Water Safety in Open Water

In 2014, Australian swimmer Chloe McCardel completed what is believed to be the longest continuous open water swim ever. She endured seventy-eight miles between two islands in the Bahamas in a time of forty-two and half hours.

Staying safe is crucial when you are swimming in the open water. So how can we stay safe?

- Swim at lifeguard patrolled beaches only;
- Only swim between the red and yellow striped flags - never swim when a red flag is flying;
- Stay near an adult;
- Keep an eye on the weather – if it's very windy or the sea is rough, do not swim or use inflatables in the sea.

It is essential to stay safe!

Quick Questions

1. Which two words mean the same as 'important'?

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2. How long did it take Chloe McCardel to swim between the two islands?

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3. What does the word 'endured' tell us about Chloe McCardel?

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4. Why does the author use a question in the text?

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Answers

1. Which two words mean the same as 'important'?
   Accept: crucial and essential.

2. How long did it take Chloe McCardel to swim between the two islands?
   Accept: forty-two and a half hours.

3. What does the word 'endured' tell us about Chloe McCardel?
   Accept an explanation which focuses on her ability to persevere in difficult situations. Also links to endurance sports can be accepted.

4. Why does the author use a question in the text?
   Accept any explanation of how this prompts the reader to think about the topic more personally.