GROUP QUIZ
If you find yourself in the water unexpectedly, should you...

A | Start swimming straight away before you get colder

B | Move your arms and legs around as quickly as you can to generate warmth

C | Fight your instincts to swim and float on your back until the effects of cold water shock pass. Once your breathing is under control, swim to safety if you are able or call for help.
If you find yourself in the water unexpectedly, should you...

A. Start swimming straight away before you get colder

B. Move your arms and legs around as quickly as you can to generate warmth

C. Fight your instincts to swim and float on your back until the effects of cold water shock pass. Once your breathing is under control swim to safety if you are able or call for help

C is correct.
The effect on the body of entering water 15°C and below is often underestimated. Cold water shock can lead to drowning. Which of these are some of the symptoms of cold water shock?

A. A decrease in breathing rate, shivering, slurred speech, and a feeling of confusion

B. Having a temperature, sweating and feeling hot

C. An increase in heart rate, an involuntary gasp for breath, an increase in breathing rate and a feeling of panic
The effect on the body of entering water 15°C and below is often underestimated. Cold water shock can lead to drowning. Which of these are some of the symptoms of cold water shock?

A. A decrease in breathing rate, shivering, slurred speech, and a feeling of confusion

B. Having a temperature, sweating and feeling hot

C. An increase in heart rate, an involuntary gasp for breath, an increase in breathing rate and a feeling of panic

The correct answer is C.
What does this flag mean?

A  For surfboards, kayaks and other non-powered craft. Never swim or bodyboard here

B  A lifeguard is watching the beach and it is a safe area to swim or bodyboard

C  Do not use inflatables due to windy or unsafe conditions
QUESTION 3

What does this flag mean?

A | For surfboards, kayaks and other non-powered craft. Never swim or bodyboard here

B | A lifeguard is watching the beach and it is a safe area to swim or bodyboard

C | Do not use inflatables due to windy or unsafe conditions

A is correct.
QUESTION 4

What does this flag mean?

A. A lifeguard is watching the beach and it is a safe area to swim or bodyboard

B. Do not use inflatables due to windy or unsafe conditions

C. A strong current running out to sea, which can quickly drag people and debris away from the shoreline and out to deeper water
QUESTION 4

What does this flag mean?

A lifeguard is watching the beach and it is a safe area to swim or bodyboard

A

A strong current running out to sea, which can quickly drag people and debris away from the shoreline and out to deeper water

C

Do not use inflatables due to windy or unsafe conditions

B

A strong current running out to sea, which can quickly drag people and debris away from the shoreline and out to deeper water

C

Do not use inflatables due to windy or unsafe conditions

B
QUESTION 5

What does this flag mean?

A  Danger! Never go in the water under any circumstances when the red flag is flying

B  Do not use inflatables due to windy or unsafe conditions

C  A lifeguard is watching the beach and it is a safe area to swim or bodyboard
What does this flag mean?

A. Danger! Never go in the water under any circumstances when the red flag is flying.

B. Do not use inflatables due to windy or unsafe conditions.

C. A lifeguard is watching the beach and it is a safe area to swim or bodyboard.
QUESTION 6

What does this flag mean?

A | A lifeguard is watching the beach and it is safe to swim or bodyboard between the flags

B | Do not use inflatables due to windy or unsafe conditions

C | This area is for surfboards, stand-up paddleboards, kayaks and other non-powered craft. Launch and recovery area for kitesurfers and windsurfers. Never swim or bodyboard here
QUESTION 6

What does this flag mean?

A. A lifeguard is watching the beach and it is safe to swim or bodyboard between the flags.

B. Do not use inflatables due to windy or unsafe conditions.

C. This area is for surfboards, stand-up paddleboards, kayaks and other non-powered craft. Launch and recovery area for kitesurfers and windsurfers. Never swim or bodyboard here.
QUESTION 7

Which of the following is not an indicator of a rip current?

A. Bits of debris floating out to sea
B. Smoother channels of water between sets of waves
C. Large breaking waves
QUESTION 7

Which of the following is not an indicator of a rip current?

A. Bits of debris floating out to sea

B. Smoother channels of water between sets of waves

C. Large breaking waves

Answer: C. Large breaking waves
If you find yourself caught up in a rip, you should...

A. Not try to swim against it. Instead swim parallel to the shore until free of the rip and then head for the shore.

B. Dive under the water and swim hard to break free from it.

C. Swim as hard as you can against it before it drags you further out.
If you find yourself caught up in a rip, you should...

A. Not try to swim against it. Instead swim parallel to the shore until free of the rip and then head for the shore

B. Dive under the water and swim hard to break free from it

C. Swim as hard as you can against it before it drags you further out

Answer: A
Rip currents are a major cause of accidental drowning all around the world and the top environmental cause of RNLI lifeguard incidents.

Rips are powerful currents caused by waves breaking on shallow sandbars and then pushing water back out to sea through deeper channels.
Sandbars are submerged or partly exposed ridges of sand that are built up by the action of tides and waves.

People can easily get caught out by rip currents because, to an untrained eye, they can look like a calmer place to enter the water.
IF YOU FIND YOURSELF CAUGHT IN A RIP:

- Don’t try to swim against it or you’ll get exhausted.
- If you can stand, wade, don’t swim.
- If you can, swim parallel to the shore until free of the rip and then head for shore.
- Always raise your hand and shout for help.
- If you are surfing or boarding do not let go of your board.

If you see anyone else in trouble, alert the lifeguards or call 999 or 112 and ask for the coastguard.
Approximately how many lives are lost to drowning, worldwide, every year?

A  120,000
B  360,000
C  76,000
QUESTION 9

Approximately how many lives are lost to drowning, worldwide, every year?

A 120,000

B 360,000 ✓

C 76,000
QUESTION 10

When using sun lotion during the warmer months, you should opt for no less than

A  SPF 20
B  SPF 15
C  SPF 30
QUESTION 10

When using sun lotion during the warmer months, you should opt for no less than

A  SPF 20
B  SPF 15
C  SPF 30  ✔️