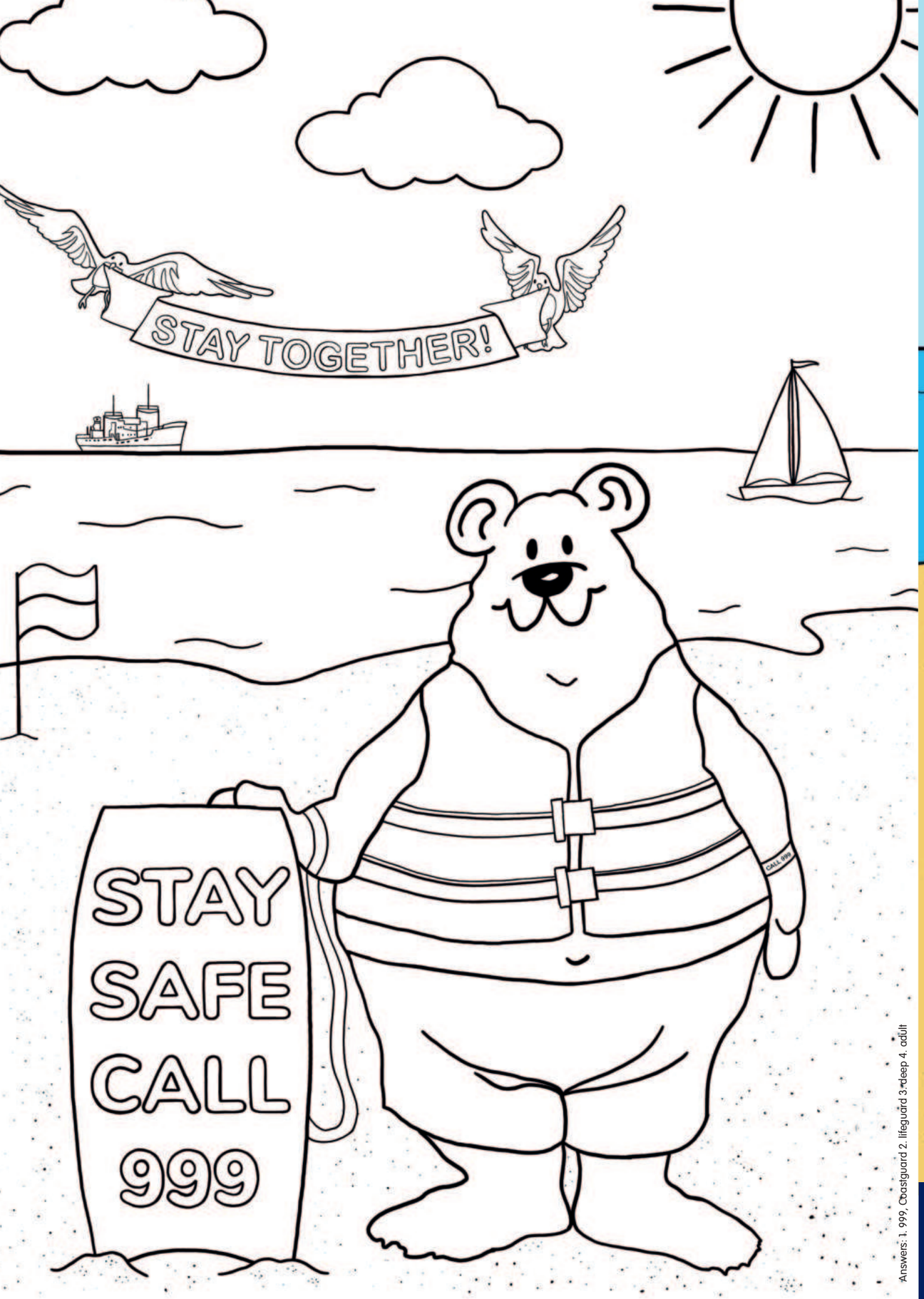
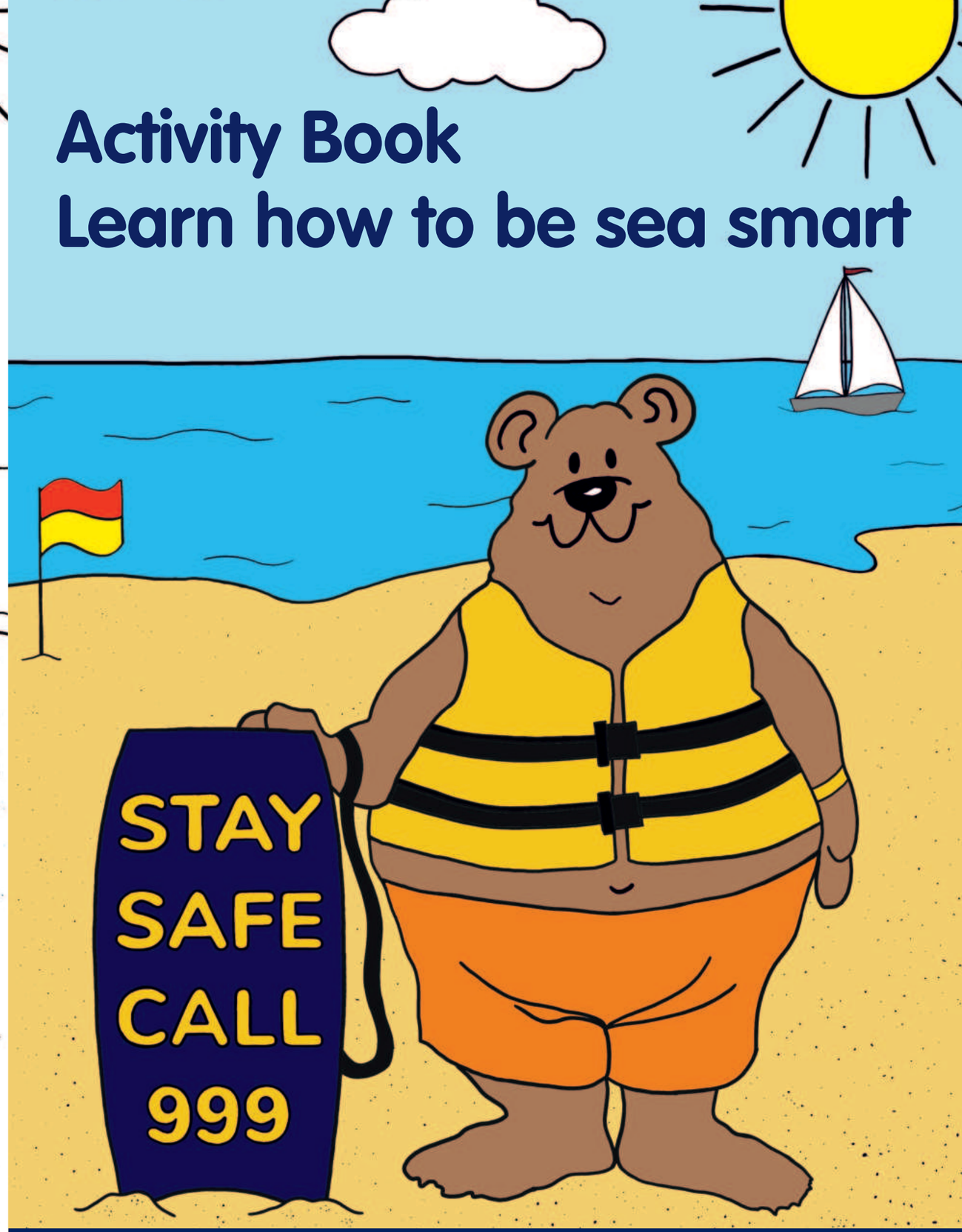


Answers: 1. 999, Coastguard 2. lifeguard 3. deep 4. adult

Activity Book
Learn how to be sea smart



HM Coastguard

hmcoastguard.uk

Activities

Word search

Can you find the hidden words in the puzzle?

beach
danger
flags
float
help
safe
swim
tides

q	g	e	f	f	t	i	a	e
b	s	d	a	n	g	e	r	v
e	a	f	l	a	g	s	r	x
a	z	m	r	n	y	p	m	s
c	p	r	o	t	m	o	a	w
h	u	h	a	i	d	f	r	i
j	h	o	a	d	e	d	r	m
l	l	p	b	e	i	l	u	s
f	v	m	x	s	h	e	l	p

Safety flags



RED & YELLOW

This flag means there is a lifeguard on duty and it is safe to swim!

RED

Danger! This means you shouldn't go in the sea.





BLACK & WHITE

This flag tells you where boats and surfers go. Don't swim here.

ORANGE WINDSOCK

An orange windsock flying means that it is very windy and you need to be careful.



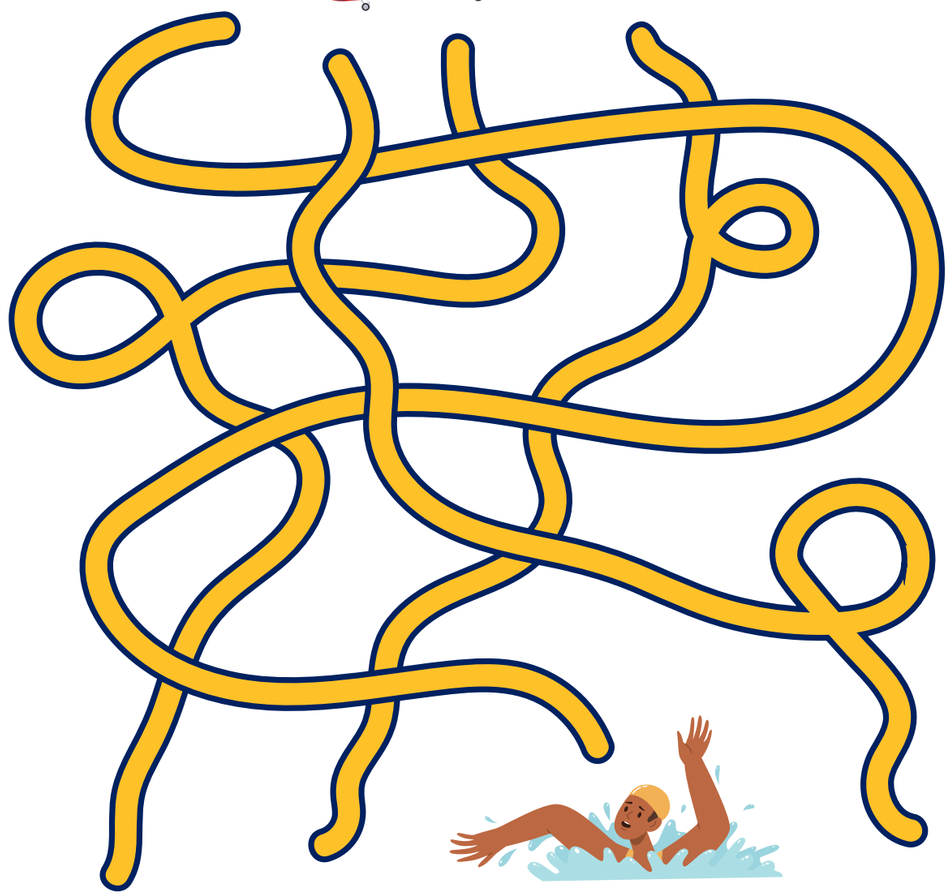
What's the missing word?

Read the following sentences and figure out what important words are missing.

1. If someone is in trouble at the seaside I should call _____ and ask for the _____.
2. If I go to a beach I should try and go to one where there is a _____.
3. When I am in the sea I should be careful to not to go in too _____.
4. When I am at the coast, I should make sure I am always in sight of an _____.

Guide the Coastguard helicopter to the struggling swimmer!





Stay safe!

Stay in sight of an adult when playing at the seaside

Be careful when exploring as rocks can be slippery

Tides and currents can be dangerous! Don't swim too far out

Don't use blow up boats or toys as they are easily blown out to sea

Never go near cliff edges

