

Sun, Sea and Beach Safety

The Beach

Lifeguards patrol beaches. The RNLi means Royal National Lifeboat Institution. Their lifeguards help many people.

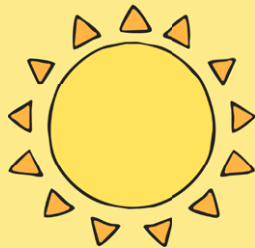
Stay safe on the beach:

- Swim where it is safe.
- Make sure you can swim.
- Always have an adult with you.
- Watch the weather.
- Wear the proper clothing when playing water sports.
- Shout for help and hold your hand in the air if in trouble
- If you ever see someone else in trouble - get a lifeguard or tell an adult.
- Ask adults if it's safe and look at safety flags.



The Sun

- Never look up at the sun.
- Always wear sunglasses, suncream and a hat.
- Always stay in the shade between 11am and 3pm.
- Keep a t-shirt on.
- Cover your shoulders.
- Drink lots of water.



Sea Creatures

There are some creatures to be careful around like:

- jellyfish
- stingrays
- mussels
- clams
- coral



Flags at the Beach

Bathing Flag



The area is watched by lifeguards. Between two of these flags is a safe place to swim and use a bodyboard.

Surfing Flag



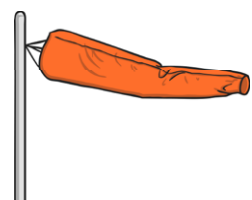
The area is safe for water activities like surfing and kayaking, but not safe for swimming or bodyboarding.

Danger Flag



Danger! NEVER enter the water when you see this flag.

Orange Windsack



Dangerous wind conditions. Never use an inflatable like a rubber ring or dinghy – you could get swept out to sea.

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Answer the questions below in full sentences.

1. Name something you can do to protect your eyes.

2. What should you drink lots of?

3. Name two creatures that you should be careful around in the sea.

4. Who patrols the beaches?

5. What do they do?

6. What should you wear when playing water sports?



7. What colour is the flag that means the area is patrolled by lifeguards and is safe??

8. What colour is the flag that means danger?
