

Beach & Water Safety Certificate



Today I learnt about...

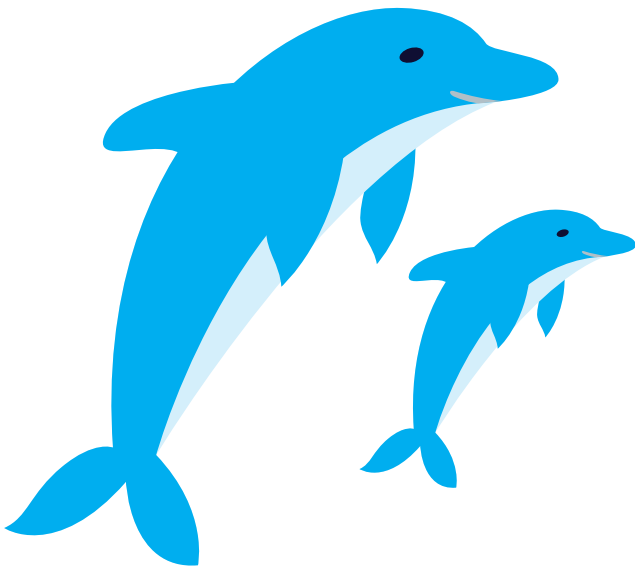
- ✓ The safest place to swim at the beach is between the red and yellow flags
- ✓ What to do if I get in trouble in the ocean or inland waterways
- ✓ How to ask a Lifesaver or Lifeguard for help
- ✓ What to do if I get caught in a rip current



Beach & Waterways Certificate

Now that you are a Beach Safety Super Star you can help others to stay safe at the beach too!

You can share this information with your parents, family and friends.



Safety Checklist...

1

Always swim between the red and yellow flags

Lifesavers place the flags in the safest place to swim at the beach	✓
They will keep watch over you but if they can't see you they can't save you	✓

2

Look for safety signs on the beach

Lifesavers place signs on the beach to let you know of any dangers that may be present	✓
Read and obey the safety signs when you get to the beach	✓

3

Ask a lifesaver or lifeguard for help and safety advice

Say hello to the lifesavers when you go to the beach, they are there to help you	✓
Don't swim at an unpatrolled beach as no one is there to save you if you get in trouble	✓
Download the Beach Safe App to help you select the right beach before you leave home	✓

4

Never swim alone

Make sure you always swim with a responsible adult	✓
Never go in the water alone	✓

5

If you get into trouble, stay calm and raise your arm for help

The lifesavers will see you when you raise your arm they will come and help you	✓
Make sure you are swimming between the red and yellow flags so the lifesavers can see you to save you	✓

6

F.L.A.G.S

Find the flags and swim between them	✓
Look for the safety signs and obey them	✓
Ask a lifesaver or Lifeguard for help or if you are unsure	✓
Go swimming with an adult/ friend – around all bodies of water always swim with someone else	✓
Signal for help to attract attention	✓

Beach Safety

Now that you are a Beach Safety Super Star you can help others to stay safe at the beach too!

You can share this information with your parents, family and friends.



Beach Safety Checklist...

1	Always swim between the red and yellow flags	
	Lifesavers place the flags in the safest place to swim at the beach	✓
	They will keep watch over you but if they can't see you they can't save you	✓
2	Look for safety signs on the beach	
	Lifesavers place signs on the beach to let you know of any dangers that may be present	✓
	Read and obey the safety signs when you get to the beach	✓
3	Ask a lifesaver or lifeguard for help and safety advice	
	Say hello to the lifesavers when you go to the beach, they are there to help you	✓
	Don't swim at an unpatrolled beach as no one is there to save you if you get in trouble	✓
	Download the Beach Safe App to help you select the right beach before you leave home	✓
4	Never swim alone	
	Make sure you always swim with a responsible adult	✓
	Never go in the water alone	✓
5	Children must always remain close to an adult on the sand and in the water	
	Lifesavers are there to help you but they are not babysitters	✓
	Children should never be left alone on the sand or in the water	✓
6	If you get into trouble, stay calm and raise your arm for help	
	The lifesavers will see you when you raise your arm they will come and help you	✓
	Make sure you are swimming between the red and yellow flags so the lifesavers can see you to save you	✓