

Kids

Beach Safety

And

Activity Sheet

Look out for the Flags

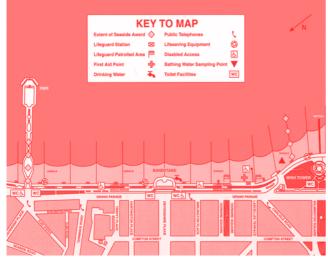
Mike the lifeguard says 'Swim between the Red & Yellow Flags, where the lifeguards can see you'



VisitEastbourne.com/Seafront

For the Coastguard Dial 999 or 112

Eastbourne Lifeguards & First Aid Post 01323 412290



For further information visit **The Lifeguard & First Aid Post** 12 Lower Parade, Grand Parade, Eastbourne, BN21 3AD Tel: (01323) 412290 www.VisitEastbourne.com www.BeachSafety.org.uk Mike the lifeguard says 'Do not swim when the Red Flag is flying'

Safe in the Sun

Do not get sun burnt. It hurts and it will damage your skin. Protect yourself.

Remember SLIP, SLOP, SLAP:

SLIP.... on a shirtSLOP... on some sun blockSLAP... on a hat

Get a Wrist Band

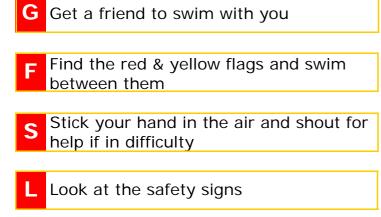
Get a FREE Kidzsafe coloured wristband from the lifeguard & First Aid Post and mum, dad or your guardian can write their phone number on the band. Then if you get lost you can ask a lifeguard to phone the number.

Be Safe at the Beach

- Make sure you are with someone you know.
- Never take inflatables into the sea.
- Never go swimming after eating.
- Drink plenty of water.
- Never talk to strangers

MATCHING GAME

COLOUR ME IN



A Ask a lifeguard for advice

Looking at the first letter of the sentence, re-arrange the sentences to form a new word. The first one is done for you.





SLIP	on a shirt
SLOP	on some sun block
SLAP	on a hat

WORD SEARCH CHALLENGE

LIFEGUARD	W	Х	V	С	G	F	J	К	L	W	W	S
FLAGS	L	I.	F	Е	G	U	А	R	D	Е	9	F
BEACH	U	K	L	S	D	F	G	Е	Т	R	9	Н
SUN BLOCK	G	L	А	G	Н	J	К	S	Y	S	9	J
RESCUE	9	9	G	Т	Y	U	I.	С	U	L	Ν	K
SWIM	А	S	S	W	I.	М	Т	U	I.	0	Ν	D
НАТ	F	D	G	Н	J	K	L	Е	0	Р	0	В
999	н	В	Е	А	С	Н	Е	Н	L	K	А	0
SLOP	Y	U	I.	Т	Н	А	Т	S	U	J	L	А
BOAT	W	R	I.	S	Т	В	А	Ν	D	Ν	K	Т
	D	F	G	Н	Е	R	Т	U	I.	0	В	Ν
WRIST BAND	Р	0	- I	S	U	Ν	В	L	0	С	K	Ν