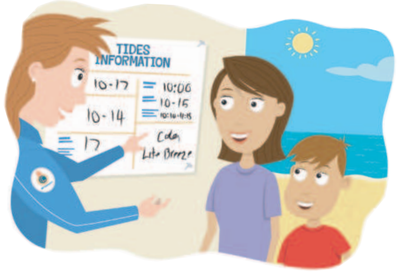
How to stay safe while having a fun day out by the sea

When you get to the beach...

Find out the times for high and low tide so that if you explore the shoreline you can get back before the tide comes in.

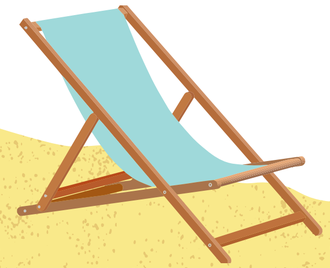
Arrange a meeting place with your family and friends in case you get lost. If you go exploring tell someone where you are going and take a mobile phone if you have one.



At the beach...

Go to a lifeguarded beach if you can to stay safe while at the seaside.

It is important that you are cautious while you are in the sea. You should never go in too deep as this increases the risk of danger.



Flags

This flag shows there is a lifeguard on duty. It is safe to swim and bodyboard between these flags.

A plain red flag means that it is too dangerous to go in the water.

The black and white chequered flags mark the area for surfers so don't swim here.

An orange windsock means that it is very windy and you should be extra careful in the sea.

Activities

Find out how much you have remembered by completing the activities.

Can you decipher this code?

Using the table below work out what the message says. Try to figure out the code without using the decryption tool for every letter.

A	B	C	D	E	F	G	H	I	J	K	L
M	N	O	P	Q	R	S	T	U	V	W	X
Y	Z	0	1	2	3	4	5	6	7	8	9

Can you find the words in the wordsearch?

COASTGUARD	TIDE	SWIM
LIFEGUARD	BEACH	CLIFF
FLAGS	MOBILE	DANGER
WINDSOCK	DEPTH	SAFE

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

For more tips and information visit hmcoastguard.uk

Answers

Unscramble the letters
1. Offshore winds
2. Avoid cliff edges
3. Stay within your depth

Crossword
Down
1. Inflatables
3. Lifeguard
4. Red
Across
2. Cliffs
5. Coastguard
6. Float
7. Tides

MCA/237

Stay safe at the seaside

activity book

HM Coastguard

Staying safe at the coast

Swimming, tides and currents

Swim with a friend, stay within your depth and near to the shore.

If you get caught in a strong current, stay calm, raise your hand and shout for help. Hold on to your body board if you have one. If there is no one to help you, swim parallel to the beach or float on your back with your ears submerged until you can swim or wade to shore.

Cliff safety

If you're walking along cliffs, wear suitable shoes and clothes and take a mobile with you. If you are taking your dog, keep it on a lead and stick to marked paths.

Stay away from cliff edges, don't climb on or jump off cliffs or you could get injured.

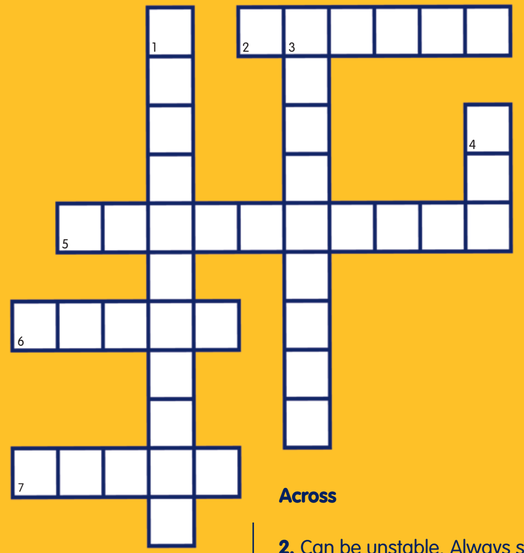
When to call 999

If you or someone else is in trouble at the coast, tell an adult or a lifeguard if one is nearby. Never try to rescue them yourself.

If you can't find an adult or a lifeguard quickly, call 999 and ask for the Coastguard.

Stay calm and follow the Coastguard's instructions. They will ask where you are and who is in trouble.

Can you fill in the right words?



Down

1. These can be fun at the pool but you should leave them at home when you go to the beach (11)

3. Are on duty when there is a red and yellow flag and are there to keep you safe (9)

4. The colour of the flag that signals you should not enter the sea (3)

Across

2. Can be unstable. Always stay away from the edges of these (6)

5. If you or someone else is in trouble at the coast, you should call 999 and ask for the _____? (10)

6. If you're in trouble in the water, remain calm and _____? (5)

7. These affect water. They follow a predictable pattern and you can check a timetable before you visit the beach to see if it is high or low (5)

Playing safely at the seaside

Blow up boats and toys

Blow up boats and toys are dangerous at the beach.

If the wind is blowing away from the beach, called offshore winds, you can be swept out to sea on an inflatable boat or toy, even if the wind isn't very strong.

Stay safe, don't use inflatables at the beach.

Playing in the sand

Although playing in the sand is usually harmless, digging large, deep holes can be dangerous. If the sand caves in you can become trapped under its heavy weight.

To reduce the risks:

- Avoid digging tunnels or holes deeper than your waist.
- Fill any holes you dig before you leave the beach to avoid other people falling and injuring themselves.

Can you unscramble the letters?

1. eorhsoff iwdsn

_ _ _ _ _ _ _ _ _/_ _ _ _ _ _

2. dvaoi ilffc esdeg

_ _ _ _ _ _/_ _ _ _ _ _/_ _ _ _ _ _

3. syta itihnw oryu dhtep

_ _ _ _/_ _ _ _ _ _ _/_ _ _ _/_ _ _ _ _ _