TRUE or FALSE?

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

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

3. The scissor kick is a technique for treading water

4. Swimming works all of the muscles in the body

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

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

7. Front crawl is done on your back

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

9. You should never push anyone into the pool

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