

Water Safety in Open Water

- 7 In 2014, Australian swimmer Chloe McCardel completed
17 what is believed to be the longest continuous open water
24 swim ever. She endured seventy-eight miles between
34 two islands in the Bahamas in a time of forty-two
37 and half hours.
- 47 Staying safe is crucial when you are swimming in the
55 open water. So how can we stay safe?
- 61 • Swim at lifeguard patrolled beaches only;
 - 69 • Only swim between the red and yellow striped
79 flags - never swim when a red flag is flying;
 - 83 • Stay near an adult;
 - 91 • Keep an eye on the weather – if it's
100 very windy or the sea is rough, do not
107 swim or use inflatables in the sea.
- 113 It is essential to stay safe!



Quick Questions



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



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



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



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