

# Staying Safe In The Open Water

## Amazing Fact

In 2014, Australian swimmer Chloe McCardel completed what is believed to be the longest continuous open water swim ever. She swam seventy-eight miles between two islands in the Bahamas in a time of forty-two and half hours.

## Challenge

Staying safe in the water is crucial when you are swimming in the open water.

What rules can you think of which should be followed?

Design a poster, which would be found at a beach, to display the water safety rules.



You could also try to find out:

- how long the fastest channel swim took;
- if anyone has swum to France and then back to England;
- what the longest river swim is;
- how long-distance swimmers eat and drink.