

U6 Activity Card



Safety at the beach

Equipment

Whiteboard or paper.
Pictures or video of a busy beach.

Matrix link



Diagram



Instructions

- Discuss that the beach can be busy and there are some things that we need to know and do to keep ourselves safe there.
- Ask the group what rules they have in their family for safety?
- What things can they see in the pictures that help people keep safe.
- Cover off the following ideas in the discussion.
- Surf lifeguards want us to know a couple of key things for staying safe at the beach.
 1. Patrol flags are red and yellow and show you where to swim.
 2. Surf lifeguards wear a red and yellow uniform like police we can ask them for help if something is wrong when we are at the beach.
 3. If someone is in an emergency, we need to call 111 and get an adult for help.
 4. If we get in trouble in the water, we should float and signal the lifeguards with one hand straight up in the air.

Top tips