

HOW'S YOUR SUMMER IQ?

Here are questions relating to a variety of outdoor activities and summer situations. How many can you answer correctly?

1. You have just finished playing tennis and you're thirsty. A friend offers you a glass of water. You should:
 - a. Take it and drink as much as you want.
 - b. Refuse it.
 - c. Take some water in your mouth, then spit it out.
2. Which sports help improve cardiovascular fitness:
 - a. Bowling
 - b. Swimming
 - c. Tennis
 - d. Golf
 - e. Bicycling.
3. Once your muscles are conditioned to regular sports workouts, you will stay in condition indefinitely even if you do not exercise for several weeks? True or False
4. You spend all day at the beach. The weather is cloudy but very warm so you decide to swim for several hours. You do not need to apply a sunscreen or block to your usually sun-sensitive skin because the sun's ultraviolet rays do not penetrate clouds or water? True or False
5. When cutting the grass on a slope with a walk behind mower, you should:
 - a. Cut horizontally across the slope.
 - b. Cut up and down the slope.
6. When jogging on a street, one should run: With Traffic or Against Traffic
7. Joggers should keep their heads (up, down) when running.
8. Bicycling is good exercise and fun too. One basic safety rule to remember on a two-lane, two-way road is:
 - a. Ride on the Right side with traffic.
 - b. Ride on the Left side against traffic.
9. If your vehicle heat gauge climbs to "Hot" or the temperature warning light flashes red, you should do which:
 - a. Ensure your air conditioner is running to help cool the vehicle down.
 - b. Turn off the air conditioner and turn on the heater.
10. If you find a tick embedded in your skin you should grasp it between your index finger and thumb and pull it out then burn the tick? True or False

ANSWERS:

1. a. You should drink water before, during and after exercist to protect the body against heat exhaustion.
2. b. Swimming c. Tennis e. Bicycling
3. False
4. False, In fact, some of the worst sunburns occur on cloudy days. Burning rays can also penetrate loosely woven clothing and up to three feet of water.
5. a. Horizontally across the slope. If you slip mowing up and down a slope, you could slide into the mower blade or it could slide back on you.
6. Run against traffic so you can judge what oncoming traffic might do.
7. Up. This not only improve the line of vision but also helps breathing.
8. a. Bicyclists are required by law to follow the same traffic rules that motorists do.
9. b. Turn off the air conditioner and turn on the heat. Turning off the air conditioner will take a load off the cooling system of the car and turning the heater on will drain some of the heat away from the engine.
10. False, Report to medical personnel to have the tick removed, or follow these guidelines: Use tweezers to grasp the tick's mouthparts as close to the skin as possible, and pull it straight outward. Pull slowly, firmly, and steadily. Be patient. The ticks central mouthpart called the hypostome is long and covered with barbs. This can make it difficult to remove. Wash the wound site and apply an antiseptic. Save the tick either in alcohol or frozen in a pill vial or plastic bag in case symptoms arise and identification of the tick becomes necessary.