

## Water Safety Knowledge in SwimSafer™ 2.0 Programme

### I) Personal Safety & Survival Awareness

This module covers the following topics:

- A. Personal Safety & Survival Awareness
- B. Survival Technique and Knowledge
- C. Emergency Situations

No.	Question	Stage
1	<b>What is the water safety code?</b> <ul style="list-style-type: none"> <li>• <i>Go Together,</i></li> <li>• <i>Know the Dangers</i></li> <li>• <i>Take Safety Advice</i></li> <li>• <i>Float and Wave</i></li> <li>• <i>Learn How to Help</i></li> </ul>	1-6
2	<b>Name some good habits at the swimming pool</b> <ul style="list-style-type: none"> <li>• <i>Shower before entering the water</i></li> <li>• <i>Read and observe safety notices and signs at the swimming pool</i></li> <li>• <i>Listen to safety instructions given by the pool lifeguard</i></li> <li>• <i>Familiarise yourself with different water depths and possible risky areas</i></li> <li>• <i>Never dive into shallow pools</i></li> <li>• <i>Alert pool lifeguard/adult when you witness someone in distress</i></li> </ul>	1-6
3	<b>Should you continue to swim when there is lightning and thunder?</b> <i>NO! You should get out of the water immediately and seek shelter. Observe the lightning warning system.</i>	1-6
4	<b>You are invited by a friend for a swim (Pool or beach), should you inform your parents?</b> <i>YES! You must inform your parents of your whereabouts. They need to know your whereabouts and they can advise you on giving safety tips and possible dangers about the place.</i>	1-6
5	<b>When you are being challenged to enter deep water or unknown waters by a friend, would you do it?</b> <i>NO! It is foolish to accept such a challenge, your personal safety comes first.</i>	1-6
6	<b>Should you ever go swimming alone?</b> <i>NO! Always swim with a buddy or a responsible adult.</i>	1-6

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No.	Question	Stage
7	<b>Name three ways of getting into the water safely?</b> <ul style="list-style-type: none"> <li>• <i>Walk down a ladder/stairs</i></li> <li>• <i>Wade into the water slowly</i></li> <li>• <i>Slide-in entry</i></li> </ul>	1-6
8	<b>If you get into trouble in the water, what should you do?</b> <ul style="list-style-type: none"> <li>• <i>Float on your back</i></li> <li>• <i>Remain calm</i></li> <li>• <i>Try to relax</i></li> <li>• <i>Shout and wave for help when you see any passer-by</i></li> </ul>	1-6
9	<b>Should you enter the water if you are unsure whether you are able to cope with the conditions?</b> <i>NO! Never compromise your own safety when you are not sure about the water conditions.</i>	1-6
10	<b>What is a survival stroke?</b> <i>A stroke that conserves energy. The survival strokes are breaststroke, survival backstroke and survival sidestroke.</i>	1-6
11	<b>What does P.F.D. stand for and what is it for?</b> <i>Personal Flotation Device. When worn, it helps with flotation.</i>	1-6
12	<b>What would you do if you were caught in a fast flowing river?</b> <i>Remain calm, try to float feet first in a half-sitting position</i>	1-6
13	<b>If you fell off a boat in the ocean fully clothed without a PFD, should you take your clothes off?</b> <i>Remove clothing that is heavy and constricting. Leave on inner layer of clothing to protect against heat loss.</i>	1-6
14	<b>What is the emergency number to dial for an ambulance?</b> <i>995.</i>	1-6
15	<b>Should you dive in at the shallow end of the swimming pool or unknown waters?</b> <i>NO! You could hit your head on the bottom.</i>	1-6
16	<b>When taking a cruise or boat trip, what must you look out for when on board?</b> <i>The nearest exit from your location, the location of the life jacket, your safety boat (for cruises), listen to safety advice, read the safety booklet of the ship, ask the personnel/staff for clarification if necessary.</i>	1-6



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17	<b>When entering unknown waters, what should you do first?</b> <i>Observe the environment. Use a stick or pole to check the depth and condition of the bottom before entering. Entry should be controlled and safe such as a wade in or slide-in entry.</i>	1-6
18	<b>Should you hyperventilate to get more air and hold your breath under the water for long?</b> <i>NO! Never hyperventilate or hold your breath for long periods of time under water. This action is dangerous and may lead to an unforeseen accident.</i>	1-6
19	<b>How do you draw attention for help when in water?</b> <ul style="list-style-type: none"> <li>• <i>Stay calm and do not panic</i></li> <li>• <i>When you hear or see help coming, make lots of splashes on the water and wave/call for help</i></li> <li>• <i>If help turns away or does not see you, remain calm and conserve energy and wait for help to come again</i></li> </ul>	1-6
20	<b>What strokes are used to preserve heat and energy in cold water?</b> <i>Survival strokes such as</i> <ul style="list-style-type: none"> <li>• <i>Breaststroke</i></li> <li>• <i>Survival Sidestroke</i></li> <li>• <i>Survival Backstroke</i></li> <li>• <i>Survival sculling</i></li> </ul>	1-6
21	<b>When performing survival swimming, you should...</b> <ul style="list-style-type: none"> <li>• <i>Remain calm and breathe regularly</i></li> <li>• <i>Swim with slow relaxed strokes</i></li> <li>• <i>Change position and stroke to prevent over use of muscles and conserve energy</i></li> <li>• <i>Remove only heavy clothing and retain light clothing to prevent heat loss</i></li> <li>• <i>Adopt the H.E.L.P. or Huddle position</i></li> <li>• <i>Attract attention when possible</i></li> </ul>	1-6
22	<b>When practicing shallow diving entries, what is the recommended depth?</b> <i>The recommended depth should be deeper than 1.4m.</i>	1-6
23	<b>What must you look out for before diving into the pool?</b> <i>You must ensure that the water is clear and deep for safe diving. You must also ensure that there are no other swimmers in front of you.</i>	1-6
24	<b>Should you swim near a canal outlet near the beach?</b> <i>NO! Never do that as the current around that area tends to be strong and uncertain.</i>	1-6

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No.	Question	Stage
25	<p><b>What is a H.E.L.P. position?</b></p> <p><i>The Heat Escape Lessening Posture (H.E.L.P.) is an individual posture to conserve energy and prevent heat loss in a cold water immersion.</i></p>	4-6
26	<p><b>What is a huddle position?</b></p> <p><i>It is a group position to conserve energy and prevent heat loss in a cold water immersion.</i></p>	4-6
27	<p><b>Can you use the H.E.L.P. technique without a P.F.D.?</b></p> <p><i>Technically No. Although it can be modified by using a sculling action to keep the body in the tucked position or make a float with clothes in order to reduce heat loss.</i></p>	4-6
28	<p><b>How would you escape from a rip current?</b></p> <p><i>Swim with the rip until it weakens as well as try to swim parallel to the beach and return to the shore through breaking waves. If unable to escape from the rip, float and wave/call for help.</i></p>	4-6
29	<p><b>In a situation that you are drifted out in the ocean and alone, what must you do?</b></p> <ul style="list-style-type: none"> <li>• Stay calm and do not panic</li> <li>• Look out for any flotation object or life jacket</li> <li>• Hold onto them and conserve your energy</li> <li>• Remove heavy clothing such as a jacket or boots</li> <li>• Keep light clothing to prevent heat loss in the body</li> <li>• Look and listen for any incoming aircraft or ship</li> <li>• Draw their attention by making lots of splashes on the water, wave and call for help</li> </ul>	4-6
30	<p><b>What are the 3 easy steps for a safe diving practice?</b></p> <p><i>Lock Hands. Lock Head. Steer Up.</i></p>	4-6
31	<p><b>Who are the people that are not recommended to learn diving?</b></p> <p><i>People with neck or spinal injuries. They are strongly recommended to seek medical clearance before engaging in a diving lesson.</i></p>	4-6



## II) Environmental Awareness

This module covers the following topics:

- A. Water safety and danger at homes, pools, parks, rivers, streams, canals, beaches, reservoirs, quarries, swamps
- B. Identifying safety personnel

No.	Question	Stage
1	<p><b>Name some places with water around the home that can be dangerous?</b></p> <ul style="list-style-type: none"> <li>• Bathtubs with water</li> <li>• Spas</li> <li>• Fish ponds</li> <li>• Uncovered water feature</li> <li>• Unfenced home pools</li> <li>• Washing machines</li> <li>• Sinks</li> <li>• Toilets</li> <li>• Buckets with water</li> </ul>	1-6
2	<p><b>What must you do when you see an uncovered bucket full of water in the toilet?</b></p> <p><i>Ask an adult to empty the water and inform them of the potential dangers associated with having an unattended bucket filled with water or ensure that it is properly covered.</i></p>	1-6
3	<p><b>What do warning signs tell us when we go to a rivers, reservoirs, parks or beaches</b></p> <p><i>They warn us of the possible dangers in the area.</i></p>	1-6
4	<p><b>What types of behaviours cause accidents at the swimming pool?</b></p> <p><i>Running around the pool. Pushing others into the pool. Not watching where you enter the water. Diving in shallow water.</i></p>	1-6
5	<p><b>What are important safety rules at the swimming pool?</b></p> <ul style="list-style-type: none"> <li>• Do not run around the pool</li> <li>• Do not push others in the water</li> <li>• Look and check before entering water</li> <li>• Listen to pool lifeguards and pool staff</li> </ul>	1-6

No.	Question	Stage
6	<p><b>Where could you find out what the rules of the swimming pool are?</b></p> <ul style="list-style-type: none"> <li>• <i>Read the signs around the pool area</i></li> <li>• <i>Ask the pool lifeguards or customer service officer</i></li> <li>• <i>Look at the safety symbols along the poolside</i></li> </ul>	1-6
7	<p><b>What should you always take out of the swimming pool when you are done with your lesson?</b></p> <p><i>Toys and equipment should be packed away so that they do not attract other young children to enter the water.</i></p>	1-6
8	<p><b>List four safety rules for the swimming pool (any of the four listed below)</b></p> <ul style="list-style-type: none"> <li>• <i>Read and obey all signs, rules and regulations</i></li> <li>• <i>Listen to the pool lifeguards and customer service officers</i></li> <li>• <i>Do not dive in shallow water</i></li> <li>• <i>Do not run around the pool</i></li> <li>• <i>Do not push people in</i></li> <li>• <i>Do not run and dive</i></li> <li>• <i>Look and check before entering water</i></li> </ul>	1-6
9	<p><b>Who can help you if you get into trouble at a swimming pool or guarded beach?</b></p> <p><i>The lifeguards.</i></p>	1-6
10	<p><b>Who can you approach for help if someone get into trouble in a condominium pool with no lifeguards on duty?</b></p> <p><i>The security guards or any adult passer-by.</i></p>	1-6
11	<p><b>What could happen if you walked too close to the edge of a river bank, stream, reservoir or quarry?</b></p> <p><i>You could accidentally fall in or the edge may crumble and you could fall in.</i></p>	1-6
12	<p><b>The water in the canal is not deep. Are you allowed to enter to play in it?</b></p> <p><i>NO! You may not be aware of sudden fast flowing water that may pass the canal.</i></p>	1-6
13	<p><b>What are the dangers with a storm water channel?</b></p> <p><i>Steep banks, fast flowing water, flash flooding, trapped in grating.</i></p>	1-6
14	<p><b>If you can't see the bottom of a river, reservoir, stream or quarry, what would be some dangers?</b></p> <p><i>Submerged objects, rocks, weeds, muddy bottom, and unknown depths.</i></p>	1-6
15	<p><b>How do you check the strength of a river current?</b></p> <p><i>Throw in a stick and see how quickly it flows down the river. If the stick disappears underwater or is tossed around, the current is strong.</i></p>	1-6



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No.	Question	Stage
16	<b>What sort of things should you not do at a beach?</b> <ul style="list-style-type: none"> <li><i>Dive into the water</i></li> <li><i>Swim alone (Unsupervised)</i></li> <li><i>Swim when conditions are rough or bad weather</i></li> <li><i>Jump off rocks or water breaker</i></li> <li><i>Swim out too far</i></li> </ul>	1-6
17	<b>Where is it safe to swim at a guarded beach (e.g. Sentosa)?</b> <i>In between the red and yellow flags.</i>	1-6
18	<b>What safety tips could you give your friends when going to the beach?</b> <ul style="list-style-type: none"> <li><i>Inform family members of your whereabouts and expected return time</i></li> <li><i>Read and obey signs before entering the water</i></li> <li><i>Always swim with a buddy (e.g. a responsible adult)</i></li> <li><i>Always swim between the red and yellow flags in guarded beaches</i></li> <li><i>Listen to lifeguards</i></li> <li><i>Wear a Personal Flotation Device (PFD) especially for non-swimmers and weak swimmers</i></li> <li><i>Leave the water and seek shelter immediately when conditions turns rough or when there is bad weather</i></li> <li><i>Never dive into the water</i></li> </ul>	1-6
19	<b>How would you recognise a rip current?</b> <ul style="list-style-type: none"> <li><i>Discoloured water due to the sand being stirred</i></li> <li><i>Debris floating with the current</i></li> <li><i>Waves breaking on either side of the rip</i></li> <li><i>A ripple appearance</i></li> </ul>	4-6

### III) Health Awareness

This module covers the following topics:

- A. Sun protection
- B. Hydration
- C. Personal hygiene at the pool

No.	Question	Stage
1	<b>When is the strongest period of UV rays during the day?</b> <i>10.30am to 3.30pm.</i>	1-6
2	<b>What must you do to protect yourself against harmful UV rays during that period?</b> <i>Half an hour before the activity, put on sun screen (SPF50), hat, sun glasses and protective clothing.</i>	1-6
3	<b>Must you reapply the sun screen when engaging in prolonged aquatic activities in the water?</b> <i>Yes, reapply once every 2 hours of prolonged activity.</i>	1-6
4	<b>When do you hydrate yourself during swimming?</b> <i>Before the session, and also during the session itself if it takes more than one hour of training, and also after the training session.</i>	1-6
5	<b>If you have just taken some medication, should you swim?</b> <i>NO! Some medication may cause drowsiness and may result in some unforeseen accident in water.</i>	1-6
6	<b>If you are unwell or have an open wound on your body, should you swim?</b> <i>NO! It is the social responsibility of each individual to ensure the safety of themselves and others in a swimming pool.</i>	1-6
7	<b>If you have a current medical condition such as asthma, heart condition or epilepsy, what must you do when engaging in aquatic activities?</b> <i>Inform the lifeguard regarding your condition and which lane you will be swimming in.</i>	1-6
8	<b>Who is responsible for the supervision of young children in and around water?</b> <i>A responsible adult should supervise young children at all times when they are in and around water.</i>	1-6
9	<b>If you accidentally 'poo' or vomit into the pool or if you see 'poo' or someone else who has vomited inside the pool, what must you do?</b> <i>Alert the lifeguard or pool staff immediately.</i>	1-6
10	<b>If you feel sick half way through your training, what must you do?</b> <i>Inform your instructor/instructor/parent and stop training immediately.</i>	1-6



## IV) Rescues and Self-Preservation

This module covers the following topics:

- A. Principles of rescues
- B. The importance of self-preservation in rescues

No.	Question	Stage
1	<b>What is the first thing you should think about before attempting a rescue?</b> <ul style="list-style-type: none"><li>• <i>Making informed judgements</i></li><li>• <i>Do you have the knowledge, fitness, skill and ability to conduct the rescue?</i></li><li>• <i>Is it safe to conduct the rescue?</i></li></ul>	1-6
2	<b>If someone is in trouble in the water should you enter the water immediately to assist them?</b> <i>NO! It is better to perform a dry rescue such as talk or throw. Self-preservation is important for the safety of the rescuer. Or get help from an adult or trained personnel like the lifeguard.</i>	1-6
3	<b>What is a dry rescue technique?</b> <i>A rescue that does not involve getting in the water such as talk or throw. These are the safest modes of rescue for the rescuer.</i>	1-6
4	<b>What items could you use to perform a throw rescue?</b> <ul style="list-style-type: none"><li>• <i>Pool buoy</i></li><li>• <i>Water noodle</i></li><li>• <i>Kick board</i></li><li>• <i>Ball</i></li><li>• <i>Rescue tube</i></li><li>• <i>Rope</i></li><li>• <i>PFD</i></li></ul>	1-6
5	<b>If you do not have the confidence to perform the rescue what must you do?</b> <i>Alert any adult passer-by for help, or call 995 for assistance.</i>	1-6
6	<b>What are the characteristics of a non-swimmer victim:</b> <ul style="list-style-type: none"><li>• <i>Unable to call for help</i></li><li>• <i>Vertical position in the water</i></li><li>• <i>Desperate grabbing and climbing arm and leg actions</i></li><li>• <i>May submerge for periods of time</i></li><li>• <i>Panicked and wide-eyed</i></li><li>• <i>Unlikely to respond to instructions</i></li><li>• <i>May attempt to grasp rescuer</i></li></ul>	4-6

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No.	Question	Stage
7	<p><b>What are the characteristics of an unconscious victim:</b></p> <p><i>The unconscious victim may be floating on the water surface or sink under the bottom of the pool depending on the length of time they have been unconscious. They may be facing up or facing down in the water, but will not be moving.</i></p>	4-6
8	<p><b>What are the four As' to summarise the steps in any rescue?</b></p> <p><i>Awareness - Alerted to the cry of help and direct to the source.</i></p> <p><i>Assessment - Check for danger, availability of rescue aid and self-ability to perform that rescue.</i></p> <p><i>Action – Take action into rescuing the victim, always bring along a flotation device to perform the rescue.</i></p> <p><i>Aftercare - Reassure the victim and inform the paramedic what had happened.</i></p>	4-6