

U8 Activity Card



3 Surf safety rules

Equipment

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

Matrix link



Diagram



Instructions

- Discuss the place of rules in assisting people to stay safe. Police have road rules and laws.
- Ask group what rules they have in their family for safety?
- Surf lifeguards have 10 surf safety rules that they have developed to help everyone stay safe and have fun at the beach.
 1. Swim between the flags.
 2. Have an adult with you.
 3. Listen to the lifeguards.

You can also review how to signal for help in the water by floating and raising one hand straight in the air and review calling 111 in an emergency.

Top tips