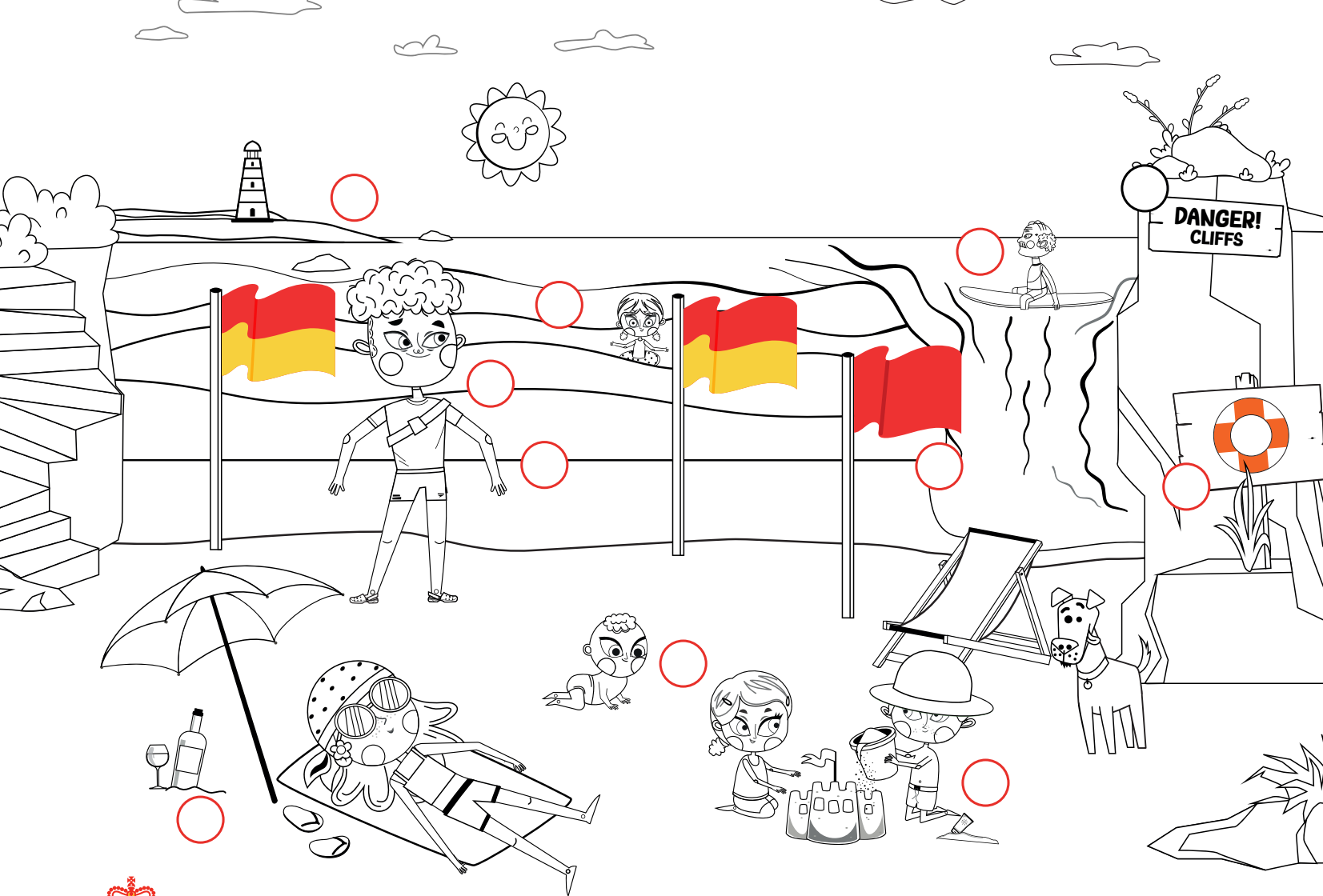


# Water Safety at the Beach



## DANGERS

Can you number the following dangers on the picture?

- 1 Look out for deep or shallow water and take care around rocks
- 2 Stay back from cliff edges and never jump from high cliffs or bridges
- 3 It's often windy at the coast and you can burn easily so wear sun cream and a hat
- 4 Red flag means danger so stay out of the water
- 5 Look out for rescue equipment and signs – they're there to keep you safe
- 6 Currents can push you out to sea
- 7 Never mix alcohol and swimming
- 8 Never use inflatables in the sea
- 9 Red and yellow flags show a safe zone where Lifeguards are keeping an eye on you
- 10 Trained Lifeguards are there to keep you safe. Listen to them carefully
- 11 Always watch children near water and keep within arm's reach

Always follow the  
WATER SAFETY CODE



ROYAL  
LIFE SAVING  
SOCIETY UK

For more resources and advice visit [www.rlss.org.uk](http://www.rlss.org.uk)



STOP  
AND THINK



STAY  
TOGETHER

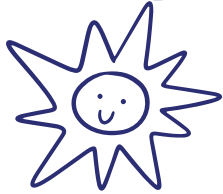


CALL  
999



FLOAT

# Water Safety at the Beach



## BEACH Water Safety Advice

**SWIM** at lifeguarded lakes

**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

## WORDSEARCH

E	S	T	M	S	E	A	G	U	L	L	J	P
W	D	S	G	A	L	F	R	M	O	S	R	U
O	X	W	U	P	T	U	O	Y	L	M	E	A
C	L	I	F	F	S	H	G	E	S	A	W	O
P	I	N	F	L	A	T	A	B	L	E	C	R
V	F	D	E	G	C	I	R	O	W	R	D	C
T	E	Q	A	I	D	S	Z	A	J	C	N	U
Y	G	S	N	U	N	H	A	T	P	E	I	R
R	U	K	S	P	A	D	E	S	H	C	K	R
O	A	W	I	J	S	C	W	T	K	I	L	E
E	R	O	C	K	S	Y	D	O	E	G	Y	N
C	D	M	U	T	A	O	L	F	X	U	R	T
I	S	U	N	C	R	E	A	M	P	T	S	A

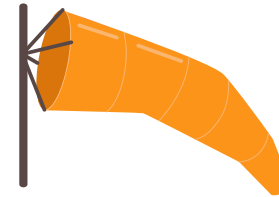
Can you find all these words in the grid?

SAND CASTLE  
 FLAGS  
 ROCKS  
 LIFEGUARDS  
 ICE CREAM  
 FLOAT

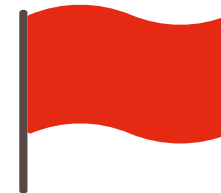
BOATS  
 SEAGULL  
 CLIFF  
 SUN CREAM  
 SPADE  
 WIND

INFLATABLE  
 CURRENT  
 HAT

**MATCH** the flags with the meaning



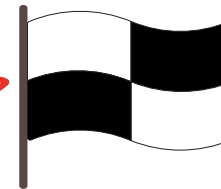
No Swimming



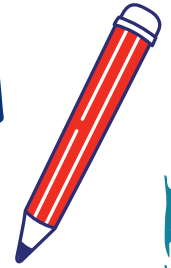
Always check wind direction and when pointed offshore, avoid using inflatables



Water sports only



Safe area to swim



Why not share your pieces of art with us?  
 Simply post with #enjoywatersafely.

    @rlssuk

