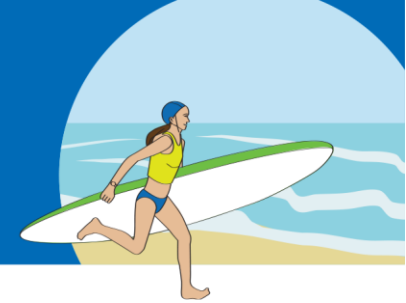


# U12 Activity Card



## 10 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.
  4. If you see someone in trouble, call 111.
  5. Be aware of rips – have a 3 R's survival plan.
  6. If in doubt stay out.
  7. Never swim when tired or cold.
  8. Use the correct and safe equipment.
  9. Never swim or surf alone.
  10. Be sun smart.

### Top tips