## At the Beach

-OW

TIDES

Most beaches have

two tides a day one is

low and one is high

## We all like a fun day out at the beach but not eveyone knows how to keep safe

How many dangers can you spot in the picture?



WATER

Cold water can affect your swimming

and you can get into trouble

Wind can make the

water choppy

Flags and signs you will see at the beach

Look for signs when you are going to the beach. They will tell you about the beach, lifeguards and dangers



 The Red and Yellow flag means lifeguards are on patrol

- The Red Flag means it dangerous and you should not go in the water
- The Black and White Chequered Flag means the beach is good for water sports but not safe for swimming.
- The Orange wind sock tells us in what direction the wind is blowing

## Remember

- · Wait a least 1 hour after eating before you go swimmina
- · Don't dive into water if you can't see the bottom
- · If you are cold or tired get out of the water
- · Find out when and where it's safe to swim by asking a lifeguard