



PAWS Primary Aquatics Water Safety

Suggested Questions

Suggested Questions for Land PAWS 1

Water Safety at the Swimming Pool

1. List two things you should do before getting into the water.
 - a. Check how deep the water is before getting in
 - b. Check for others before entering the water
 - c. Read the rules of the pool
2. What should you not do for one hour after eating?
 - a. You shouldn't go swimming until at least one hour after eating
3. Who should you listen to at all times when at the swimming pool?
 - a. You should listen to the lifeguard at all times.
4. Why should you never run around the pool?
 - a. You should never run around the pool because it could be slippery
 - b. You could fall and hurt yourself



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Suggested Questions

5. When asked about pool safety pupils should be able to list at least 6 pieces of advice
- a. Be careful not to dive into shallow water
 - b. Check to see how deep the pool is before getting in
 - c. Water out for younger children at all times
 - d. Obey all pool safety rules such as no running dives or horseplay
 - e. An adult should always supervise playtime
 - f. Remember to check for others before entering the water
 - g. Watch out in case there is no proper barrier between the kiddie's pool and the main pool
 - h. Check for Lifeguards, always do what they tell you
 - i. Watch out for sudden drops in the floor
 - j. Don't go swimming for at least one hour after eating
 - k. Be careful of wet and slippery surfaces
 - l. Do not swim in discoloured or murky water



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Suggested Questions

6. Pupils should also be able to explain why they should follow these tips.
- a. Be careful not to dive into shallow water because you could injure yourself
 - b. Check to see how deep the pool is before getting in so you are getting into an area you are safe in – e.g. you can touch the bottom
 - c. Watch out for younger children at all times because the water can be a dangerous place and smaller children are more likely to be in danger, they may not be able to touch the bottom etc
 - d. Obey the pool rules – they are there to prevent accidents from happening
 - e. An adult should supervise playtime to make sure everyone is safe
 - f. You should check for others before entering the pool to make sure you are not entering the water on top of anyone
 - g. You should check that there is a barrier between the main pool and the kiddie's pool so that small children from the kiddie's pool are not able to get into the main pool without supervision
 - h. Always do what the lifeguard tells you because they are there to keep you safe and to help you have a good time
 - i. Watch out for sudden drops in the floor to make sure you don't slip down one and end up out of your depth
 - j. You shouldn't go swimming until at least one hour after eating because before this you could get a cramp and get into difficulty
 - k. You should be careful around the pool and beware of wet and slippery surfaces because you could fall and injure yourself
 - l. You shouldn't swim in murky or discoloured water – it could be dangerous



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Suggested Questions

Water Safety at Outdoor Water

1. What does SAFE mean?
 - a. Stay Away From the Edge
2. Give four types of outdoor water
 - a. Rivers
 - b. Leisure Centres and Parks (Ponds etc)
 - c. Canals
 - d. Reservoirs
 - e. Gravel Pits
 - f. Piers
 - g. Ice
 - h. Lakes and Wetlands
 - i. Construction Sites
 - j. Cliffs
 - k. Beaches
3. Give three points about the edge of waterways
 - a. They can often be hidden by reeds and grass
 - b. They can crumble away suddenly
 - c. They can give way under your weight
4. What way should you always enter the water?
 - a. Feet first
5. What should you do if you get caught in a current in a river?



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Suggested Questions

- a. Float on your back, feet first downstream.
6. Why should you never go near water alone?
 - a. You may fall in (canals, reservoirs etc) and it is very hard to get out of the water
7. Give one difference between rivers and canals.
 - a. Canals are man made
 - b. Canals have steep sides while rivers may not
8. If a hole is filled with water you cannot tell how ____ it is.
 - a. Deep
9. Why should you never swim out after anything that is drifting out in the water (lake, sea etc)
 - a. You may end up out of your depth, get tired, get injured and are too far to swim back to safety
10. Why should you be extra careful when walking along piers?
 - a. In case you trip and fall in
 - b. If it is very windy the wind might blow you off the pier



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Suggested Questions

Water Safety on the Farm

1. What is there on a farm that acts like quicksand?
 - a. Slurry Pit
2. If you are feeding the ducks or playing near farm ponds what should you always have with you?
 - a. An adult
3. Give at least three hazards on the farm (in relation to water)
 - a. Slurry Pit
 - b. Ponds, water bodies hidden by reeds and/or grass
 - c. Holes or drains left uncovered
 - d. Weak pond and/or river banks

Water Safety in the Home

1. Name at least 6 things in and around the home, which hold large amounts of water.
 - a. Bath
 - b. Toilet
 - c. Sink
 - d. Kettle
 - e. Washing Machine
 - f. Dishwasher
 - g. Paddling Pools



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Suggested Questions

- h. Drains
 - i. Water Barrels
 - j. Garden Pond
2. Once finished in the bath you should make sure it's _____.
- a. Emptied
3. What should be fenced off if near the home?
- a. Rivers, Streams and drains
4. Where should bath plugs be kept?
- a. Out of reach of children



PAWS Primary Aquatics Water Safety

Suggested Questions

Suggested Questions for Land PAWS 2

Water Safety at the Swimming Pool

1. List two things you should do before getting into the water.
 - a. Check how deep the water is before getting in
 - b. Check for others before entering the water
 - c. Read the rules of the pool
2. What should you not do for one hour after eating?
 - a. You shouldn't go swimming until at least one hour after eating
3. Who should you listen to at all times when at the swimming pool?
 - a. You should listen to the lifeguard at all times.
4. Why should you never run around the pool?
 - a. You should never run around the pool because it could be slippery
 - b. You could fall and hurt yourself



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Primary Aquatics Water Safety

Suggested Questions

5. When asked about pool safety pupils should be able to list at least 6 pieces of advice
- a. Be careful not to dive into shallow water
 - b. Check to see how deep the pool is before getting in
 - c. Water out for younger children at all times
 - d. Obey all pool safety rules such as no running dives or horseplay
 - e. An adult should always supervise playtime
 - f. Remember to check for others before entering the water
 - g. Watch out in case there is no proper barrier between the kiddie's pool and the main pool
 - h. Check for Lifeguards, always do what they tell you
 - i. Watch out for sudden drops in the floor
 - j. Don't go swimming for at least one hour after eating
 - k. Be careful of wet and slippery surfaces
 - l. Do not swim in discoloured or murky water



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Suggested Questions

6. Pupils should also be able to explain why they should follow these tips.
- a. Be careful not to dive into shallow water because you could injure yourself
 - b. Check to see how deep the pool is before getting in so you are getting into an area you are safe in – e.g. you can touch the bottom
 - c. Watch out for younger children at all times because the water can be a dangerous place and smaller children are more likely to be in danger, they may not be able to touch the bottom etc
 - d. Obey the pool rules – they are there to prevent accidents from happening
 - e. An adult should supervise playtime to make sure everyone is safe
 - f. You should check for others before entering the pool to make sure you are not entering the water on top of anyone
 - g. You should check that there is a barrier between the main pool and the kiddie's pool so that small children from the kiddie's pool are not able to get into the main pool without supervision
 - h. Always do what the lifeguard tells you because they are there to keep you safe and to help you have a good time
 - i. Watch out for sudden drops in the floor to make sure you don't slip down one and end up out of your depth
 - j. You shouldn't go swimming until at least one hour after eating because before this you could get a cramp and get into difficulty
 - k. You should be careful around the pool and beware of wet and slippery surfaces because you could fall and injure yourself
 - l. You shouldn't swim in murky or discoloured water – it could be dangerous



PAWS Primary Aquatics Water Safety

Suggested Questions

7. Why should you always shower before entering the swimming pool?
 - a. To wash off any substances like deodorant, perfume, make up
So that you don't contaminate the water
8. What chemical is used in most pools to keep the water clean and safe?
 - a. Chlorine
9. Where would you find the rules of the pool?
 - a. On posters around the pool, before entering the pool
10. If you are unsure of the pool rules who should you ask?
 - a. The lifeguard

Water Safety at Outdoor Water

1. What does SAFE mean?
 - c. Stay Away From the Edge
2. Give four types of outdoor water
 - a. Rivers
 - b. Leisure Centres and Parks (Ponds etc)
 - c. Canals
 - d. Reservoirs
 - e. Gravel Pits
 - f. Piers



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Primary Aquatics Water Safety

Suggested Questions

- g. Ice
 - h. Lakes and Wetlands
 - i. Construction Sites
 - j. Cliffs
 - k. Beaches
3. Give three points about the edge of waterways
- a. They can often be hidden by reeds and grass
 - b. They can crumble away suddenly
 - c. They can give way under your weight
4. What way should you always enter the water?
- a. Feet first
5. What should you do if you get caught in a current in a river?
- a. Float on your back, feet first downstream.
6. Why should you never go near water alone?
- a. You may fall in (canals, reservoirs etc) and it is very hard to get out of the water
7. Give one difference between rivers and canals.
- a. Canals are man made
 - b. Canals have steep sides while rivers may not
8. If a hole is filled with water you cannot tell how ____ it is.
- a. Deep



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Suggested Questions

9. Why should you never swim out after anything that is drifting out in the water (lake, sea etc)
 - a. You may end up out of your depth, get tired, get injured and are too far to swim back to safety
10. Why should you be extra careful when walking along piers?
 - a. In case you trip and fall in
 - b. If it is very windy the wind might blow you off the pier

Water Safety on the Farm

1. What is there on a farm that acts like quicksand?
 - a. Slurry Pit
2. If you are feeding the ducks or playing near farm ponds what should you always have with you?
 - a. An adult
3. Give at least three hazards on the farm (in relation to water)
 - a. Slurry Pit
 - b. Ponds, water bodies hidden by reeds and/or grass
 - c. Holes or drains left uncovered
 - d. Weak pond and/or river banks



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Suggested Questions

Water Safety in the Home

1. Name at least 6 things in and around the home which hold large amounts of water.
 - a. Bath
 - b. Toilet
 - c. Sink
 - d. Kettle
 - e. Washing Machine
 - f. Dishwasher
 - g. Paddling Pools
 - h. Drains
 - i. Water Barrels
 - j. Garden Pond
2. Once finished in the bath you should make sure it's _____.
 - a. Emptied
3. What should be fenced off if near the home?
 - a. Rivers, Streams and drains
4. Where should bath plugs be kept?
 - a. Out of reach of children



PAWS Primary Aquatics Water Safety

Suggested Questions

Calling the emergency Services

1. What is the number you dial in an emergency?
 - a. 112
2. List a few of the emergency services in Ireland.
 - a. Ambulance
 - b. Gardaí
 - c. Fire Brigade
 - d. Lifeboats
 - e. Mountain Rescue
3. What is the first thing you reach the operator after dialling 112?
 - a. Tell them what emergency service you require
4. What is the next step for you?
 - a. State your name, location and contact number.
5. Why should you give your contact number?
 - a. In case you get cut off from the call
 - b. So that the emergency services can contact you



PAWS Primary Aquatics Water Safety

Suggested Questions

Suggested Questions for Land PAWS 3

Water Safety at the Swimming Pool

1. List two things you should do before getting into the water.
 - a. Check how deep the water is before getting in
 - b. Check for others before entering the water
 - c. Read the rules of the pool
2. What should you not do for one hour after eating?
 - a. You shouldn't go swimming until at least one hour after eating
3. Who should you listen to at all times when at the swimming pool?
 - a. You should listen to the lifeguard at all times.
4. Why should you never run around the pool?
 - a. You should never run around the pool because it could be slippery
 - b. You could fall and hurt yourself
5. When asked about pool safety pupils should be able to list at least 6 pieces of advice
 - a. Be careful not to dive into shallow water
 - b. Check to see how deep the pool is before getting in
 - c. Water out for younger children at all times
 - d. Obey all pool safety rules such as no running dives or horseplay
 - e. An adult should always supervise playtime
 - f. Remember to check for others before entering the water



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Suggested Questions

- g. Watch out in case there is no proper barrier between the kiddie's pool and the main pool
 - h. Check for Lifeguards, always do what they tell you
 - i. Watch out for sudden drops in the floor
 - j. Don't go swimming for at least one hour after eating
 - k. Be careful of wet and slippery surfaces
 - l. Do not swim in discoloured or murky water
6. Pupils should also be able to explain why they should follow these tips.
- a. Be careful not to dive into shallow water because you could injure yourself
 - b. Check to see how deep the pool is before getting in so you are getting into an area you are safe in – e.g. you can touch the bottom
 - c. Watch out for younger children at all times because the water can be a dangerous place and smaller children are more likely to be in danger, they may not be able to touch the bottom etc
 - d. Obey the pool rules – they are there to prevent accidents from happening
 - e. An adult should supervise playtime to make sure everyone is safe
 - f. You should check for others before entering the pool to make sure you are not entering the water on top of anyone
 - g. You should check that there is a barrier between the main pool and the kiddie's pool so that small children from the kiddie's pool are not able to get into the main pool without supervision
 - h. Always do what the lifeguard tells you because they are there to keep you safe and to help you have a good time
 - i. Watch out for sudden drops in the floor to make sure you don't slip down one and end up out of your depth



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Suggested Questions

- j. You shouldn't go swimming until at least one hour after eating because before this you could get a cramp and get into difficulty
 - k. You should be careful around the pool and beware of wet and slippery surfaces because you could fall and injure yourself
 - l. You shouldn't swim in murky or discoloured water – it could be dangerous
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Suggested Questions

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 - a. You may fall in (canals, reservoirs etc) and it is very hard to get out of the water
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 - b. Canals have steep sides while rivers may not
8. If a hole is filled with water you cannot tell how ____ it is.
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9. Why should you never swim out after anything that is drifting out in the water (lake, sea etc)
 - a. You may end up out of your depth, get tired, get injured and are too far to swim back to safety
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Water Safety on the Farm

1. What is there on a farm that acts like quicksand?
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Water Safety in the Home

1. Name at least 6 things in and around the home which hold large amounts of water.
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 - c. Sink
 - d. Kettle
 - e. Washing Machine
 - f. Dishwasher
 - g. Paddling Pools
 - h. Drains
 - i. Water Barrels



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Suggested Questions

- j. Garden Pond
2. Once finished in the bath you should make sure it's _____.
 - a. Emptied
3. What should be fenced off if near the home?
 - a. Rivers, Streams and drains
4. Where should bath plugs be kept?
 - a. Out of reach of children

Recognition of hazards in the Water

1. Give the four types of hazards in the water.
 - a. Surf
 - b. Weather
 - c. Environmental
 - d. Marine Life
2. Give an example of each of these
 - a. Surf – Waves
 - b. Weather – Wind
 - c. Environmental – Sand Bars
 - d. Marine Life – Jellyfish

Correct Procedures for dealing with Hazards



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Suggested Questions

1. Name one hazards, say what group it belongs to and give advice for dealing with that hazard
 - a. Jellyfish; Marine Life
 - i. If stung by a jellyfish you should treat it with vinegar (or another acid based solvent) immediately.
 - b. Seaweed; Marine Life
 - i. If caught in Seaweed you should gently slip it off – do not panic or kick it off as it will become more tangled.

Calling the emergency Services

1. What is the number you dial in an emergency?
 - a. 112
2. List a few of the emergency services in Ireland.
 - a. Ambulance
 - b. Gardaí
 - c. Fire Brigade
 - d. Lifeboats
 - e. Mountain Rescue
3. What is the first thing you reach the operator after dialling 112?
 - a. Tell them what emergency service you require
4. What is the next step for you?
 - a. State your name, location and contact number.



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Suggested Questions

5. Why should you give your contact number?
 - a. In case you get cut off from the call
 - b. So that the emergency services can contact you

Floatation

1. Explain floating.
 - a. Floating is when an object stays at the surface of the water without sinking
2. Name three objects that float.
 - a. Ball
 - b. Leaf
 - c. Empty bottle
3. Name three objects that do not float i.e. sink.
 - a. Rock
 - b. Coin
 - c. Jewellery



PAWS Primary Aquatics Water Safety

Suggested Questions

Local Aquatics Organisations

1. Name a local aquatics organisation.
2. What do they do? i.e. Swimming, Sailing etc
3. How often do they meet? i.e. Weekly, Monthly etc
4. How do you become a member?