



The SESK Party Game

STUFF EVERY SWIMMER SHOULD KNOW

How to play (30 seconds)

1. The reader reads a card and its three answers out loud.
2. Everyone says "One, two, three, Goldilocks!" and holds up 1, 2, or 3 fingers.
3. The reader flips the card and reads the answer and the Why.
4. Everyone who was right takes a point.
5. The reader reads the joke with a straight face. Anyone laughs or groans? The reader takes a point. Nobody got it right? The reader takes a point.
6. Pass the deck left. Most points when the points run out wins.

What you need

These cards and the point tokens on the last two pages. No tokens? Use coins, buttons, pebbles, or marshmallows. 3 to 10 players, ages 8 and up.

Expert rule: Bet It

Before the reader flips the card, you may put one of your points on your answer. Right: take your normal point plus one extra. Wrong: your bet goes back to the pile. That's it.

Printing

Print single-sided, on cardstock if you have it. Cut on the dashed lines. Each card is a 3.5 x 5 inch index card. The answer half is upside down on purpose, so the table can't peek.

Cards 1 to 50 of 61. More cards and the free daily online game at sesk.info. Built 2026-10-13.

SPORTS & FITNESS



What does drowning usually look and sound like?

- A Loud yelling and big waving for help
- B Quick and quiet, with barely a splash
- C Slow, taking many minutes to happen

FLIP FOR THE ANSWER

B Quick and quiet, with barely a splash
WHY The AAP says drowning is quick and silent, and a child can go under within seconds with barely a splash. Do not wait to hear trouble. Keep your eyes on swimmers the whole time.

#9724

SESK.INFO

SPORTS & FITNESS



A weak swimmer can drown in about the time it takes to do what?

- A Reply to a text
- B Eat a whole lunch
- C Watch a full TV episode

FLIP FOR THE ANSWER

A Reply to a text
WHY The Red Cross says a child or weak swimmer can drown in the time it takes to reply to a text. That is why the watcher puts the phone away.

#9725

SESK.INFO

SPORTS & FITNESS



Who does the Red Cross say should never swim alone?

- A Only kids under 12
- B Only weak swimmers
- C Everyone, no matter age or skill

FLIP FOR THE ANSWER

C Everyone, no matter age or skill
WHY The Red Cross rule is to never swim alone, regardless of age or skill. Even strong swimmers get cramps, get tired or get hurt, and a buddy can get help.

#9726

SESK.INFO

SPORTS & FITNESS



The chance of drowning at a US beach with lifeguards is about 1 in how many?

- A 1 in 1,000
- B 1 in 50,000
- C 1 in 18 million

FLIP FOR THE ANSWER

C 1 in 18 million
WHY The US Lifesaving Association figure, shared by the National Weather Service, puts the chance of drowning at a beach with lifeguards at 1 in 18 million. That is why the advice is to swim near a lifeguard.

#9727

SESK.INFO

SPORTS & FITNESS



If a lifeguard is on duty, do parents still need to watch their kids in the water?

- A** Yes, an adult should still stay and watch
- B** No, watching is the lifeguard's job
- C** Only if the child cannot swim

FLIP FOR THE ANSWER

#9728

SESK.INFO

STRAIGHT FACE
Why did the lifeguard bring a whistle shaped like a fish? So everyone would know he was on porpoise.

A Yes, an adult should still stay and watch
WHY Lifeguards watch a whole crowd. The Red Cross says that even if lifeguards are present, you or another responsible adult should stay with your children.

SPORTS & FITNESS



Someone is struggling in the water. What does the Red Cross phrase 'reach or throw, don't go' mean?

- A** Swim out fast and grab them
- B** Throw them your phone to call for help
- C** Help from shore with a pole or something that floats

FLIP FOR THE ANSWER

#9729

SESK.INFO

STRAIGHT FACE
Why did the pool noodle become a hero? It was always ready to lend a hand.

C Help from shore with a pole or something that floats
WHY A panicked swimmer can pull a rescuer under. The safe way is to reach with a pole or towel, or throw something that floats, while you stay out of the water.

SPORTS & FITNESS



How can you tell a life jacket is US Coast Guard approved?

- A** Look for the Coast Guard approval stamp
- B** It is always bright orange
- C** It comes with a whistle

FLIP FOR THE ANSWER

#9730

SESK.INFO

STRAIGHT FACE
Why did the life jacket get a promotion? It kept everyone's spirits afloat.

A Look for the Coast Guard approval stamp
WHY Color does not prove anything. The Red Cross says to make sure a life jacket is U.S. Coast Guard approved by looking for the stamp on it, and to check the label for weight and size.

SPORTS & FITNESS



A properly fitted foam life jacket should NOT ride up past what?

- A** Your belly button
- B** Your chin or ears
- C** Your knees

FLIP FOR THE ANSWER

#9731

SESK.INFO

WHY The Coast Guard says a well fitted foam life jacket fits snugly and will not rise above your chin or ears. If it slides up, it is too big.

B Your chin or ears

SPORTS & FITNESS



Can water wings or floaties replace a life jacket?

- A** Yes, if they are fully blown up
- B** Yes, for kids over age 5
- C** No, they can deflate and don't prevent drowning

FLIP FOR THE ANSWER

#9732

SESK.INFO

STRAIGHT FACE
Why are pool floaties bad at keeping secrets? They always let the air out.

C No, they can deflate and don't prevent drowning
WHY Inflatable arm bands and pool toys can lose air or slip off. The AAP says to avoid them as safety gear and use a properly fitted Coast Guard approved life jacket instead.

SPORTS & FITNESS



When boating, who should wear a life jacket according to the Red Cross?

- A** Everyone, no matter how well they swim
- B** Only people who cannot swim
- C** Only the boat driver

FLIP FOR THE ANSWER

#9733

SESK.INFO

A Everyone, no matter how well they swim
WHY Falling overboard is sudden, and cold or rough water can tire anyone. The Red Cross says to always wear a life jacket while boating, regardless of swimming skill.

SPORTS & FITNESS



Does a rip current pull you under the water?

- A** Yes, it drags you to the bottom
- B** Only during high tide
- C** No, it pulls you away from shore, not under

FLIP FOR THE ANSWER

#9734

SESK.INFO

C No, it pulls you away from shore, not under
WHY NOAA says to relax because rip currents don't pull you under. They carry you away from shore, so stay calm, float and get out of the current.

SPORTS & FITNESS



How far from piers and jetties does NOAA say to stay when swimming?

- A** At least 10 feet
- B** At least 1 mile
- C** At least 100 feet

FLIP FOR THE ANSWER

#9735

SESK.INFO

STRAIGHT FACE
Where does seaweed look for a job? In the kelp-wanted ads.

C At least 100 feet
WHY Water flowing along the beach gets turned out to sea when it hits a pier or jetty. NOAA says to stay at least 100 feet (30 meters) away because permanent rip currents often sit alongside them.

SPORTS & FITNESS



Which beach sight can mean a rip current is there?

- A** A dark, narrow gap between breaking waves
- B** A row of big, even waves crashing
- C** Seagulls floating close to shore

FLIP FOR THE ANSWER

#9736

SESK.INFO

STRAIGHT FACE
Why are fish so good at spotting things? They always keep an eye on the current events.

WAVES
WHY NOAA says channel rip currents usually look like darker, narrow paths of water heading out between areas of breaking waves and whitewater. The water there can look deceptively calm.

A A dark, narrow gap between breaking waves

SPORTS & FITNESS



Can dangerous rip currents form on calm, sunny beach days?

- A** No, only during storms
- B** Yes, they often form on calm, sunny days
- C** Only at night

FLIP FOR THE ANSWER

#9737

SESK.INFO

STRAIGHT FACE
What's the best day to go to the beach? Sunday.

WHY The National Weather Service warns that great beach weather does not always mean it is safe to swim. Check the local beach forecast and ask the lifeguard before you go in.

B Yes, they often form on calm, sunny days

SPORTS & FITNESS



Sudden gasping from cold water can be triggered by water as warm as what?

- A** 32°F (0°C)
- B** 50°F (10°C)
- C** 77°F (25°C)

FLIP FOR THE ANSWER

#9738

SESK.INFO

STRAIGHT FACE
Why did the lake get a sweater? It heard the water was a little chilly under the surface.

WHY Water does not have to be icy to cause trouble. The National Weather Service says gasping and rapid breathing from sudden immersion can start in water as warm as 77°F.

C 77°F (25°C)

SPORTS & FITNESS



Going kayaking or paddle boarding on a warm day with cold water, what should you dress for?

- A** The water temperature
- B** The air temperature
- C** Whatever looks good in photos

FLIP FOR THE ANSWER

#9739

SESK.INFO

STRAIGHT FACE
Why did the kayak go to school? It wanted to be a little more well-rowed.

WHY If you fall in, the water decides how cold you get. The National Weather Service says to dress for the water temperature and always wear a life jacket.

A The water temperature

SPORTS & FITNESS



Stuck in cold water with a life jacket, what does the H.E.L.P. position have you do?

- A** Swim hard in circles to stay warm
- B** Float flat on your back, arms spread wide
- C** Pull your knees to your chin, arms against your sides

FLIP FOR THE ANSWER

#9740

SESK.INFO

STRAIGHT FACE Why did the penguin wear a life jacket? It wanted to stay cool and keep its head up.

C Pull your knees to your chin, arms against your sides **WHY** H.E.L.P. stands for Heat Escape Lessening Position. Hugging your knees and keeping your legs together protects your core and slows heat loss while you wait for rescue.

SPORTS & FITNESS



How deep does the Red Cross say water must be before you dive in head first?

- A** At least 3 feet
- B** At least 5 feet
- C** At least 9 feet

FLIP FOR THE ANSWER

#9741

SESK.INFO

STRAIGHT FACE Why did the diving board get a gold star? It always knew how to spring into action.

C At least 9 feet **WHY** Shallow water and hidden rocks can cause serious head and neck injuries. The Red Cross says to dive only where water is marked safe for diving, at least 9 feet deep with no underwater obstacles.

SPORTS & FITNESS



What does the Red Cross say about jumping into water from a bridge?

- A** Don't enter the water from a height like a bridge
- B** It's fine if you jump feet first
- C** It's fine if the water looks dark and deep

FLIP FOR THE ANSWER

#9742

SESK.INFO

STRAIGHT FACE Why did the frog stay off the bridge? He'd rather hop in from the bank like a pro.

A Don't enter the water from a height like a bridge **WHY** You can't see rocks, logs or shallow spots from above, and the impact from a height is hard on your body. The Red Cross says not to enter water from a height, such as a bridge or boat.

SPORTS & FITNESS



What does the Red Cross say about pool and hot tub drains?

- A** Stay away from drains and openings that cause suction
- B** Sit on them to stay in one spot
- C** Kids can play with them if the pump is on

FLIP FOR THE ANSWER

#9743

SESK.INFO

STRAIGHT FACE Why did the pool drain get invited to every party? It really knew how to pull a crowd.

A Stay away from drains and openings that cause suction **WHY** Strong suction from a drain can trap hair, swimsuits or body parts. Stay away from drains and other openings, and tell an adult if a drain cover is loose, broken or missing.

SPORTS & FITNESS



Why is 'no running' a pool rule?

- A** Running scares the fish in the filter
- B** Wet decks are slippery and falls cause injuries
- C** Running makes the water too warm

FLIP FOR THE ANSWER

#9746

SESK.INFO

STRAIGHT FACE
Why did the pool deck get a timeout? It kept letting people slip up.

B Wet decks are slippery and falls cause injuries
WHY The AAP says not to run on pool decks and wet areas, because scrapes and bruises commonly come from careless falls. Walk, and wear sandals on the deck.

SPORTS & FITNESS



What part of the body does swimmer's ear affect?

- A** The middle ear behind the eardrum
- B** The outer ear and ear canal
- C** The inner ear that controls balance

FLIP FOR THE ANSWER

#9745

SESK.INFO

STRAIGHT FACE
What has ears but can't hear? A cornfield.

B The outer ear and ear canal
WHY Swimmer's ear is inflammation or infection of the outer ear and ear canal. Bacteria in water often cause it. Ear pain or drainage means it's time to see a doctor.

SPORTS & FITNESS



Which habit helps prevent swimmer's ear?

- A** Clean ears with cotton swabs after every swim
- B** Leave water in your ears to rinse them
- C** Dry your ears well after they get wet

FLIP FOR THE ANSWER

#9746

SESK.INFO

STRAIGHT FACE
Why did the swimmer always carry a towel to his ear doctor? He liked to keep things ear-ly dry.

C Dry your ears well after they get wet
WHY MedlinePlus says to dry your ears very well after they get wet and not to put cotton swabs or other objects in them. Swabs can scratch the skin of the ear canal.

SPORTS & FITNESS



Do you really need to wait 30 to 60 minutes after eating before you swim?

- A** Yes, or you will get cramps and drown
- B** No, no major group recommends waiting
- C** Yes, but only after eating pizza

FLIP FOR THE ANSWER

#9747

SESK.INFO

STRAIGHT FACE
What's a shark's favorite sandwich? Peanut butter and jellyfish.

B No, no major group recommends waiting
WHY The Red Cross Scientific Advisory Council says swimming within an hour of eating does not raise the risk of drowning. No major medical or safety group says to wait.

SPORTS & FITNESS



Red, irritated eyes after swimming can come from what in pool water?

- A** Chlorine and other pool chemicals
- B** Too much salt from your sweat
- C** Cold water freezing your eyes

FLIP FOR THE ANSWER

#9748

SESK.INFO

STRAIGHT FACE
Why did the goggles get a medal? They always had the swimmer's eyes covered.

A **Chlorine and other pool chemicals**
WHY The AAP says eye symptoms in swimmers may come from chlorine and other chemicals, but contagious eye infections can look similar. If eyes stay red or sore, see a doctor.

SPORTS & FITNESS



Is there such a thing as waterproof sunscreen?

- A** Yes, any sunscreen with SPF 50 or higher
- B** Yes, if it says sport on the bottle
- C** No, all sunscreens eventually wash off

FLIP FOR THE ANSWER

#9749

SESK.INFO

STRAIGHT FACE
Why did the sun not go to college? It already had a million degrees.

C **No, all sunscreens eventually wash off**
WHY The FDA says no sunscreen is waterproof. Some are labeled water resistant, but every sunscreen wears off in the water, so you have to reapply it.

SPORTS & FITNESS



A 'water resistant' sunscreen label must say it lasts how long while swimming?

- A** 10 or 20 minutes
- B** 4 or 8 hours
- C** 40 or 80 minutes

FLIP FOR THE ANSWER

#9750

SESK.INFO

STRAIGHT FACE
What did the beach towel say to the sunscreen? I've got you covered, now go reapply.

C **40 or 80 minutes**
WHY The FDA says sunscreens labeled water resistant must state whether they stay effective for 40 minutes or 80 minutes when swimming or sweating. After that, put more on.

SPORTS & FITNESS



After the last thunder, how long should you wait before getting back in an outdoor pool?

- A** At least 30 minutes
- B** 5 minutes, once the rain stops
- C** No wait, once the sun is out

FLIP FOR THE ANSWER

#9751

SESK.INFO

STRAIGHT FACE
Why did the cloud stay home from the pool party? It was feeling under the weather.

A **At least 30 minutes**
WHY Electrical charge can linger after a storm seems to pass. The National Weather Service says to wait at least 30 minutes after the last thunder before going back to outdoor activities.

SPORTS & FITNESS



You're swimming outside and hear thunder. What should you do?

- A** Keep swimming until you see lightning
- B** Get out and go indoors right away
- C** Stay underwater until it passes

FLIP FOR THE ANSWER

#9752

SESK.INFO

STRAIGHT FACE
What did the lightning bolt say to the swimmer?
You're positively shocking!

B Get out and go indoors right away
WHY The National Weather Service says if you hear thunder, you are likely within striking distance. There is no safe place outside when thunderstorms are around, so get out and go indoors.

SPORTS & FITNESS



Why shouldn't swimmers breathe fast and deep before underwater distance contests?

- A** It makes your goggles fog up
- B** It can cause you to black out underwater
- C** It makes you float too much to go under

FLIP FOR THE ANSWER

#9753

SESK.INFO

B It can cause you to black out underwater
WHY Hyperventilating lowers the carbon dioxide that tells your body to breathe. You lose the urge to come up, and you can pass out underwater. The Red Cross warns about this hypoxic blackout.

SPORTS & FITNESS



Is 'dry drowning' days after swimming a real medical condition?

- A** No, they are not medically accepted conditions
- B** Yes, it often strikes days later with no warning
- C** Yes, but only in salt water

FLIP FOR THE ANSWER

#9754

SESK.INFO

STRAIGHT FACE
Why was the swimming pool so calm? It knew how to keep its cool

A No, they are not medically accepted conditions
WHY The Red Cross says near, dry, delayed and secondary drowning are not medically accepted conditions. Anyone who coughs a lot or breathes hard after trouble in the water should get medical care.

SPORTS & FITNESS



If a child goes missing near a pool, where should you look first?

- A** Check the water first
- B** Check their bedroom first
- C** Wait 10 minutes for them to return

FLIP FOR THE ANSWER

#9755

SESK.INFO

STRAIGHT FACE
Why are pool parties always so fun? Everybody dives right in.

A Check the water first
WHY The Red Cross says if a child is missing, check the water first, because seconds count in preventing death or disability. Then alert the lifeguard and call for help.

SPORTS & FITNESS



In a freestyle race, which stroke must a swimmer use?

- A** Front crawl only
- B** Butterfly only
- C** Any style the swimmer wants

FLIP FOR THE ANSWER

#9756

SESK.INFO

STRAIGHT FACE
Why do fish live in saltwater? Because pepper makes them sneeze.

C Any style the swimmer wants
WHY In a freestyle event the swimmer may swim any style. Most pick front crawl because it is fast. In a medley, though, the freestyle leg cannot be backstroke, breaststroke or butterfly.

SPORTS & FITNESS



How must a swimmer be positioned during backstroke, except at turns?

- A** On the back
- B** On the front
- C** On the side

FLIP FOR THE ANSWER

#9757

SESK.INFO

STRAIGHT FACE
Why did the swimmer get kicked out of the pool? He kept making waves.

A On the back
WHY Backstroke is swum on the back the whole race. During a turn the shoulders may roll past vertical, but the swimmer must be back on the back when leaving the wall.

SPORTS & FITNESS



What movement rule defines breaststroke arms and legs?

- A** The arms and legs alternate left and right
- B** The legs use a dolphin kick
- C** Both arms move together, and both legs move together

FLIP FOR THE ANSWER

#9758

SESK.INFO

STRAIGHT FACE
Why don't oysters share? Because they are shellfish.

C Both arms move together, and both legs move together
WHY In breaststroke, both arms move together and both legs move together. Alternating arm or leg movements, such as a flutter kick, are not allowed.

SPORTS & FITNESS



Which kick is used in butterfly?

- A** Flutter kick
- B** Scissor kick
- C** Dolphin kick

FLIP FOR THE ANSWER

#9759

SESK.INFO

STRAIGHT FACE
Why did the dolphin cross the ocean? To get to the other tide.

C Dolphin kick
WHY Butterfly uses a dolphin kick: both legs move up and down together and may not alternate. A flutter kick alternates, and a breaststroke kick is not allowed in butterfly.

SPORTS & FITNESS



What is the individual medley stroke order?

- A** Butterfly, backstroke, breaststroke, freestyle
- B** Backstroke, butterfly, breaststroke, freestyle
- C** Breaststroke, backstroke, butterfly, freestyle

FLIP FOR THE ANSWER

#9760

SESK.INFO

STRAIGHT FACE
What do you call a swimming race between fish? A fish meet.

A **Butterfly, backstroke, breaststroke, freestyle**
WHY The individual medley goes butterfly, backstroke, breaststroke, then freestyle. Each stroke covers one quarter of the distance.

SPORTS & FITNESS



Which stroke goes first in a medley relay?

- A** Butterfly
- B** Backstroke
- C** Breaststroke

FLIP FOR THE ANSWER

#9761

SESK.INFO

STRAIGHT FACE
Why did the relay team get in the water? They wanted to make a splash.

B **Backstroke**
WHY The medley relay order is backstroke, breaststroke, butterfly, then freestyle. Backstroke goes first, so medley relays start in the water.

SPORTS & FITNESS



Which two strokes normally use flip turns?

- A** Breaststroke and butterfly
- B** Freestyle and backstroke
- C** Butterfly and backstroke

FLIP FOR THE ANSWER

#9762

SESK.INFO

STRAIGHT FACE
Why did the swimmer love flip turns? They always turned out great.

B **Freestyle and backstroke**
WHY In freestyle and backstroke you do not have to touch the wall with your hands, so most swimmers flip and touch with their feet. Breaststroke and butterfly need a two-hand touch, so they use open turns.

SPORTS & FITNESS



Which two strokes require a simultaneous two-hand wall touch?

- A** Breaststroke and butterfly
- B** Freestyle and backstroke
- C** Backstroke and butterfly

FLIP FOR THE ANSWER

#9763

SESK.INFO

STRAIGHT FACE
Why did the butterfly swimmer touch the wall with both hands? To give it a high-five.

A **Breaststroke and butterfly**
WHY The rules require a simultaneous two-hand touch at turns and finishes in breaststroke and butterfly. Missing this is a common disqualification.

SPORTS & FITNESS



What does bilateral breathing mean in freestyle?

- A** Breathing on both left and right sides
- B** Breathing only on the right side
- C** Holding your breath for three strokes

FLIP FOR THE ANSWER

#9764

SESK.INFO

STRAIGHT FACE
Why did the freestyle swimmer breathe to both sides? To stay fair and balanced.

A **WHY** Breathing on both left and right sides
Bilateral breathing means breathing to both sides, often every third stroke. USMS says it can make your stroke more even, and in open water it lets you breathe away from waves.

SPORTS & FITNESS



When should a freestyle swimmer breathe out?

- A** Only when lifting the head to breathe
- B** Only at each wall
- C** While the face is in the water

FLIP FOR THE ANSWER

#9765

SESK.INFO

STRAIGHT FACE
Why do swimmers blow bubbles? It is how they say hello underwater.

C **WHY** While the face is in the water
USMS says to breathe out while your mouth is underwater and breathe in when it is out. Holding your breath is a common mistake that makes each breath rushed.

SPORTS & FITNESS



Where does the down-kick of a freestyle flutter kick begin?

- A** At the hip
- B** At the knee
- C** At the ankle

FLIP FOR THE ANSWER

#9766

SESK.INFO

STRAIGHT FACE
Why did the swimmer start the kick at the hip? It was the hip thing to do.

A **WHY** At the hip
USMS says the down-kick begins at your hip, your knee moves second and your ankle third. The motion speeds up down the leg, like a whip.

SPORTS & FITNESS



What is a kickboard mainly used for?

- A** Arm stroke practice
- B** Kick isolation
- C** Rescue flotation only

FLIP FOR THE ANSWER

#9767

SESK.INFO

STRAIGHT FACE
Why did the kickboard go to school? To get a little more board-ucation.

B **WHY** Kick isolation
A kickboard holds up your arms and upper body so you can work on just your kick. USMS says it is a great way to build kick strength.

SPORTS & FITNESS



What does a pull buoy do in swim training?

- A** Adds drag to the feet
- B** Marks lane boundaries
- C** Lifts the legs and isolates arm pulling

FLIP FOR THE ANSWER

#9768

SESK.INFO

STRAIGHT FACE
Why did the pull buoy never get lost at sea? It always kept its head above water.

C Lifts the legs and isolates arm pulling
WHY A pull buoy goes between your thighs so you do not kick. It floats your hips, so you can focus on just the pulling motion of your arms.

SPORTS & FITNESS



Which goggle lens does USMS call best for sunny, high-glare swims?

- A** Blue or violet lenses
- B** Mirrored lenses
- C** Clear lenses

FLIP FOR THE ANSWER

#9769

SESK.INFO

STRAIGHT FACE
Why did the goggle go to school? To improve its vision.

B Mirrored lenses
WHY USMS says mirrored goggles are best for sunny or high-glare conditions and give the best UV protection. Blue or violet lenses suit cloudy days and indoor pools.

SPORTS & FITNESS



What is a main purpose of a competitive swim cap?

- A** To make the swimmer float higher
- B** To cut drag and keep hair out of the way
- C** To keep water out of the eyes

FLIP FOR THE ANSWER

#9770

SESK.INFO

STRAIGHT FACE
Why did the swimmer wear a cap? To keep a lid on things.

B To cut drag and keep hair out of the way
WHY A cap keeps hair out of the way and makes the head smoother in the water. USMS says caps also help protect hair from chlorine and make open water swimmers easier to see.

SPORTS & FITNESS



Which pool length is used in the Olympic Games?

- A** 25 yards
- B** 25 meters
- C** 50 meters

FLIP FOR THE ANSWER

#9771

SESK.INFO

STRAIGHT FACE
Why did the swimmer love short course? Because the wall came sooner.

C 50 meters
WHY Olympic swimming uses a 50-meter pool, called long course. Short course pools are 25 yards or 25 meters.

SPORTS & FITNESS



In a 25-yard pool, how many lengths make a 100-yard swim?

- A Two lengths
- B Eight lengths
- C Four lengths

FLIP FOR THE ANSWER

#9772

SESK.INFO

STRAIGHT FACE
Why did the swimmer count every length? Because every length counts.

C Four lengths
WHY A length is one trip from end to end. In a 25-yard pool, 100 yards is 4 lengths. People disagree whether a lap is one length or down and back, so swimmers count lengths.

SPORTS & FITNESS



What is sighting in open water swimming?

- A Looking at your watch
- B Looking ahead to find a marker
- C Squeezing goggles tighter

FLIP FOR THE ANSWER

#9773

SESK.INFO

STRAIGHT FACE
Why did the open water swimmer keep looking up? To keep the shore in sight.

B Looking ahead to find a marker
WHY Open water has no lane lines or black line to follow. Sighting means looking ahead during your swim to find a marker, like a tree or landmark, to guide you.

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