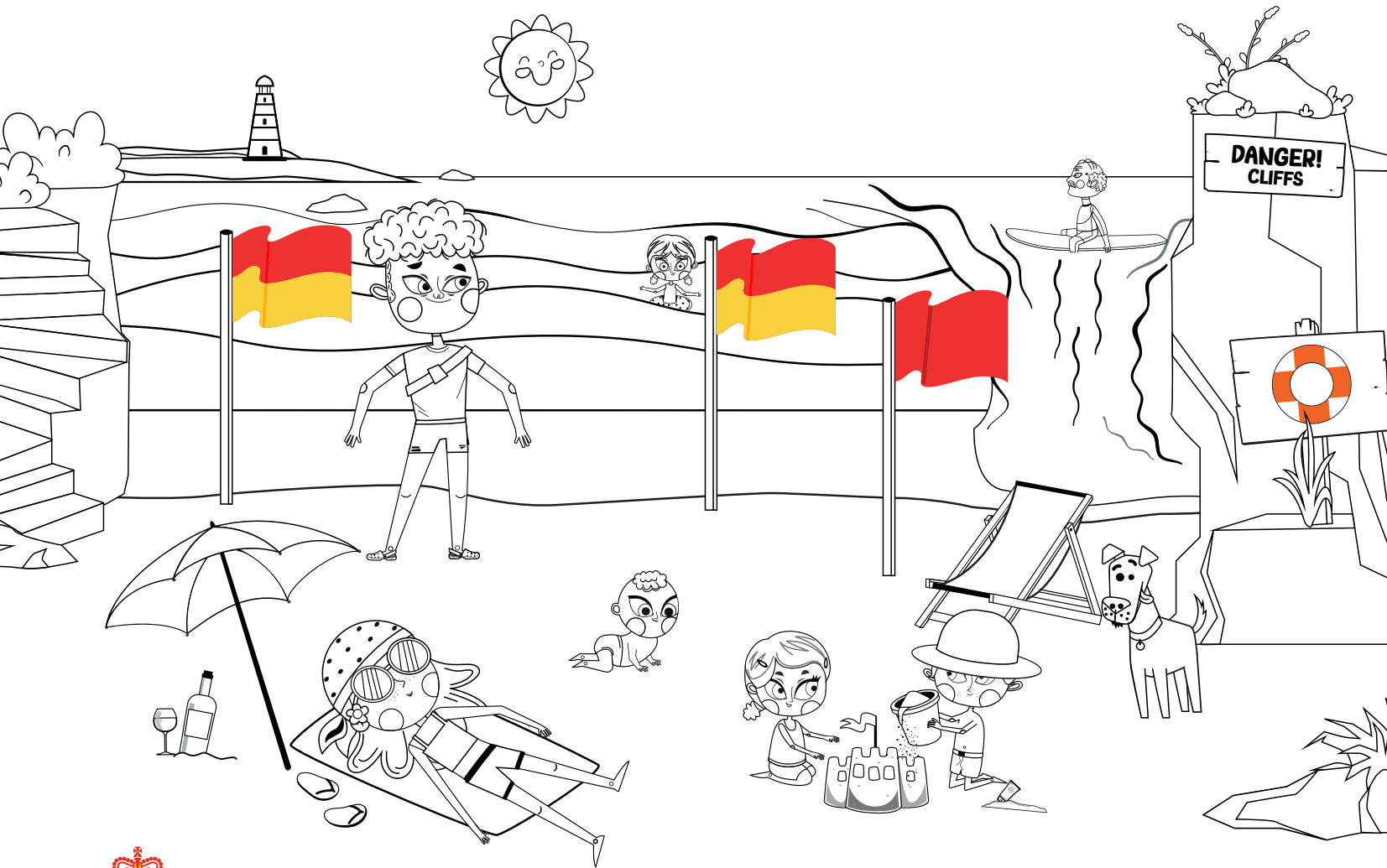


Water Safety at the Beach



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



STOP
AND THINK



STAY
TOGETHER

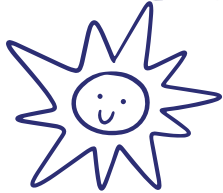


CALL
999



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

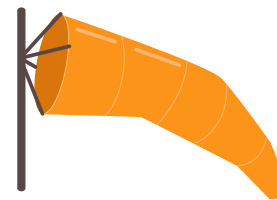
Can you find all these words in the grid?

SAND CASTLE
FLAGS
ROCKS
LIFEGUARDS
ICE CREAM
FLOAT

BOATS
SEAGULL
CLIFF
SUN CREAM
SPADE
WIND

INFLATABLE
CURRENT
HAT

MATCH the flags with the meaning



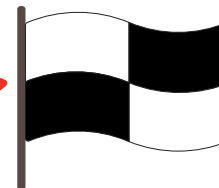
No Swimming



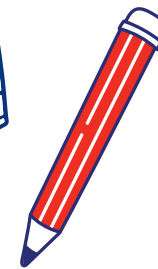
Always check wind direction and when pointed offshore, avoid using inflatables



Water sports only



Safe area to swim



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

    @rlssuk

