



**LOS ANGELES UNIFIED SCHOOL DISTRICT  
BULLETIN**

**Attachment A**

**OFFICE OF CURRICULUM, INSTRUCTION, AND SCHOOL SUPPORT**

**Student's Name:** \_\_\_\_\_ **School:** \_\_\_\_\_ **Period:** \_\_\_\_\_

**Grade:** \_\_\_\_ **Physical Education Instructor** \_\_\_\_\_ **Date:** \_\_\_\_\_

**WATER SAFETY TEST FOR SWIMMING AND DIVING**

**(To Be Completed By Student & Signed By Instructor)**

The purpose of this test is to determine the student's knowledge of safety precautions necessary for swimming and diving. ALL STUDENTS must pass this safety test with a score of 100 PERCENT before participation is allowed in the instructional swim program or on an interscholastic swim team. Note: Students with disabilities and/or documented health issues may require modifications (i.e.: an auditory test) to pass the test.

**DIRECTIONS:** Complete the following statements by printing the correct word or words in the spaces provided.

1. Immediately report all accidents to your \_\_\_\_\_.
2. Never enter the water or pool area until a \_\_\_\_\_ is on duty and you have received permission from the teacher.
3. Only \_\_\_\_\_ person is allowed on the diving board at a time.
4. Diving is never allowed in \_\_\_\_\_ water.
5. Running, shoving, cutting corners, and other dangerous action are \_\_\_\_\_ allowed in the pool area.
6. When using diving board, you may only bounce \_\_\_\_\_ before you dive.
7. Do not call for \_\_\_\_\_ unless in trouble.
8. Drowning can occur any place where there is \_\_\_\_\_.
9. Permanent paralysis (not being able to move) due to spinal cord injuries may result from striking your \_\_\_\_\_ against the bottom or side of the pool or from striking it against some object in the pool.
10. In diving, the parts of the body that provide good protection for the head are the \_\_\_\_\_ and the \_\_\_\_\_.
11. Lifeguards protect lives. Do not talk to the \_\_\_\_\_ when they are on duty.
12. Always swim in a safe \_\_\_\_\_ away from diving boards and platforms.
13. Pool ladders and steps are to be used only to \_\_\_\_\_ and \_\_\_\_\_ the pool.
14. Each \_\_\_\_\_ is responsible for his or her own personal safety and the safety of others.



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**DIRECTIONS:** Read the question in the left-hand column. Then find the statement in the right-hand column that best answers the question. Put the letter of the best answer in the space between the parentheses in front of the question.

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| <p>( E ) 1. Why is it dangerous to run in dressing rooms, at entrances to the pool, or on the pool deck?</p> <p>( ) 2. Why is horseplay (recklessness, fooling around) very dangerous in or around a pool?</p> <p>( ) 3. Why are safety signs and rules posted in pool areas?</p> <p>( ) 4. Why is it dangerous to dive into the shallow (low-water) end of a pool?</p> <p>( ) 5. Why is diving from the side of the diving boards an unsafe practice?</p> <p>( ) 6. Why shouldn't you try difficult dives which you see others do?</p> <p>( ) 7. What must you do if you find the diving board is out of adjustments or in need of repair?</p> <p>( ) 8. Why is talking with lifeguards not permitted?</p> <p>( ) 9. What is the danger of non-swimmers sitting or playing on safety-cord lines?</p> <p>( ) 10. Who is responsible for personal safety and the safety of others?</p> <p>( ) 11. What is required before you may enter the water?</p> | <p>A. There is danger of diving into swimmers and hitting the sides of the pool.</p> <p>B. Each student is responsible for personal safety and the safety of others.</p> <p>C. To remind you of unsafe acts and unsafe conditions which can cause serious accidents?</p> <p>D. Tell the instructor.</p> <p>E. Water causes surfaces to become slippery, a condition which in turn causes people to slip and fall.</p> <p>F. Their attention is taken away from watching the swimmers.</p> <p>G. Because you bump into others and cause serious accidents or injuries.</p> <p>H. They may be pushed into water that is over their heads and be in danger.</p> <p>I. A serious injury could result from hitting the bottom of the pool.</p> <p>J. There is danger in injuring yourself whenever you try to do something you have not yet been taught to do.</p> <p>K. A lifeguard must be on duty and a teacher must be present.</p> |
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I have received and understood the instruction on swimming and diving safety. I promise to follow all safety rules, and if I am ever in doubt about any of these rules, I will get the necessary information from my teacher.

**SIGNED (Student's Signature)** \_\_\_\_\_ **DATE:** \_\_\_\_\_

THIS IS TO CERTIFY that: \_\_\_\_\_

Print Name of Student Above

Has been given safety instructions for swimming and diving and has satisfactorily passed this written safety test with a score of 100%.

**SIGNED (Instructor's Signature)** \_\_\_\_\_ **DATE:** \_\_\_\_\_

### ANSWER KEY— STUDENT WATER SAFETY TEST FOR SWIMMING AND DIVING