# AGE Education Programme

## Beach Safety Test Paper

Put a circle around the best answer to the following questions.

* 1. **Before you go to the beach and swim in the waves you should:**
     1. Learn how to swim
     2. Buy bathers
     3. Check the weather forecast
     4. Pack a large lunch
  2. **Before you get into the sun at a surf beach you should:**
     1. Put oil on your skin to make it browner
     2. Put on a little sunscreen
     3. Apply a strong sunscreen and reapply every few hours
     4. Only apply sunscreen if the sun feels hot
  3. **When you swim at a surf beach you should:**
     1. Jump in wherever it is less crowded
     2. Swim between the flags and lifesavers
     3. Swim near the best waves
     4. Follow the surfers out to the breaks
  4. **If you get into trouble while you are swimming you should:**
     1. Call and wave for help
     2. Swim in to the shore
     3. Dive under the water
     4. Hold your breath