



SAFE AT THE BEACH



GETTING INTO THE ACTIVITY

Each summer lots of us head to the beach, but do we know how to stay safe whilst we are there? This activity looks at the different lifeguard flags and what they mean.

Ask how many children have been / are going to go to the beach. What are their favourite things to do there? Show the four lifeguard flags from the template sheet. Does anyone recognise them and who might use them? Does anyone know what each flag means? Go through each picture and share the meaning behind each flag. Once the group know what the flags mean, play these games.

At the Beach Game: Run around in a large circle. Every now and again hold up / shout out one of the flags and children should respond accordingly. Red = stop, Red/Yellow = swim, Black/white = surf, Orange = pretend to be blown away. You could introduce other 'at the beach' actions too by calling out 'shark' (run to the side of the room), 'Big wave' (drop to the floor, like being hit by a wave) and 'Jellyfish' (wave arms and legs around like jelly). You could award points for the best actions or get the slowest person out each time.

Corners: Play a game of corners, using the four flags. Call out a flag each round, anyone stood by that flag is out. Last person left wins.

Finish by re-capping what each of the flags means and how they can keep us safe whilst at the beach.

Find out more about beach safety at rnli.org/safety/beach-safety



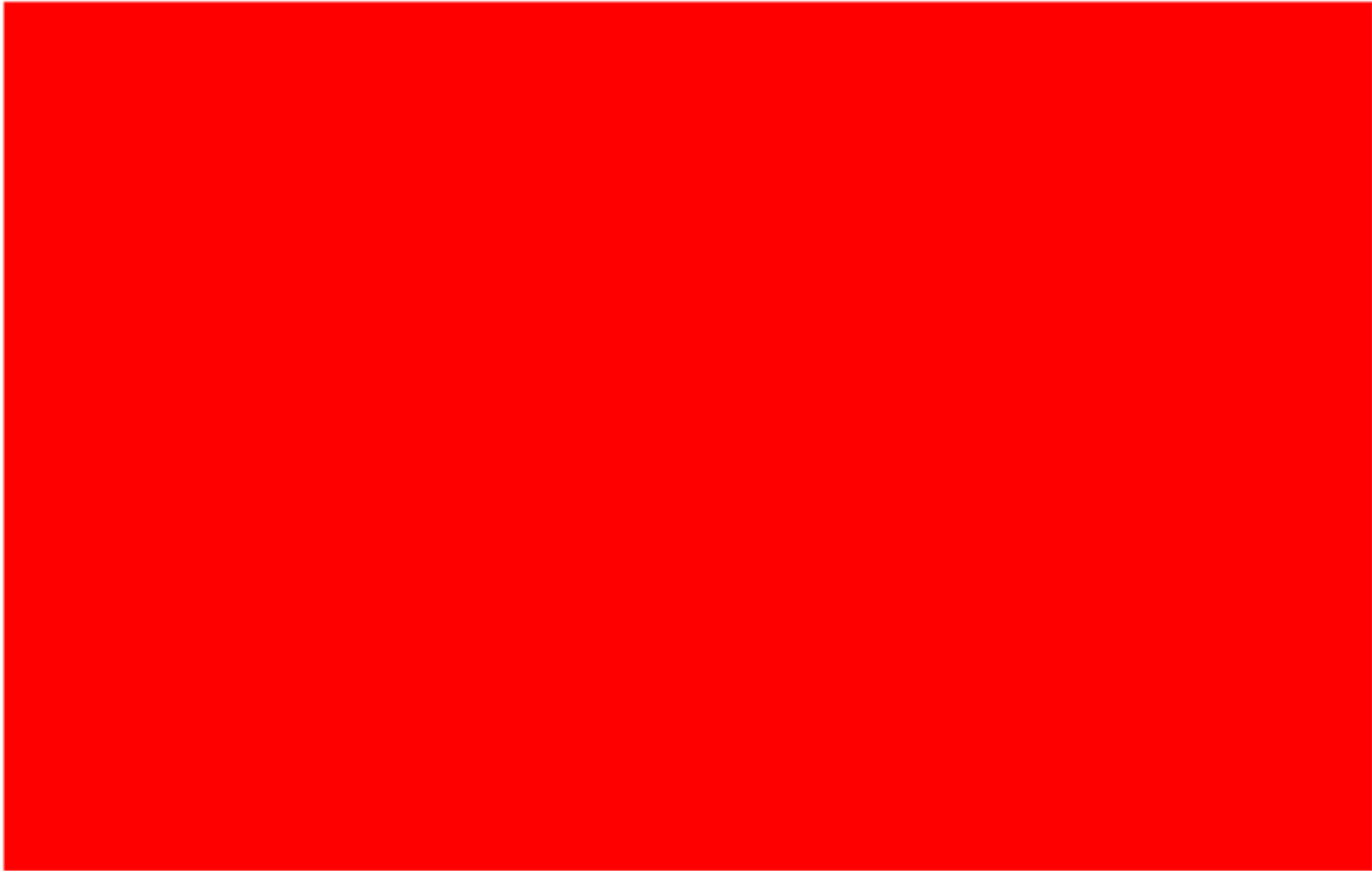
WHAT YOU'LL NEED

- Beach Flags Template



KEEPING EVERYONE SAFE

Please maintain social distancing as required.



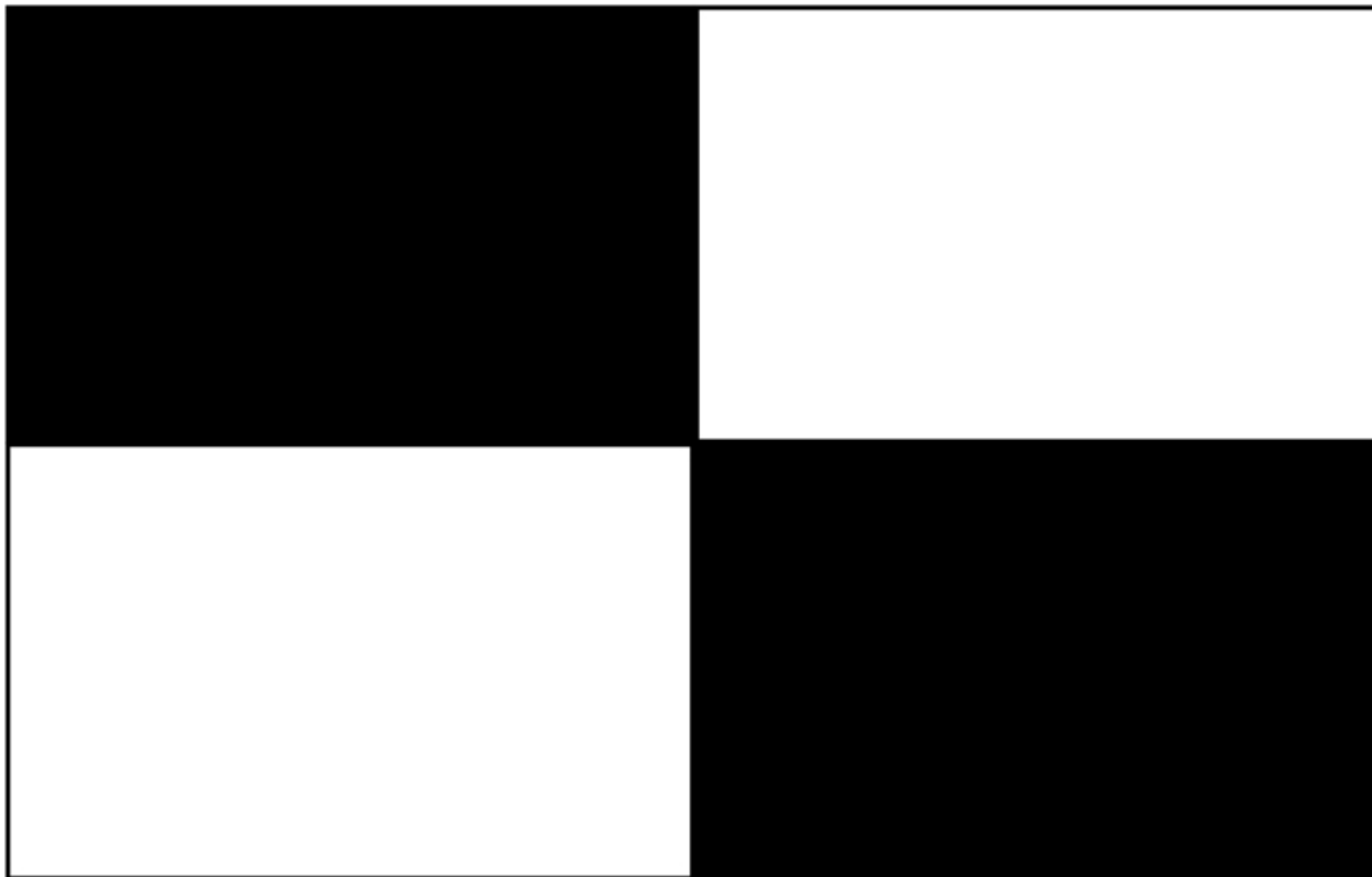
Red Flag

Danger - Do not go in the water. No swimming allowed.



Red & Yellow Flag

Safest area to swim, lifeguards are on patrol. Please swim between the two red & yellow flags.



Black & White Flag

Area for surfers and non-powered watercraft. Do not swim or bodyboard here.



Orange Windsock

Strong winds. Do not take inflatables into the sea.