The AhaBulb 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 2026-10-14.

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.

SESK.INFO #9727

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.

STRAIGHT FACE
Where do fish keep their money? In a riverbank.

SESK.INFO #9725

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.

STRAIGHT FACE
Why did the swimmer bring a friend to the pool?
Because the buddy system always goes swimmingly.

SESK.INFO #9726

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.

SESK.INFO #9724

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

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.

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

SESK.INFO #9728

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

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.

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

SESK.INFO #9729

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

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.

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

SESK.INFO #9730

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

B Your chin or ears

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.

SESK.INFO #9731

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

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.

SESK.INFO #9733

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

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.

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

SESK.INFO #9732

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

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.

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

SESK.INFO #9735

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

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.

SESK.INFO #9734

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

A **A dark, narrow gap between breaking 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.

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

SESK.INFO #9736

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

B **Yes, they often form on calm, sunny days**

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.

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

SESK.INFO #9737

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

C **77°F (25°C)**

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.

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

SESK.INFO #9738

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

A **The water temperature**

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.

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

SESK.INFO #9739

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

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.

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

SESK.INFO #9740

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

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.

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

SESK.INFO #9741

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

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.

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

SESK.INFO #9742

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

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.

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

SESK.INFO #9743

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

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.

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

SESK.INFO #9745

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

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.

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

SESK.INFO #9744

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

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.

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

SESK.INFO #9747

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

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.

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

SESK.INFO #9746

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

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.

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

SESK.INFO #9748

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

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.

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

SESK.INFO #9749

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

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.

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

SESK.INFO #9750

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

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.

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

SESK.INFO #9751

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

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.

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

SESK.INFO #9752

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

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.

SESK.INFO #9753

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

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.

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

SESK.INFO #9754

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

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.

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

SESK.INFO #9755

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

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.

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

SESK.INFO #9756

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

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.

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

SESK.INFO #9757

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

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.

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

SESK.INFO #9758

SPORTS & FITNESS

Which kick is used in butterfly?

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

FLIP FOR THE ANSWER

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.

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

SESK.INFO #9759

SPORTS & FITNESS

Which stroke goes first in a medley relay?

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

FLIP FOR THE ANSWER

B Backstroke

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

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

SESK.INFO #9761

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

A Butterfly, backstroke, breaststroke, freestyle

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

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

SESK.INFO #9760

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

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.

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

SESK.INFO #9763

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

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.

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

SESK.INFO #9762

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

A Breathing on both left and right sides

WHY 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.

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

SESK.INFO #9764

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

C While the face is in the water

WHY 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.

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

SESK.INFO #9765

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

A At the hip

WHY 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.

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

SESK.INFO #9766

SPORTS & FITNESS

What is a kickboard mainly used for?

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

FLIP FOR THE ANSWER

B Kick isolation

WHY 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.

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

SESK.INFO #9767

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

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.

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

SESK.INFO #9768

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

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.

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

SESK.INFO #9769

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

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.

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

SESK.INFO #9770

SPORTS & FITNESS

Which pool length is used in the Olympic Games?

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

FLIP FOR THE ANSWER

C 50 meters

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

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

SESK.INFO #9771

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

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.

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

SESK.INFO #9773

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

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.

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

SESK.INFO #9772

1
AhaBulb POINT

1
AhaBulb POINT