



## True or false?

1. You should always run, not walk around the poolside

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2. Swimming is the only sport that can save your life

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3. The scissor kick is a technique for treading water

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4. Swimming works all of the muscles in the body

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5. The width of a standard pool is longer than a length

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6. Red flags at the beach means it is safe to swim in the sea

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7. Front crawl is done on your back

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8. Children under the age of one can go in the pool

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9. You should never push anyone into the pool

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10. If I see someone in trouble in the water I should call a friend

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