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## Activity Worksheet 2.1—Fact or Fiction

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**Directions:** Place a checkmark in the correct column.

	<b>FACT</b>	<b>FICTION</b>
1. Drowning victims always cry out for help.		
2. Active drowning victims stay straight up and down in the water while struggling.		
3. Active drowning victims use a leg kick, not their arms, to help keep themselves afloat.		
4. Active drowning victims may struggle 20 to 60 seconds before submerging.		
5. Passive drowning victims can be submerged or at the surface.		
6. Distressed swimmers and active drowning victims look very similar in the water.		
7. Hyperventilation is a safe method for helping you to swim farther distances underwater.		
8. Swimming can help an intoxicated person become sober.		