

Read the article about Breaking the Ice then answer the questions.
Choose the correct answer (A, B, C or D)

BREAKING THE ICE

Michael Sharp visits an outdoor pool

It's just before 7 a.m. and I'm at an outdoor swimming pool in London, where the temperature of the water is only 11 degrees above freezing! Amazingly, there are already eight people swimming.

I had intended to discover, by taking a swim myself, why anyone would want to swim in such cold water. However, in the end, I decided to ask people instead. Peter Smith has been a swimmer **here** for three years, coming every morning before work. 'It's wonderful on a cold winter morning,' he says. 'I thought it would make me healthier and I haven't been ill once since I started.'

All the swimmers here say the same thing. They all feel fitter. However, not everyone agrees with **them**. Some doctors say it helps fight illness, while others say it could be dangerous, especially for your heart.

I asked Peter what they did on the days when the pool was frozen. 'That's easy,' he said. 'There's a place in the middle where the ice is thin and easy to break. You have to avoid the side where the ice is thicker. I did try to swim there once just to see what it was like, but I found that it was impossible to break through the ice.'

I would like to be able to say that I also dived happily into the water and swam a couple of hundred meters. But the truth is, fearing the worst, I walked very carefully into the pool, stood there almost in shock and then got out again after 30 seconds before I became a block of ice.

1. What is the writer trying to do in this text?

- A. Explain why some people like swimming in the cold.
- B. Prove an idea he has had about keeping fit.
- C. Warn people not to go swimming in cold water.
- D. Advise people on ways to stay healthy.

2. In the second paragraph, the word 'here' refers to

- A. The sea
- B. An indoor swimming pool
- C. An outdoor swimming pool
- D. London

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Sesión No. 6

3. What can a reader find out from this text?

- A. Where to go swimming in London.
- B. What happened to the writer at the pool.
- C. How to keep warm in cold water.
- D. How often the writer goes swimming.

4. In the third paragraph, the word 'them' refers to

- A. Readers
- B. Swimmers
- C. Doctors
- D. People from London

5. What does Peter Smith say about his morning swim?

- A. It has helped him recover from a recent illness.
- B. He enjoys it when the pool is covered in ice.
- C. It is the reason why he keeps well all year.
- D. He thinks it makes him work better.

6. What did the writer feel about swimming at the pool?

- A. It was as cold as he expected.
- B. He did not like the ice.
- C. It made him feel healthier.
- D. He enjoyed swimming up and down.

7. What does Peter advise swimmers when the pool is frozen?

- A. To break the ice.
- B. To avoid the places where the ice is thin.
- C. To avoid the places where the ice is thicker.
- D. To swim all over the frozen pool.

8. What do you think the writer would say to his friends?

- A. My doctor has advised me not to go swimming there.
- B. It's amazing how the pool stays clear of ice all winter.
- C. I really enjoyed my early morning swim at the outdoor pool.
- D. I was surprised at the number of people in the pool – they must be crazy.