**Stay Calm**

**Directions:** Using the Fact Sheets: “Longfellow’s Information on Hypothermia” and “Longfellow’s Information on Currents and Dams”, fill in the blanks to complete each statement.

- **aquatic emergency**
- **dam**
- **emergency**
- **exhaustion**
- **hypothermia**
- **leg cramps**
- **panic**
- **rip current**
- **river current**
- **sudden immersion**

1. ________________ is a life threatening condition in which the body is unable to maintain warmth and so the entire body cools.

2. ________________ is a sudden and overwhelming terror that can make you unable to help yourself or others.

3. Being pushed or accidentally falling into the water is called a ________________.

4. ________________ can make a person extremely tired or weak.

5. A serious situation that needs immediate attention is called an ________________.

6. The rule, “Think So You Don’t Sink”, helps us remember what to do in an ________________ ________________.

7. Some things that might make you panic in the water are strong currents, ________________, and swimming out too far.

8. A ________________ moves straight out to sea and can carry a swimmer into deeper water.

9. White water that is fast moving and unpredictable is a ________________.

10. Never swim or boat near a ________________.

**Directions: Answer the questions.**

1. What are 3 causes of hypothermia?

2. How do you help someone with hypothermia?
   
   Check__________________  Call___________________  Care___________________

3. List 4 reasons a lifejacket can help you survive in cold water.