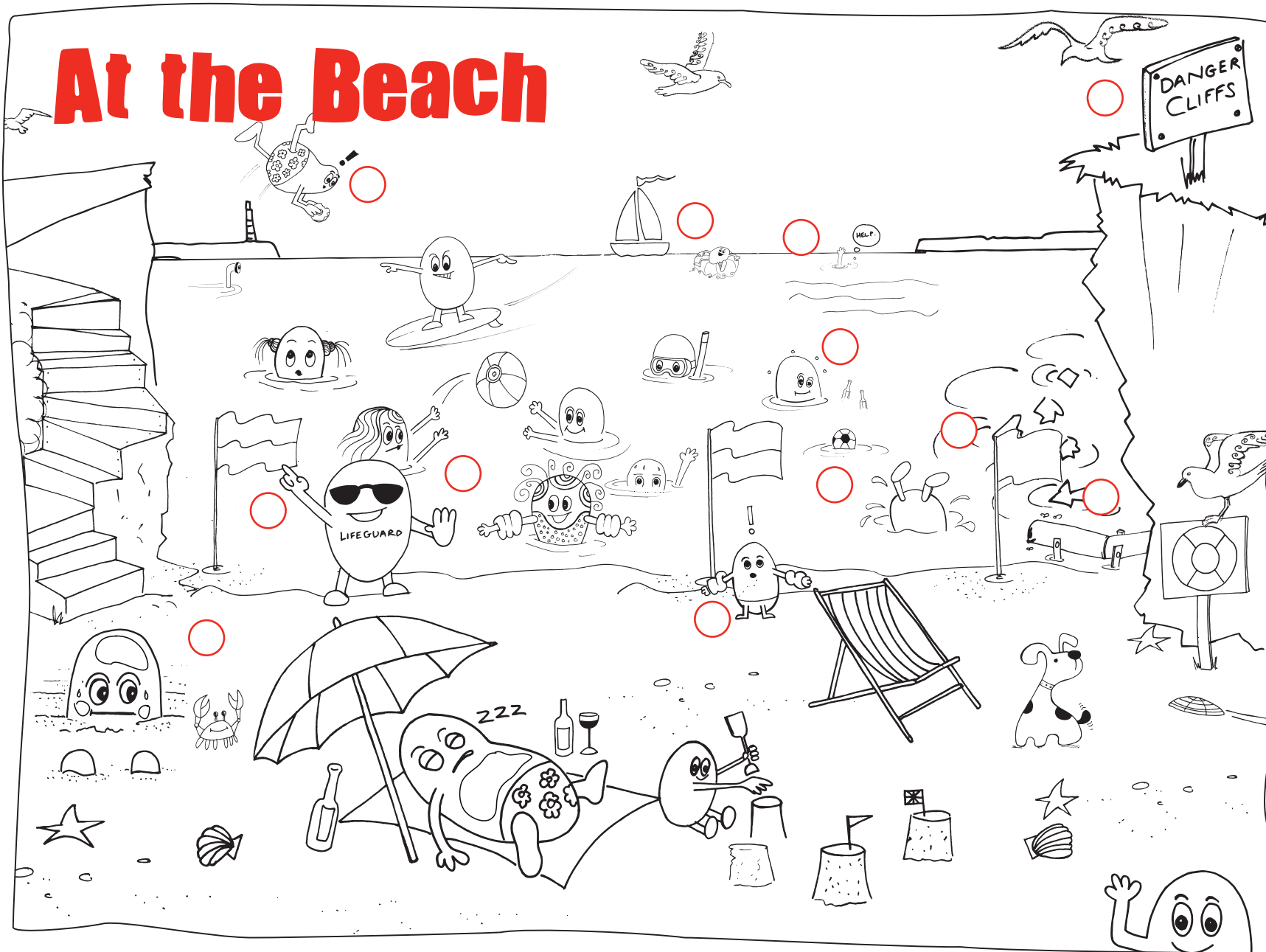


At the Beach



DANGERS

Can you number the following dangers on the picture?

- 1 Make sure the water is not too shallow or too deep
- 2 Never jump off cliffs into the water
- 3 Take care in the sun – it can take you as little as an hour to burn
- 4 Don't ignore the danger signs
- 5 Never swim when a red flag is flying
- 6 Don't swim near pipes and rocks
- 7 Beware of currents – they can carry you out to sea
- 8 Alcohol limits your ability to swim
- 9 Don't use inflatables in the sea if it's windy
- 10 Red and yellow flags mean lifeguards and supervised swimming
- 11 Listen to what the lifeguard tells you
- 12 Keep an eye on children. Don't let them wander off

SPOT

spot the dangers

ADVICE

follow safety signs and advice

FRIEND

always go with friends or family

Emergency

shout for help and call 999

Keep your family **SAFE**, learn the code:



ROYAL
LIFE SAVING
SOCIETY UK

For more games and information visit
www.rlss.org.uk

At the Beach

This poster is designed to help you enjoy swimming safely at the beach.

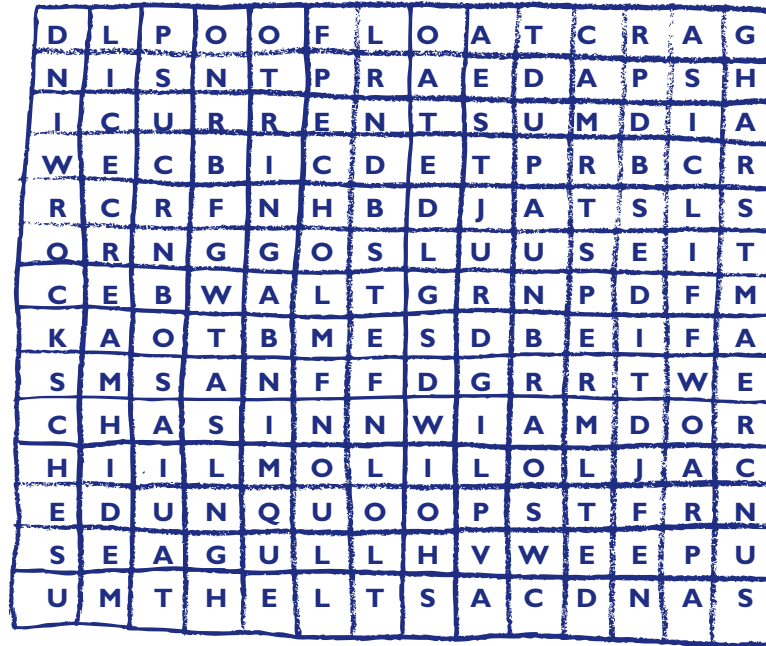
Beach Safety Advice:

- Only swim at lifeguarded beaches
- Read safety signs at the entrance to the beach
- Learn the meanings of the lifeguard flags
- Check if the tide is coming in or out and make sure you won't be cut off from the beach exit

Contact RLSS UK to find out how you can become a Rookie Lifeguard and learn lifesaving and self rescue skills.

01789 773994 or info@rlss.org.uk

Wordsearch



SAND CASTLE

FLAGS

ROCKS

LIFEGUARDS

ICE CREAM

FLOAT

BOATS

SEAGULL

CLIFF

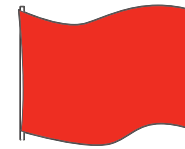
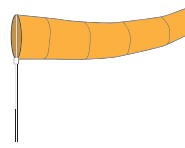
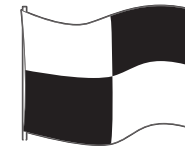
SUN CREAM

SPADE

WIND

Beach Flag game

Draw a line from the flags to their correct meaning.



No Swimming

Safe Area to Swim

Water Sports Only

Always check wind direction and when, pointed offshore, avoid using inflatables