around it. (5)
15. When in trouble in the water you should ___________ for help. (6)
16. To help somebody in trouble in the water is to do this. (6)
17. This aquatic activity can be extremely dangerous if you do not wear safety equipment. (11)
18. You should swim between these when you’re at the beach. (5)
19. Always swim with one of these. (6)
20. These may be hidden under the surface of the water. (5)
21. A safety rule is you should never swim ___________ when in water. (5)
22. Buckets and wading pools should always be left like this. (5)
23. Many swimming centres offer these so people can learn to swim. (7)
24. When you are spending time in the sun, always put this on. (8)

ACTIVITY 11

Find a Word
Help Josh find the water safety words in this puzzle.

Starting from the top, what do the remaining letters tell us about boating safety?
Keep going until you complete the sentence.

Bath
Current
Dam
Flag
Fence
Fishpond
Lake
Pool
Reach
River
Rescue
Rocks
Rip
Sticks

WEARASCPEFFDWHS
ENYOTUIRESCUEK
ARERISTNNRTABOC
ATCRSHELCEEARQUO
TKEVPHYHTIOYER
SNWOACTIMALPDBF
TNFNNAUZWFVEGT
GDFLIEDSVZAXBB
VSAEQRPXZVEHPFQ
LAKEQAOKRWVQGY
RIVERHOVNOAHTAB
RJZHSNLFJGWJAA
WRHIAHZAMADJG
LXDVBHTBPLIAHRR
ISVLNRPNMFSEVOO
Lochie the Lifeguard
Use the grid below to redraw Lochie the Lifeguard.

Congratulations
Fill in your details below and hand your completed Aqua Quiz to your Classroom Teacher or Swim and Survive Instructor.

AQUA QUIZ COMPLETION CERTIFICATE

Name

Age

Swim and Survive Level

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Our Network

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