



Look out for the Flags

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



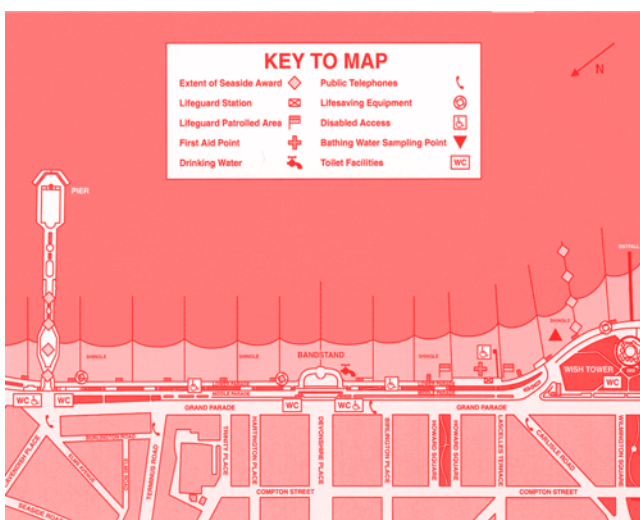
Mike the lifeguard says
'Do not swim when the Red Flag is flying'

Kids Beach Safety And Activity Sheet

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

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 shirt

SLOP... on some sun block

SLAP... 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

G Get a friend to swim with you

F Find the red & yellow flags and swim between them

S Stick your hand in the air and shout for help if in difficulty

L Look at the safety signs

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.

F _____

COLOUR ME IN



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

WORD SEARCH CHALLENGE

LIFEGUARD

FLAGS

BEACH

SUN BLOCK

RESCUE

SWIM

HAT

999

SLOP

BOAT

WRIST BAND

W	X	V	C	G	F	J	K	L	W	W	S
L	I	F	E	G	U	A	R	D	E	9	F
U	K	L	S	D	F	G	E	T	R	9	H
G	L	A	G	H	J	K	S	Y	S	9	J
9	9	G	T	Y	U	I	C	U	L	N	K
A	S	S	W	I	M	T	U	I	O	N	D
F	D	G	H	J	K	L	E	O	P	O	B
H	B	E	A	C	H	E	H	L	K	A	O
Y	U	I	T	H	A	T	S	U	J	L	A
W	R	I	S	T	B	A	N	D	N	K	T
D	F	G	H	E	R	T	U	I	O	B	N
P	O	I	S	U	N	B	L	O	C	K	N