# AGE Education Programme

## Beach Safety Test Paper

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

Section 1: Preparation

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

Section 2: Swimming

1. **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
2. **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