

Dial 999 and ask for the **COASTGUARD**



Every year millions of people have great fun on our beaches, but it isn't always easy to stay safe when you are there. Sometimes people are unaware of the dangers and simply make a bad decision which leads to them being swept out to sea or falling off cliffs or onto rocks.

We want everyone to stay safe and have fun, so we have a few simple guidelines for you to follow. Look after yourself and others and have a great day out!

This guide includes advice for you as well as some FUN activities about safety for children. Why not do these before your next visit to the coast or while you are on the beach.

**At the seaside,
remember to always
think 'SAFE'**

- S** Spot the dangers
- A** Always go with a friend
- F** Find and read the safety signs and flags
- E** Emergency! Stick your hand up and shout, tell a lifeguard or dial 999 for the Coastguard



If you see someone in difficulty, tell a lifeguard. If you can't see a lifeguard dial 999 and ask for the Coastguard.

Find and read the safety flags



The red flag means danger and do not enter the water.



The red and yellow flag shows the area of the beach patrolled by lifeguards, and which areas are safe to swim.



The black and white chequered flag shows the area of water for boats/ surfers and tells you not to swim in this area.



An orange windsock flying means that there are dangerous wind conditions and you shouldn't use a toy inflatable on the sea.

What to do if your child goes missing

When you go to the seaside, take a few simple steps to ensure that your children know what to do, if they lose you.

- Keep your children in sight at all times. Tell them where to meet you if they get lost i.e. the beach shop or by the lifeguard station.
- Some beaches run a kid's safety scheme or zones. Get your child to wear a **FREE** wristband so you can be quickly reunited if lost.

If you do become separated, don't panic!

- Look around you and where you last saw them.
- If you can't find them, tell a lifeguard – they are situated by the red and yellow flags. If there is no lifeguard on duty, inform the Coastguard (if inland then call the police).
- You will need to give a description (age, what they are wearing) and the time and place where you last saw them.

If your child is found, make sure the lifeguard and/or Coastguard are told.



Stay **SAFE** at the seaside



Weather, tides and waves:

Weather, tides and waves are changeable so check conditions at the coast before you go. Weather and tidal information can be found on the BBC website at www.bbcco.uk/weather/coast or get the number for the local Coastguard by calling our 24 hour info line on 0870 6006505. Most coastal tourist information centres will display local tide times and tide books can be found in fishing shops, chandleries and harbour marina offices. When at the seaside, check the tide before entering the water and ensure children playing on the beach are not in danger of the tide turning.

- Never play at wave dodging, you can easily get swept out to sea.

Cut off by the tide:

- If playing on a sand bank or rocks, always keep an eye on the tide or you may get trapped.
- Never play in sea caves or the tide may come in and trap you.

Check the local tide times and potential danger spots at any location you visit. Tides and currents can be very strong and many areas which may be quite safe to visit at low water such as sand or mud flats, head lands and peninsulas, can become very hazardous with the changing tide - you could be trapped or swept out to sea.

Man-made hazards:

In some weather conditions, piers, groynes, harbour walls, jetties and sea defences can be dangerous and hazardous. Conditions around these man-made structures are unpredictable and changeable – depth of water and size of waves can suddenly change.

When around these, stay safe:

- Do not swim around man-made structures.
- Do not climb, jump off or dive from them.
- Follow the safety signs.

Surfing and body boarding:

If you're going surfing or body boarding, make sure you are a confident and strong swimmer. Always follow advice given by the lifeguard. Surf or body board within your own ability and don't go alone. You should only surf between the black and white chequered flags - never surf between the red and yellow flags.

Have consideration for the safety of those around you as well!

Swimming and strong currents:

Our coast has some very strong tides and currents (sometimes called rips). They are strong currents running out to sea that can quickly take a swimmer from shallow water into danger. For safety's sake always swim between the flags.

- Always swim parallel to the shore.
- Don't go out of your depth.
- Even strong swimmers cannot swim against strong currents

If you get into trouble swimming or surfing in a current:

- Keep calm.
- Raise your hand and indicate that you're in trouble.
- Shout for help.
- Hold onto your surf/ body board.
- Try and swim parallel to the beach, until you're out of the current. Then swim to the shore.
- If you can stand up, wade instead of swimming.

Using inflatables at the seaside:

Inflatable toys, such as lilos and rubber rings, can be dangerous when used at the seaside. The slightest offshore breeze can blow an inflatable out to sea. If you do want to use one on the water, make sure you take a few simple steps to be safe:

- Make sure the inflatable is between the red and yellow flags.
- Make sure you follow advice of the lifeguard.
- Always have a line attached to an adult on the shore.
- **NEVER** use an inflatable when there are strong winds.



Cliffs and rocks

- Don't climb cliffs and rocks.
- Keep well away from cliff edges, both top and bottom.
- Stick to marked pathways and footpaths.
- Don't go over after people or pets – **dial 999 for the Coastguard.**

1. To find out who is helping the person in trouble, join the numbers and the letters to finish the picture.

2. Now colour in your picture.



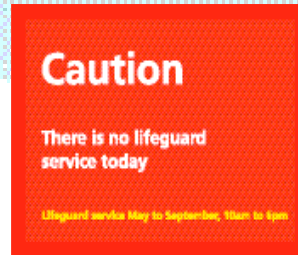
When you are at the seaside, you should always think SAFE. Remember our sea smart code:

S Spot the dangers

A Always go with a friend

F Find and read the safety signs and flags

E Emergency! Stick your hand up and shout, tell a lifeguard or dial 999 for the Coastguard



Can you work out which picture goes with each **SAFE** message? Draw a line from the picture to the correct message.

Clara's Safety Rhyme

Now you have learnt our safety code, why not sing our rhyme? It will help you to remember what you have learnt. Sing it to the tune of 'Twinkle, Twinkle, Little Star'.



**Splashing, playing in the sea,
Please think of your own safety,
Stay with your friends or family,
Look for signs and flags near the sea,
Coastguards rescue people who,
Don't play safe like me and you.**

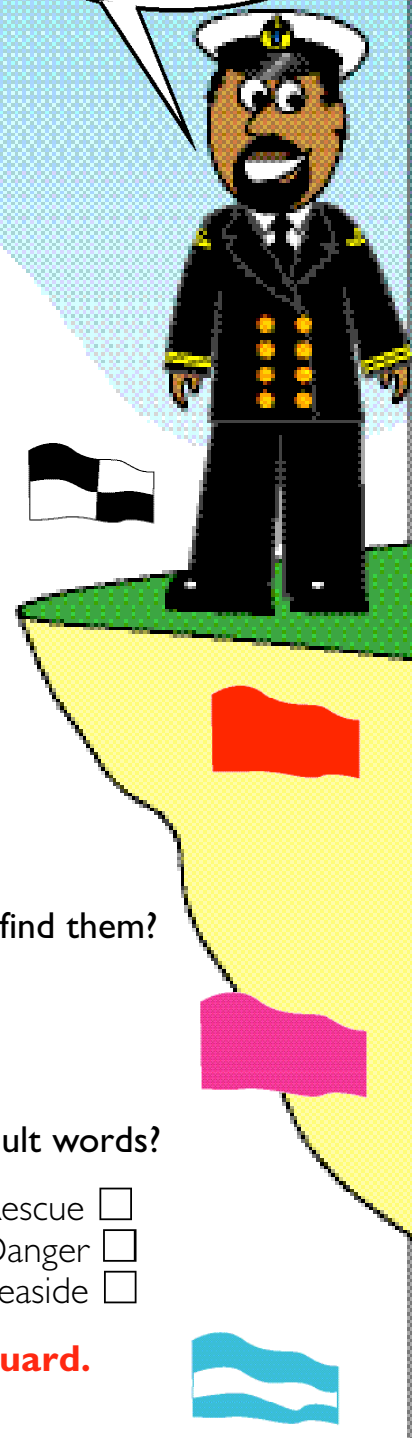
When you are at the seaside, always look out for the safety flags, as they give you important information! If there are no flags on the beach, you should look out for the potential dangers when you arrive.

1. Can you spot these flags on these pages?
2. If so, how many of each are there?

Be careful though, there are some flags to try and trick you!

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

I am PJ the Coastguard. I work in a Rescue Coordination Centre. Have a go at our fun seaside safety word search.



Hidden in this word search are key words about seaside safety, can you find them?

- | | | | | | | | |
|------------|--------------------------|------|--------------------------|-------|--------------------------|-----------|--------------------------|
| Coastguard | <input type="checkbox"/> | Tide | <input type="checkbox"/> | Safe | <input type="checkbox"/> | Lifeguard | <input type="checkbox"/> |
| Beach | <input type="checkbox"/> | Flag | <input type="checkbox"/> | Help | <input type="checkbox"/> | Sign | <input type="checkbox"/> |
| Lilo | <input type="checkbox"/> | Wave | <input type="checkbox"/> | Cliff | <input type="checkbox"/> | Lifeboat | <input type="checkbox"/> |

If you have found all these words, why not try and find these more difficult words?

- | | | | | | | | |
|----------------|--------------------------|----------|--------------------------|------------|--------------------------|---------|--------------------------|
| Sea Smart Code | <input type="checkbox"/> | Current | <input type="checkbox"/> | Emergency | <input type="checkbox"/> | Rescue | <input type="checkbox"/> |
| Helicopter | <input type="checkbox"/> | Trouble | <input type="checkbox"/> | Inflatable | <input type="checkbox"/> | Danger | <input type="checkbox"/> |
| Hazards | <input type="checkbox"/> | Drowning | <input type="checkbox"/> | Swimming | <input type="checkbox"/> | Seaside | <input type="checkbox"/> |

If you are in trouble at the seaside, you need to call the Coastguard. Can you find the telephone number in the word search?



• The red flag means danger, do not enter the water.



• The red and yellow flag shows the area of the beach patrolled by lifeguards, which is safe to swim.



• The black and white flag shows the area of water for boats and surfers - do not swim in this area.