

AQUA QUIZ

Be active in the water!



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AQUA QUIZ



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 in order to prevent drowning and increase participation in safe aquatic activity.

Royal Life Saving appreciates the wonderful support of **UNCLE TOBYS®** who is working with us to help Australian children learn to Swim and Survive. Work through the activities in this booklet and learn some valuable water safety messages to help you and your family to Be Water Smart.

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

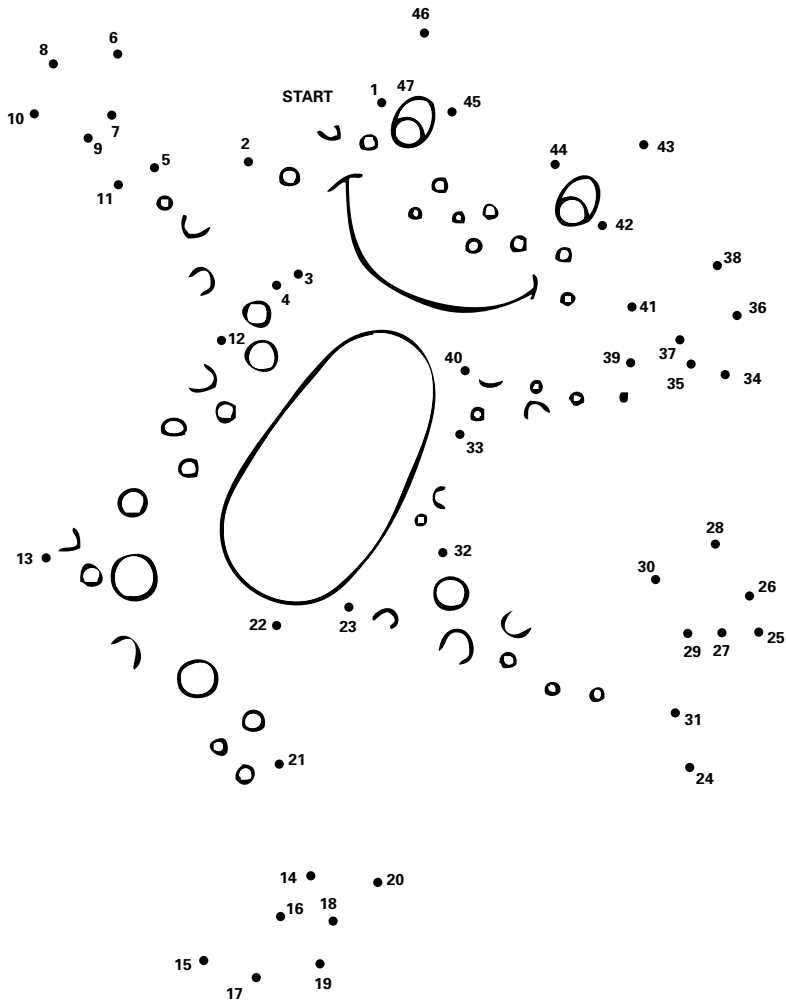
Learning how to be safe when you are in, on, or around the water is a valuable skill to have. Everyone can be a lifesaver – that includes you!

swimandsurvive.com.au



Dot to Dot

What animal is having fun in the water?
Join the dots to find out and colour the picture.





**Always check
the water depth
and make sure
it's clear before
diving.**



**Adults
should always
supervise children
when in and
around water.**



**LIFEGUARDS
HELP TO KEEP
EVERYONE SAFE.**

**Listen to their
safety rules to enjoy
the water.**

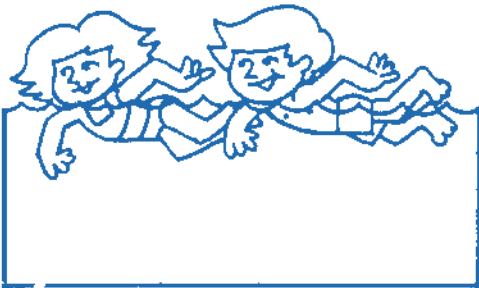
Aquacode

Do you know the Aquacode?

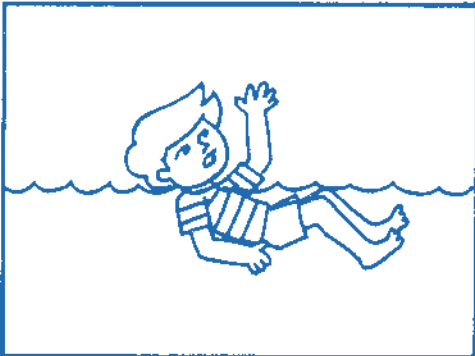
Draw a line to match the rules and colour the pictures.



Stay Afloat and Wave

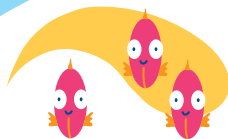


Go Together



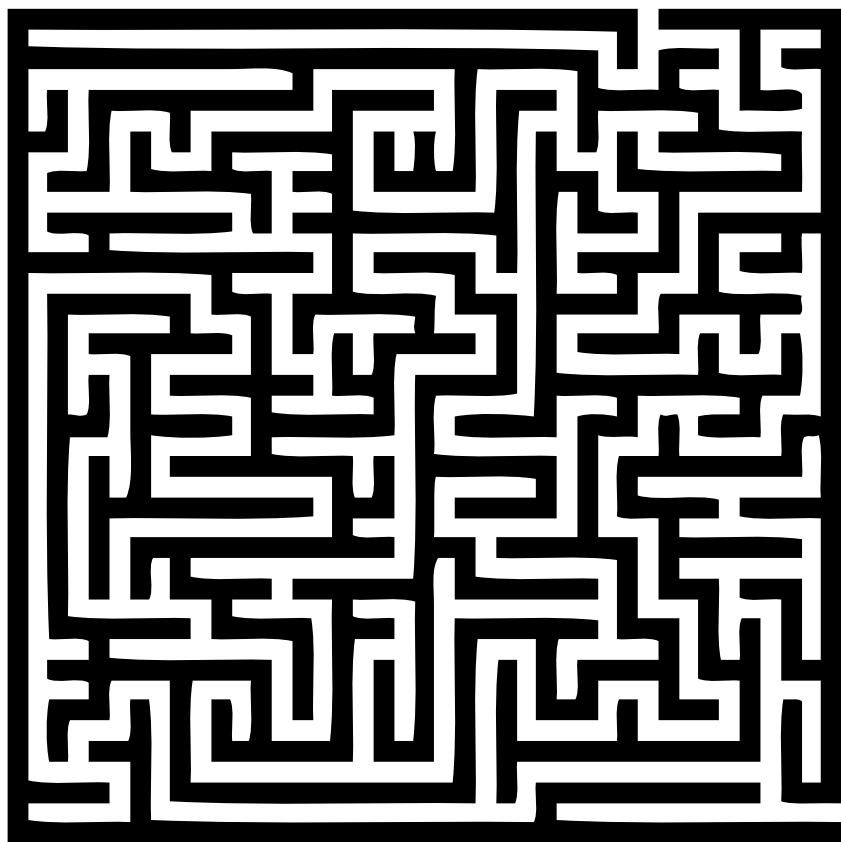
Reach to Rescue

ACTIVITY 3



Solve the Maze

Jen has lost her goggles in the swimming pool. Can you help her find them?

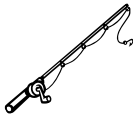


Find the Rescue Aids

Draw a circle around the aids you can use for a reach rescue



Body Board



Fishing Rod



Towel

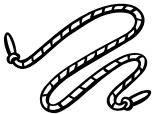


Hat



Walkie Talkie

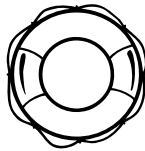
Draw a circle around the aids you can use for a throw rescue



Rope



Goggles



Rescue Ring



Life jacket



Backpack

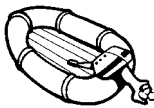
Draw a circle around the aids an adult can use for a row rescue



Inner Tube



Flippers



Rubber Dingy



Ball



Row Boat

ACTIVITY 5

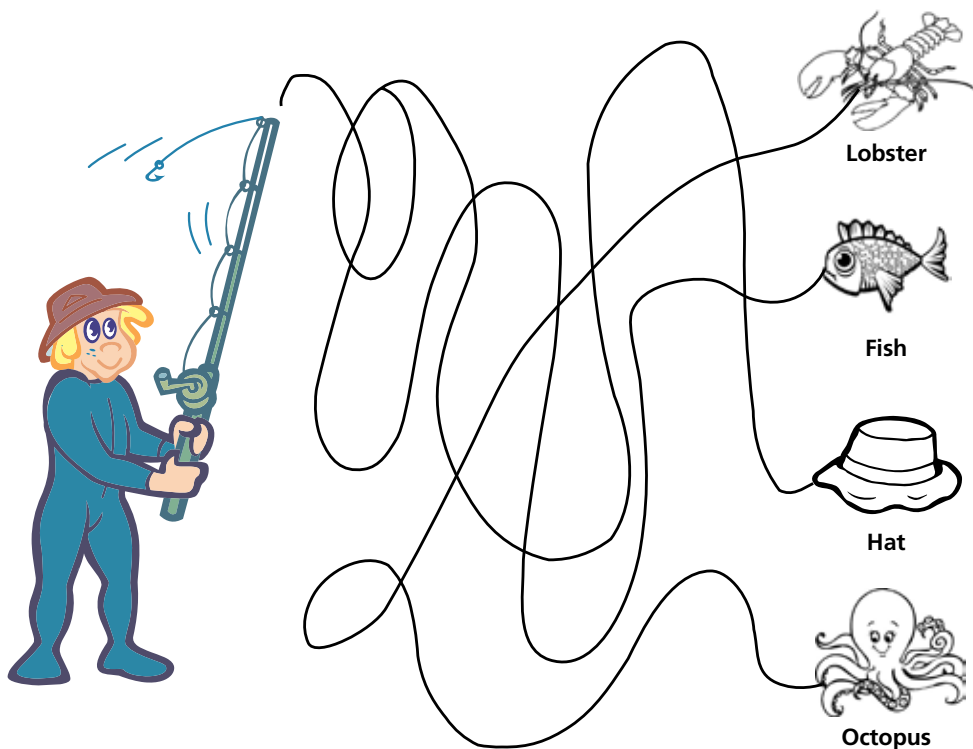


Water Safety when Fishing

Fishing can be fun and exciting, but there are some water safety tips you need to follow. Can you list them?

1.
2.
3.

Now help Jack find out what he has caught on his fishing rod?



Jack has caught a _____.

Water Safety Tips

Jack is giving water safety tips for 3 different locations.
Can you find the matching picture?

**"Always wear a
lifejacket on a boat."**

**"Remember to close
the pool gate."**

**"Beware of crumbling
banks when fishing."**



**Check the
conditions and
swim within your
limitations.**



**Always wear
a lifejacket when
you go boating.**



**Reach or
throw an aid
to somebody in
trouble and get
an adult to help.**



EVERYONE CAN BE A LIFESAVER



Royal Life Saving

ROYAL LIFE SAVING SOCIETY - AUSTRALIA

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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**?



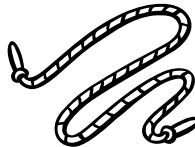
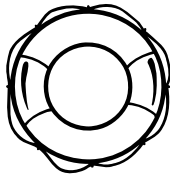
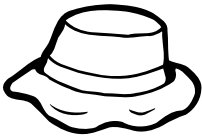
ACTIVITY 8



Spot the Odd One Out

Circle the word or picture that is different to the others.

1.



2.

FLAGS

RIPS

LIFEGUARDS

FENCE

3.



4.



Spot the Dangers

Circle as many dangers as you can and write down an explanation of the dangers you have circled.

1-5 Dangers: Fair 6-10 Dangers: Good 11+ Dangers: Excellent

.....

.....

.....

.....



ACTIVITY 10



Unscramble

Unscramble the words below to complete the water safety tips.

When on the beach always swim between the _ _ _ _ _ (glasf).

Never swim _ _ _ _ _ _ _ _ _ _ (eurnuspedvis).

Learn to _ _ _ _ (wmis).

Open your _ _ _ _ (yees) and be _ _ _ _ _ (rwtae) wise.

Never leave small _ _ _ _ _ _ _ _ (Indchrie) alone in the bath.

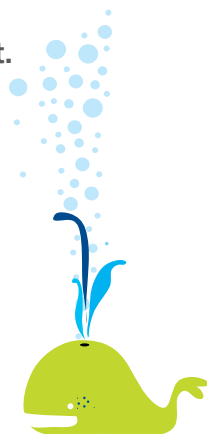
Stay _ _ _ _ _ (eocls) to the edge of the _ _ _ _ (lpoo).

Never swim out of your _ _ _ _ _ (hpted).

Always wear a life _ _ _ _ _ _ _ (ktejac) when on a boat.

Avoid swimming in _ _ _ _ _ _ _ _ _ _ (tesoliad) areas.

Learn how to _ _ _ _ _ _ _ _ _ _ _ (tateesscrui).



Find a Word

Help Josh find the water safety words in this puzzle.

F	E	N	C	E	F	M	E	W	T	D	B	P	F	D
W	R	G	O	E	L	W	O	S	A	W	X	I	G	O
T	U	E	N	G	O	T	B	T	R	V	B	O	A	T
F	K	H	S	U	P	E	R	V	I	S	E	L	J	D
T	E	Y	C	C	S	E	V	D	H	Y	A	S	Q	U
A	L	I	I	B	U	V	A	Q	U	A	C	O	D	E
N	D	T	O	W	H	E	K	E	T	U	H	M	W	T
C	D	G	U	U	J	L	F	I	S	H	P	O	N	D
A	U	B	S	S	W	I	M	O	N	I	A	N	J	A
Y	H	R	L	A	O	Y	D	S	L	R	T	E	F	N
W	S	X	R	F	H	S	I	E	Z	O	R	L	N	G
T	N	A	S	E	C	G	F	A	N	T	O	E	M	E
A	D	U	L	T	N	I	R	F	S	A	L	P	B	R
U	C	P	Q	Y	L	T	U	T	T	I	Y	O	A	R
N	I	V	U	G	L	I	F	E	G	U	A	R	D	E

ADULT

AFLOAT

AQUACODE

BEACH

BOAT

CONSCIOUS

CURRENT

DANGER

FENCE

FISHPOND

HELP

HUDDLE

LIFEGUARD

PATROL

PFD

POOL

RESCUE

ROPE

SAFETY

SIGN

SUPERVISE

SWIM

TOW

WAVES

ACTIVITY 12



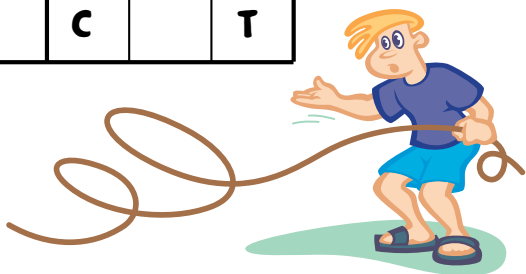
Sudoku

Sudoku is a puzzle of logic. This Sudoku uses letters of the word **EDUCATION** instead of numbers.

To complete the Sudoku grids, every letter in the word 'education' must appear in:

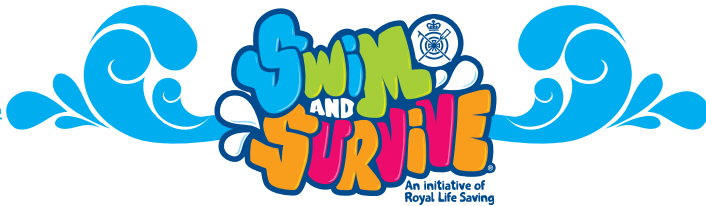
- Each of the nine vertical columns
- Each of the nine horizontal columns
- Each of the nine 3x3 blocks

N		I				D		
	U		I		D			E
	C		O	N		I	T	
E			D					A
O	I		C		U		D	N
T					N			O
	E	N		I	C		O	
C			A		E		U	
		D				C		T



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



Our Network

Australian Capital Territory:	(02) 6260 5800
New South Wales:	(02) 9634 3700
Northern Territory:	(08) 8927 0400
Queensland:	(07) 3823 2823
South Australia:	(08) 8210 4500
Tasmania:	(03) 6243 7558
Victoria:	(03) 9676 6900
Western Australia:	(08) 9383 8200
National:	(02) 8217 3111

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