

Sun, Sea and Beach Safety

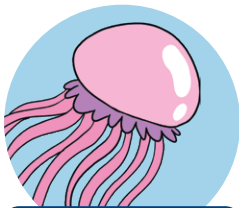
The Sun

- 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.

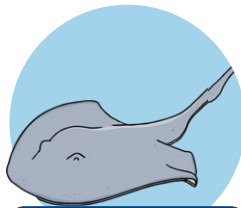


The Sea

There are some creatures to be careful around like:



jellyfish



stingrays



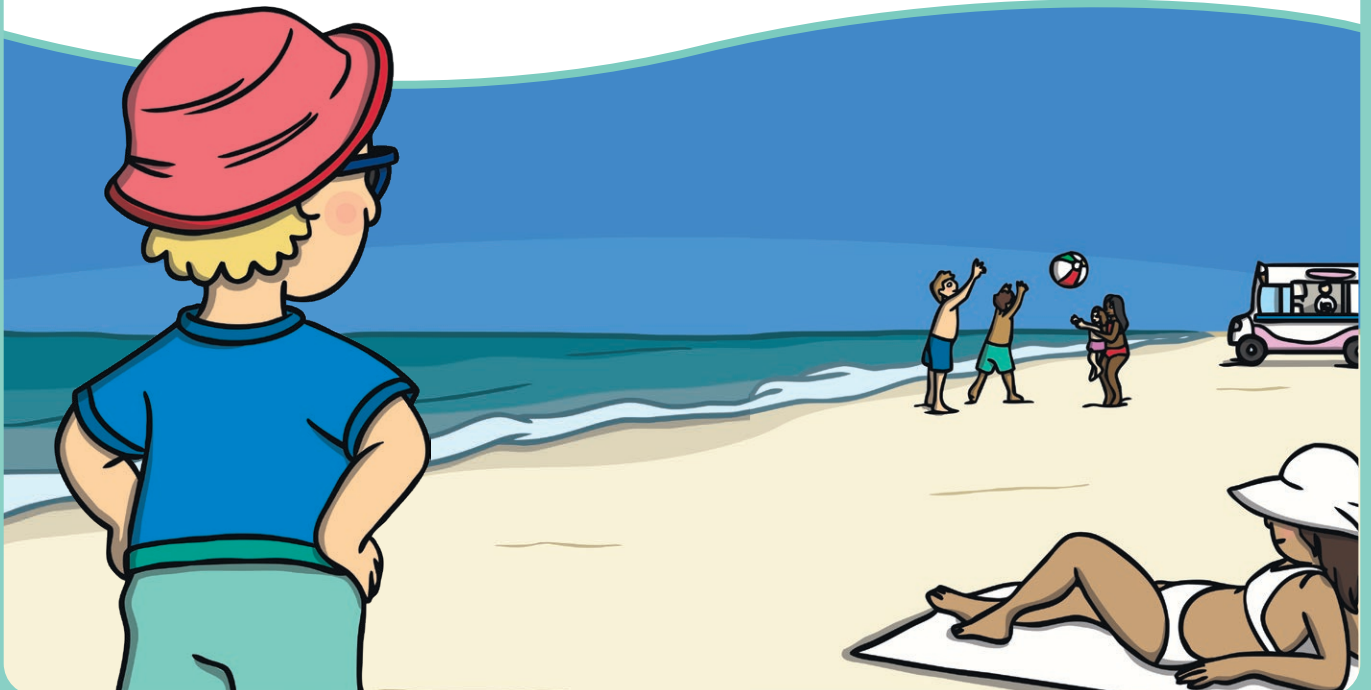
mussels



clams



coral



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.

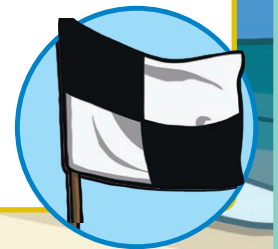
Bathing Flag

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



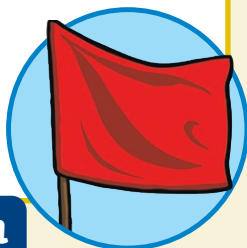
Surfing Flag

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



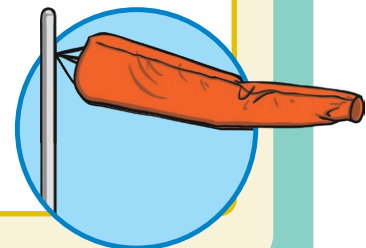
Danger Flag

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



Orange Windsock

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



Flags at the Beach

Sun, Sea and Beach Safety Questions

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?

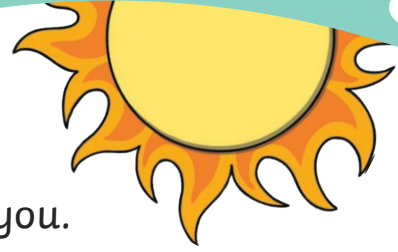
⑦ What colour is the flag that means the area is patrolled by lifeguards and is safe?

⑧ What colour is the flag that means danger?

Sun, Sea and Beach Safety Answers

- ① Name something you can do to protect your eyes.
Never look up at the sun. Always wear sunglasses. (Accept either)
- ② What should you drink lots of?
Drink lots of water.
- ③ Name two creatures that you should be careful around in the sea.
You should be careful around jellyfish, stingrays, mussels, clams and coral.
- ④ Who patrols the beaches?
Lifeguards/RNU patrol the beaches.
- ⑤ What do they do?
Their lifeguards help many people.
- ⑥ What should you wear when playing water sports?
Wear the proper clothing when playing water sports.
- ⑦ What colour is the flag that means the area is patrolled by lifeguards and is safe?
The flag is red and yellow.
- ⑥ What colour is the flag that means danger?
The flag is red.

Sun, Sea and Beach Safety



The Sun

The sun can hurt your eyes and can blind you.
Stay safe in 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.



The Sea

There are some creatures you need to be careful around.

- Never enter the water if you can see jellyfish.
- Try shuffling through the water to avoid startling stingrays or accidentally stepping on them.
- You can graze or cut yourself on mussels, clams and coral. Try wearing water shoes.
- Always seek First Aid if you have been stung, hurt or are in any doubt!



The Beach

Lifeguards patrol many beaches and save thousands of people every year. Lifeguards from the RNLI (Royal National Lifeboat Institution) helped 29,334 people in 2019. 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 - get a lifeguard or tell an adult.
- Ask adults if it's safe and look at safety flags.

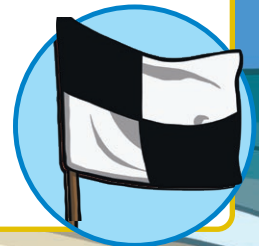
Bathing Flag

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



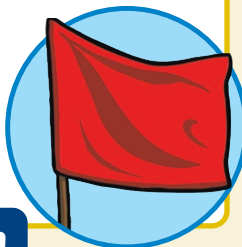
Surfing Flag

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



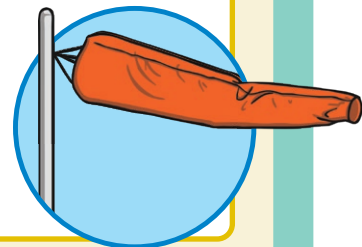
Danger Flag

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



Orange Windsock

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



Flags at the Beach

Sun, Sea and Beach Safety Questions

Answer the questions below in full sentences.

① Name two things you can do to protect your eyes.

② When is it most important to stay in the shade?

③ You should never enter the water if you see which creature?

④ Which creature would you avoid stepping on if you shuffle?

⑤ What could you wear to protect your feet from getting cut or grazed?

⑥ What does RNLI stand for?

⑦ How many people did they help in 2019?

⑧ What colour is the flag that means the area is watched by lifeguards?

⑨ What does the orange windsock mean?

Sun, Sea and Beach Safety Answers

- ① Name two things you can do to protect your eyes.
Never look up at the sun and always wear sunglasses.
- ② When is it most important to stay in the shade?
Stay in the shade especially between 11am and 3pm.
- ③ You should never enter the water if you see which creature?
Never enter the water if you can see jellyfish.
- ④ Which creature would you avoid stepping on if you shuffle?
Try shuffling through the water to avoid startling accidentally stepping on stingrays.
- ⑤ What could you wear to protect your feet from getting cut or grazed?
Try wearing water shoes.
- ⑥ What does RNLI stand for?
RNLI stands for Royal National Lifeboat Institution.
- ⑦ How many people did they help in 2019?
Lifeguards from the RNLI helped 29,334 people in 2019.
- ⑧ What colour is the flag that means the area is watched by lifeguards?
The flag is yellow and red.
- ⑨ What does the orange windsock mean?
The orange windsock means dangerous wind conditions. You should never use an inflatable like a rubber ring or dinghy - you could get swept out to sea.

Sun, Sea and Beach Safety



The Sun

The sun can damage your eyes and you can even become blind! Stay safe in the sun:

- Never look up at the sun.
- Always wear sunglasses.
- Always wear sun cream.
- Always wear a hat.
- Stay in the shade, especially during the hottest time of the day (11 am- 3pm).
- Keep a t-shirt on, especially covering shoulders.
- Drink lots of water to keep hydrated.



The Sea

There are some creatures to be careful around:

- **Jellyfish** can sting you with their tentacles. Never enter the water if you can see jellyfish.
- **Stingrays** can sting you with their stinger. Try shuffling through the water to avoid startling them or accidentally stepping on them.
- **Mussels and Clams** have sharp shells that you may graze or cut yourself on.
- **Coral** can also be sharp. Try wearing water shoes.
- Always seek First Aid if you have been stung, hurt or are in any doubt!



The Beach

Lifeguards patrol many beaches and save thousands of people every year. In 2019, records state that lifeguards from the RNLI (Royal National Lifeboat Institution) responded to 17,356 incidents on some of the busiest beaches in the UK and they helped 29,334 people. Stay safe on the beach:

- Just swim where it's safe to - preferably at a lifeguard patrolled beach.
- Make sure you can swim, never swim alone and make sure you are always supervised by an adult at the beach.
- Keep an eye on the weather - if it's very windy or the sea is rough, do not swim or use inflatables in the sea.
- Wear the proper clothing when playing water sports.
- Shout for help and hold your hand in the air if in trouble.
- Get a lifeguard or tell an adult if there isn't a lifeguard, if you ever see someone else in trouble.
- Read information, follow instructions and look at safety flags.

Orange Windsock

1

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

Surfing Flag

3

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

Bathing Flag

2

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

Danger Flag

4

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



Flags at the Beach

Sun, Sea and Beach Safety Questions

Answer the questions below in full sentences.

① What can the sun do to your eyes?

② Which of the advice points could help protect your skin?

③ When do you think you'd be most at risk of burning?

④ Why would shuffling through the water be a good idea?

⑤ What can be sharp in the sea?

⑥ Who are the RNLI and how do they help?

⑦ How many incidents did they respond to and how many people did they help in 2019?

⑧ What should you do if you or anyone else is in danger?

⑨ What does it mean if the red and yellow flag is out on the beach?

⑩ Which flags mean it is not safe for you to swim at sea?

Sun, Sea and Beach Safety Answers

- ① What can the sun do to your eyes?
The sun can damage your eyes and you can even become blinded!
- ② Which of the advice points could help protect your skin?
Always wear sunscreen; Always wear a hat help; Stay in the shade, especially during the hottest time of the day (11am - 3pm); Keep a t-shirt on, especially covering shoulders.
- ③ When do you think you'd be most at risk of burning?
During the hottest time of the day (11am - 3pm).
- ④ Why would shuffling through the water be a good idea?
To avoid startling the stingrays or accidentally stepping on them.
- ⑤ What can be sharp in the sea?
Mussels, clams and coral can be sharp.
- ⑥ Who are the RNLI and how do they help?
They are the Royal National Lifeboat Institution and they have lifeguards who help people at the beach.
- ⑦ How many incidents did they respond to and how many people did they help in 2014?
In 2019, they responded to 17,356 incidents on some of the busiest beaches in the UK and they helped 29,334 people.
- ⑧ What should you do if you or anyone else is in danger?
Shout for help and hold your hand in the air if in trouble and get a lifeguard or tell an adult if there isn't a lifeguard, if you ever see someone else in trouble.
- ⑨ What does it mean if the red and yellow flag is out on the beach?
The area is watched by lifeguards. Between two of these flags is a safe place to swim and use a bodyboard.
- ⑩ Which flags mean it is not safe for you to swim at sea and what colour are they?
Both the surfing black and white flag and the red danger flag.