

Staying safe at the coast



Tick **one** answer for each question.

1. Should you always visit a lifeguarded beach?

☐

Yes, the lifeguard will help if you get into trouble.

☐

No, you won't get into trouble if you are a good swimmer.

2. Which colour flag means no swimming?

☐

yellow and red

☐

red

☐

black and white

3. Can you swim where there is a black and white flag?

☐

Yes, it's safe.

☐

No, only surfers can go into the water.

4. Should you always follow warning signs?

☐

Yes, warning signs are there to keep you safe.

☐

No, you can ignore warning signs if you think there isn't any danger.

5. Should you go into the water when you're alone?

☐

Yes, if you're a good swimmer.

☐

No, always make sure there is an adult with you.



6. Should you use an inflatable in the sea when a windsock is blowing?

☐

Yes, if you stay near the beach.

☐

No, you might get swept out to sea.

7. Should you wear a life jacket when you take part in water sports?

☐

Yes, it will help you float if you fall into the water.

☐

No, you don't need a life jacket if you're a good swimmer.

8. The tide is due to come in soon. Should you walk out to an island near the beach?

☐

Yes, you can walk quickly and get back in time.

☐

No, you could get trapped or swept away by the water.

9. What should you do if you fall into cold water?

☐

Float on your back, stay calm, wave and shout for help.

☐

Panic and try to swim.

10. What number should you dial if someone is in trouble in the water?

☐

999

☐

969



Answers

1. Should you always visit a lifeguarded beach?



Yes, the lifeguard will help if you get into trouble.



No, you won't get into trouble if you are a good swimmer.

2. Which colour flag means no swimming?



yellow and red



red



black and white

3. Can you swim where there is a black and white flag?



Yes, it's safe.



No, only surfers can go into the water.

4. Should you always follow warning signs?



Yes, warning signs are there to keep you safe.



No, you can ignore warning signs if you think there isn't any danger.

5. Should you go into the water when you're alone?



Yes, if you're a good swimmer.



No, always make sure there is an adult with you.



6. Should you use an inflatable in the sea when a windsock is blowing?

☐

Yes, if you stay near the beach.

☒

No, you might get swept out to sea.

7. Should you wear a life jacket when you take part in water sports?

☒

Yes, it will help you float if you fall into the water.

☐

No, you don't need a life jacket if you're a good swimmer.

8. The tide is due to come in soon. Should you walk out to an island near the beach?

☐

Yes, you can walk quickly and get back in time.

☒

No, you could get trapped or swept away by the water.

9. What should you do if you fall into cold water?

☒

Float on your back, stay calm, wave and shout for help.

☐

Panic and try to swim.

10. What number should you dial if someone is in trouble in the water?

☒

999

☐

969

