

# Make sure you are beachwise

The RNLI rescues 4 young people every day; make sure your loved one is not one of them. Read this information, tell your kids and keep it handy to refer to. Remember SAFE!

## Spot the Dangers!

Check the **weather**, the **area** and where the **help points** are. Go to a **Lifeguard patrolled beach** whenever possible.

## Always go with a Friend

One of the best ways to stay safe is to **ALWAYS GO WITH A FRIEND** or an adult. **DON'T GO ALONE**. If you get into trouble a friend will be able to call for help.

## Find and Read the Safety Flags and Signs

When you go to the beach always read and obey the beach flags and safety signs. Obeying the signs and flags will help keep you safe.



The red flag means danger. Never go in the water when the red flag is flying.



Red and yellow flags mark the area where it is safer to swim because lifeguards are on patrol here.



Black and white flags mark the area for surfers and water craft, do not swim here.

## Emergency! Put your hand up and shout!

Ring 999/112 and ask for the Coastguard.



Can you spot the dangers in this picture?

There are at least 12 dangers to find



## Staying Safe in the Sun

When at the beach always remember to **slip, slap, slop**. Can you work out which items you must **slip, slap, slop** from the three below

- \_\_\_\_\_ on a T-shirt
- \_\_\_\_\_ on the Sun cream
- \_\_\_\_\_ on a Hat

## Don't blow it!

Keep inflatables on the beach - they can very quickly be blown out to sea, leaving you far out of your depth and in potential danger





# RNLI 'Spot the Dangers' Competition



## Lifeboat

How safe are you when you go to the beach and play in the sea?

Why not enter my Spot the Dangers Competition and show me!



**Question One:**

**How many ways can you spot that people are behaving dangerously?**

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**Question Two:**

**If you were on the beach and you saw red and yellow flags, what you would do?**

- Not go in the water, it is dangerous!
- Paddle in this area but not swim
- Swim between the yellow and red flags as this is the safest area on the beach
- Not feed the seagulls
- Not use my surf board in this area

**Question Three:**

**What does a red flag on the beach mean?**

- Do not enter the sea it is not safe
- Make sure you have sun cream on