

Sun, Sea and Beach Safety

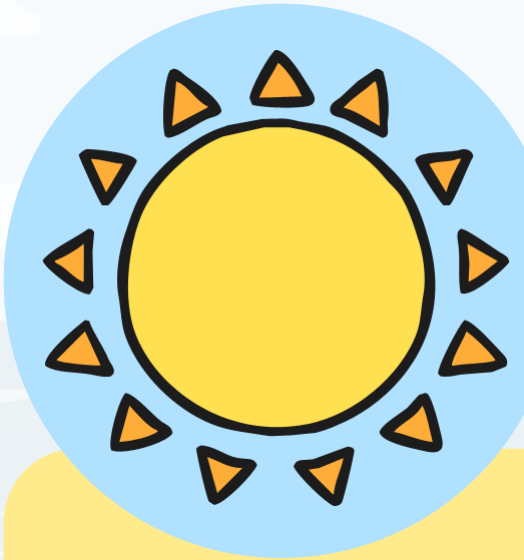


Objectives

To understand some key facts about:

- how the sun can hurt us;
- how to keep safe when in the sun;
- how some sea creatures can hurt us;
- how to keep safe when in the sea;
- what the beach flags mean.

The Sun



The sun gives off different types of energy:

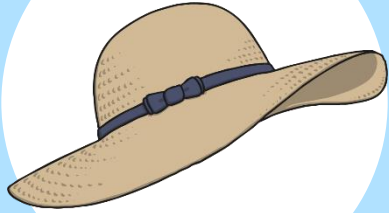
- Invisible infrared radiation, which makes us feel warm.
- Visible light, which we can see.
- Ultraviolet radiation (UV rays), which we can't see or feel on our skin, but can damage it if we get too much of it.

Why Stay Safe in the Sun?

- It's easy to get sunburnt, even when you're not expecting to.
- Just because you can't feel UV rays, doesn't mean that they aren't there.
- Spending too much time in the sun can be harmful.
- You can still burn on a cloudy day!
- Young skin is very delicate and is easily damaged by the sun.



How Can We Stay Safe?



A hat with a wide brim will shade your face and neck.



Sunglasses can help to protect your eyes from UV rays.



Cover up with a t-shirt to protect your shoulders and upper arms.

- It's very important to protect your skin from getting burnt.
- The sun can damage your eyes and you could even be blinded!
- Never look up at the sun!

How Can We Stay Safe?



Always wear sun cream.



Drink lots of water to keep hydrated.

You can help to look after your skin by spending time in the shade when the sun is at its strongest - between 11am and 3pm.

Where can you find shade?

You can find shade under trees, canopies, umbrellas, or indoors.



Sun Safety Code

We should all follow a special code, which reminds us how to enjoy the sun, whilst staying safe.

There are five parts to remember...

S
M
A
R
T

Spend time in the shade between 11am and 3pm.

Make sure you never burn.

Aim to cover up with a hat, t-shirt and sunglasses.

Remember children need to take extra care.

Then use sun cream of a minimum of SPF 30.



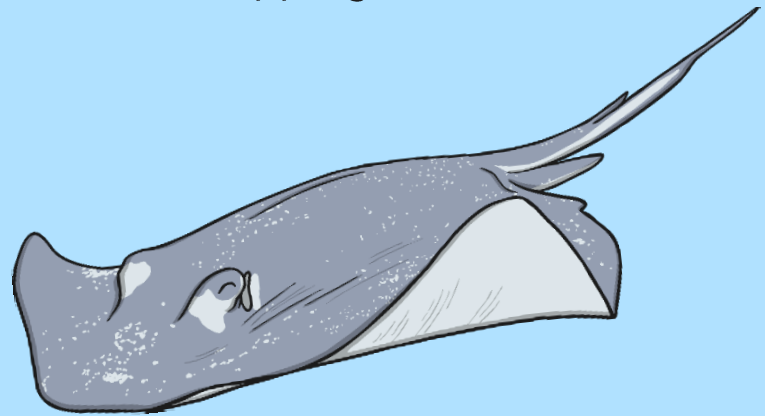
Sea Creatures

There are some creatures to be careful around in the sea:

Jellyfish can sting you with their tentacles. Never enter the water if you can see jellyfish.



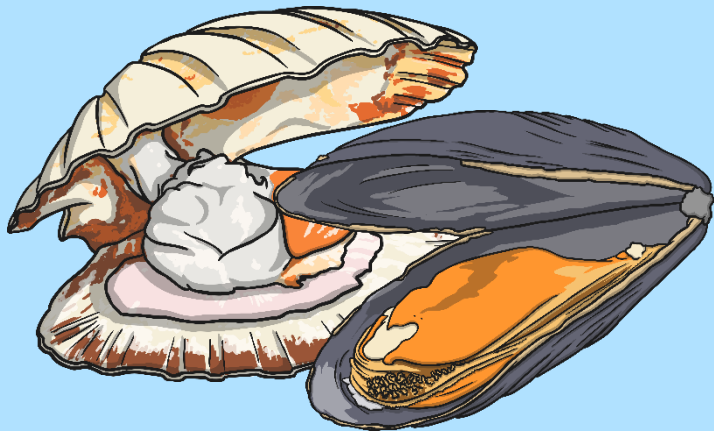
Stingrays can sting you with their stinger. Try shuffling through the water to avoid startling them or accidentally stepping on them.



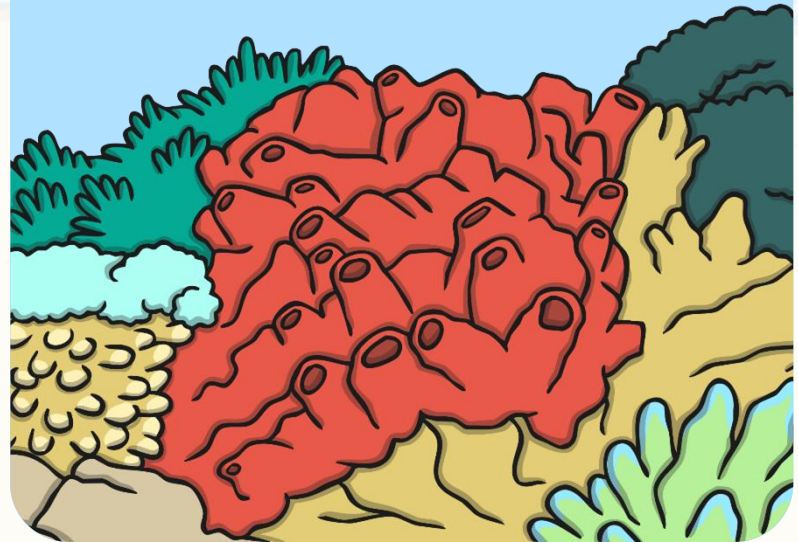
Sea Creatures

There are some creatures to be careful around in the sea:

Mussels and clams have sharp shells that you may graze or cut yourself on.



Coral can also be sharp.
Try wearing water shoes.



Lifeguards



- Lifeguards patrol many beaches and save thousands of people every year.
- In 2014, records state that lifeguards from the RNLI (Royal National Lifeboat Institution) responded to 17,050 incidents on some of the busiest beaches in the UK and they helped more than 19,350 people!
- 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.

How Can We Stay Safe on the Beach?

Just swim where it's safe to – preferably at a lifeguard patrolled beach.

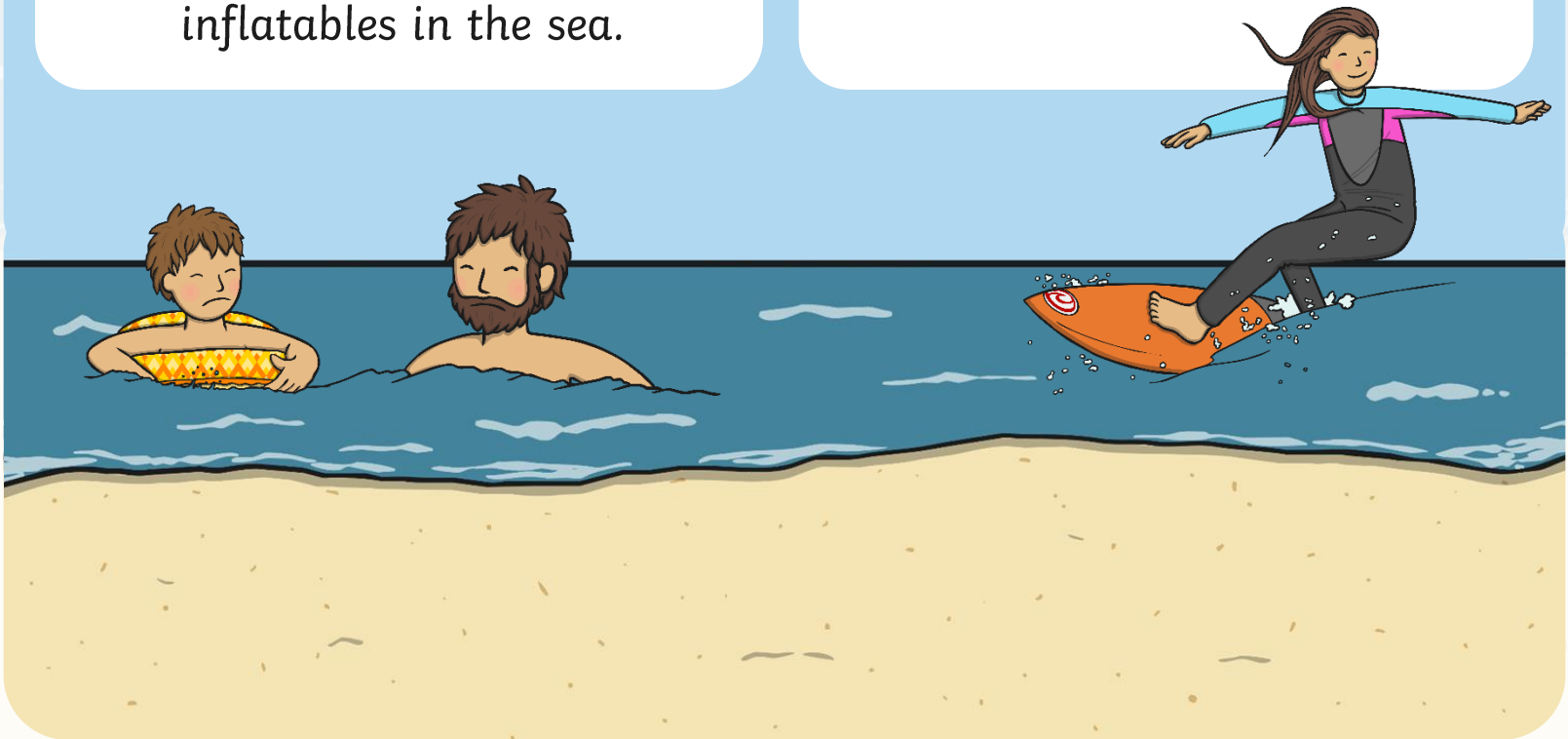
Make sure you can swim, never swim alone and make sure you are always supervised by an adult at the beach.



How Can We Stay Safe on 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.



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.

Flags at the Beach



Surfing flag

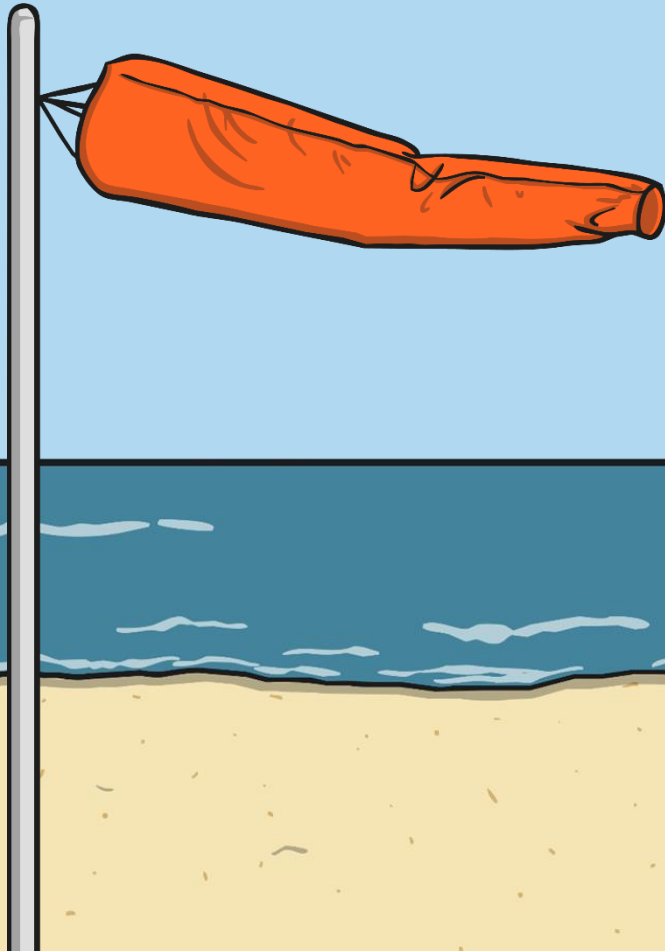
The area is safe for water activities like surfboarding and kayaking, but not safe for swimming or bodyboarding.

Flags at the Beach



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

Flags at the Beach



Orange Windsock

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 Quiz

1

What are the sun's invisible rays called that damage our skin?

Beach rays



UV rays



RNLI rays



Sun, Sea and Beach Safety Quiz

2

Can you burn on a cloudy day?

no



yes



Sun, Sea and Beach Safety Quiz

3

How can you protect your eyes from the sun?

t-shirt



suncream



sunglasses



Sun, Sea and Beach Safety Quiz

4

How can you protect your shoulders from the sun?

t-shirt



sun hat



sunglasses



Sun, Sea and Beach Safety Quiz

5

How can you shade your face and neck from the sun?

t-shirt



sun hat



sunglasses



Sun, Sea and Beach Safety Quiz

6

When is the hottest time of the day when you should seek shade?

11am – 3pm



9am – 6pm



7am – 4pm



Sun, Sea and Beach Safety Quiz

7

What does the S in SMART stand for in the special sun safety special code?

Spend some money on ice creams.



Spend time in the shade between 11am and 3pm.



Spend time with your family playing games.



Sun, Sea and Beach Safety Quiz

8

What does the M in SMART stand for in the special sun safety special code?

Make sure you never burn. ✓

Maybe you shouldn't go and sit in the sun for as long as possible. ✗

May the best player win. ✗

Sun, Sea and Beach Safety Quiz

9

What does the A in SMART stand for in the special sun safety special code?

Aim high!



Aim your bow and arrow.



Aim to cover up with a hat, t-shirt and sunglasses.



Sun, Sea and Beach Safety Quiz

10

What does the R in SMART stand for in the special sun safety special code?

Rules are important.



Remember children need to take extra care.



Red, yellow, orange and blue.



Sun, Sea and Beach Safety Quiz

11

What does the T in SMART stand for in the special sun safety special code?

Then use sun cream of a minimum of SPF 30. ✓

The sun is bright. ✗

Then play beach volleyball. ✗

Sun, Sea and Beach Safety Quiz

12

What sea creatures could sting you with their stingers if they are startled or accidentally stepped on?

coral



mussels



stingrays



Sun, Sea and Beach Safety Quiz

13

What sea creatures are sharp and could accidentally scratch or cut you?

coral, mussels
and clams



mussels, stingray
and clams



stingray, coral
and jellyfish



Sun, Sea and Beach Safety Quiz

14

Which sea creature should you never join in the water because they will easily sting you?

stingray



jellyfish



coral



Sun, Sea and Beach Safety Quiz

15

Which sea creature can you help to avoid stepping on if you shuffle?

stingray



jellyfish



coral



Sun, Sea and Beach Safety Quiz

16

Lifeguards from the RNLI save thousands of people every year.
What does RNLI stand for?

Royal No
Lifeboat Insects



Royal
National Lovely
Institution



Royal
National Lifeboat
Institution



Sun, Sea and Beach Safety Quiz

17

What colour is the danger flag which means you should not enter the water?

red



orange



red and yellow



Sun, Sea and Beach Safety Quiz

18

What colour is the windsock which means there are dangerous wind conditions?

red



orange



red and yellow



Sun, Sea and Beach Safety Quiz

19

What colour is the bathing flag which means there are lifeguards watching the beach so it is safe to swim and bodyboard?

black and white



orange



red and yellow



Sun, Sea and Beach Safety Quiz

20

What colour is the Surfing Flag which means it is safe for water activities like surfboarding and kayaking but NOT for swimming or bodyboarding?

black and white



orange



red and yellow





twinkl