

## ACTIVITY 4.5 - GIANT TIC-TAC-TOE

*This active game tests the students' knowledge on diving related dangers.*

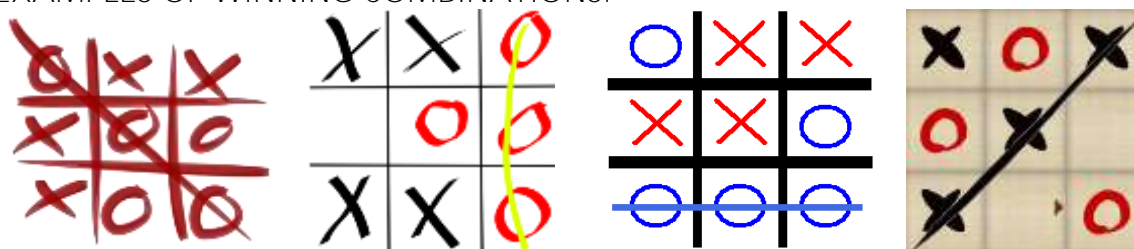
TIME REQUIRED: 5 to 10 minutes per game

MATERIAL:

- Question list (20 questions)
- Colored tape or chalkboard and chalk

GOAL: win the tic-tac-toe game

EXAMPLES OF WINNING COMBINATIONS:



INSTRUCTIONS:

- Draw a giant tic-tac-toe or the chalkboard using chalk, or on the floor using colored tape.
- Divide class into two teams: the Xs and Os.
- Ask each team to choose a call that will represent them; it can be, for example, an animal cry.
- Explain the rules to students:
  - The first team who succeeds in having three of its symbol aligned wins.
  - The teacher asks questions related to the "Look before diving" topic.
  - The first team who lets out its call has the right to answer first.
  - If the answer is wrong, the team makes 20 jumping jacks, and their opponents can try to answer the question.
  - If both teams give a wrong answer, the teacher can give them a clue.
  - The first team that gets the right answer sends one of its members to the giant tic-tac-toe, either to draw their symbol on the chalkboard, or to stand on the tic-tac-toe shape on the floor.
  - Before asking the next question, the teacher can have students discuss and explain the question they just answered.

## “LOOK BEFORE DIVING” QUESTIONS

1. When I first enter water, it is better if I do it \_\_\_\_\_ first.

CLUE : lower body part

ANSWER : feet

EXPLANATION: since we can never be certain of how deep the water is, it is better to go in feet first before diving.

2. Before diving, I need to make sure water is at least \_\_\_\_\_ meters deep.

CLUE : decimal number between 2 and 3

ANSWER : 2.75 m

EXPLANATION: 2.75 meters is the depth required by national standards for a completely safe dive. Water must be at least 2.75 meters deep on a 6 meters length.

3. When I go to the swimming pool, where can I dive?

- a. In the shallow end
- b. In the deep end
- c. Anywhere if I am careful enough

ANSWER : b. In the deep end

EXPLANATION: The only place where we can safely dive in a public pool is in the deep end, where the diving boards are.

4. True or false

I can dive in an above-ground pool.

ANSWER : false

EXPLANATION: Since no above-ground pool meets the 2.75 m depth standard, none allows a safe dive.

5. True or false

Before diving in unknown water, I must make sure that the water is deep enough and that there are no obstacles (rock, tree trunk, etc.).

ANSWER : true

EXPLANATION: Always make sure there are no obstacles, even if everything seems to be perfectly safe from outside the water.

6. True or false

I can see how deep the water is by staying on the shore or on a dock.

ANSWER : false

EXPLANATION: water depth is hardly identifiable and can be misleading. Water always seems deeper than it really is.

7. True or false

My friend has a backyard pool. If his pool has no deep end, it means I can dive anywhere in the pool.

ANSWER : false

EXPLANATION: residential pools are rarely deep enough to allow safe diving, even if a diving board has been installed in the deeper end. The slope between the deep end and the shallow end is also very dangerous. A lot of medullary accidents are caused by a residential **pool's slope**, since space (length) between the pool side and the slope is not sufficient.

8. Can I dive from a dock without jumping in water feet first before?

ANSWER : no

EXPLANATION: always check how deep the water is and make sure there are no obstacles before diving from a dock. If the diving area has been well verified, then diving can be safe.

9. True or false

If my big brother and his friends ask me to dive from a place that seems unsafe to me, I should still do it, since my big brother asked me to.

ANSWER : false

EXPLANATION: even if someone older has asked you to do something, you are still entitled to your opinion, and can refuse to do it. Better be called names than to spend the rest of your life in a wheelchair!

10. True or false

If I dive in an area that is not deep enough, I can hit my head and fracture my spinal column.

ANSWER : true

EXPLANATION: depending on the speed and angle at which the person collides with the bottom of the pool, the spinal column can be fractured, thus damaging the spinal cord. Depending on where the spinal column is fractured, the victim can suffer from loss of leg function (paraplegia) or leg and arm function (tetraplegia/quadruplegia).

11. True or false

No existing treatment allows complete recovery from a spinal cord injury.

ANSWER : true

EXPLANATION: There is no available treatment that allows victims to recover from a spinal cord injury; quadriplegics stay paralyzed for the rest of their life.

12. True or false

If I have learned to dive, I can safely dive from anywhere.

ANSWER : false

EXPLANATION: even if you have the right diving technique, you must make sure you dive from a location that meets the standard (2.75 meter depth and 6 meter length), since something could distract you at any time and make you miss your dive.

13. What is the best way to learn how to dive?

CLUE: What type of lessons should you take?

ANSWER: By following swimming or diving lessons.

EXPLANATION: some rules must be observed before diving; for example, you must always aim as if you were going to the other side of the pool, not towards its bottom. The best way to learn all these rules is to learn them with a swimming or diving instructor.

14. What are the three things I need to check if I want to make sure I can safely dive and play?

CLUE : d\_ \_ \_ \_ , l\_ \_ \_ \_ \_ , o\_ \_ \_ \_ \_

ANSWER : depth, length, obstacle

EXPLANATION: depth of at least 2.75 m, length of at least 6 m and no obstacles.

15. True or false

Last week, I made sure that the area around my parent's dock was deeper than 2.75 meters, longer than 6 meters and free of any obstacles. I dived safely. This week, I will not need to check again before diving.

ANSWER : False

EXPLANATION: depth and presence of obstacles must be verified each day. The bed of a lake or a river can quickly change; it can be free of any obstacle one day, and have a large tree trunk the very next day.

16. True or false

If a person makes a shallow dive in an above-ground pool, there is absolutely no risk that she will hurt herself.

ANSWER : False

EXPLANATION: even if someone is a skillful diver, this person never should dive in an above-ground pool. Above-ground pools are not deep enough. If the dive is missed because the diver has been distracted or has slipped on the poolside, this person can hurt his/her head and sustain a spinal injury.

17. What is a spinal column?

CLUE: the spinal column is made of the same matter as the skull.

ANSWER: the spinal column is a series of small bones located in the middle of the back, between the head and the bottom (students can point where).

EXPLANATION: the spinal column supports the body and protects the spinal cord.

18. Where is the spinal cord?

CLUE : An injury to the spinal column can cause an injury to the spinal cord.

ANSWER: the spinal cord is a tissue of the human body that is located in the middle of the spinal column's bones.

EXPLANATION: the spinal cord is protected by the spinal column's bones.

19. Why is the spinal cord useful?

CLUE: if the spinal cord is severed (cut), the person will not be able to move his/her arms and/or legs.

ANSWER: the spinal cord sends messages from our brain to our limbs.

EXPLANATION: if the spinal cord is injured, the victim can partially or completely lose use of some limbs. The brain's messages will not be able to be (fully) transmitted to the limbs.

20. How can you prevent injuries caused by diving in an unsafe location?

ANSWER: tell our friends and family about what we have learned today.