



Australian Government
Department of Education and Training



Post Beginner Leisure Beach Safety Worksheet 1: Beach safety

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Worksheet 1: Beach safety

A. *Read about beach safety.*

Australia is a large island with lots of beautiful beaches. Many people go to the beach. They do activities like swimming, surfing, fishing, snorkelling, walking, boating or just relaxing.



The Australian sun is very hot. You should:

- wear a sun hat, sunglasses, sunscreen, and that protects you from the sun
- stay out of the sun between 11 am and 3 pm
- drink lots of water.



clothing

At the beach, you should swim between the red and yellow flags because that is the safest place to swim. If there are no flags then you should not swim there.



Sometimes at a beach there is a **rip** or strong **current** that can pull you out into the deep water. That's why you should swim between the flags.

At the beach, you should also read the safety signs. Every beach is different and these signs tell you about the dangers. If you don't understand something you can ask a lifesaver.



ask

When you go to the beach you should swim with a friend. You should never swim alone. When you are swimming together you can look after each other.



If you get into trouble in the water you should stay calm and raise your arm in the air. This helps the lifesavers to see you.



**B. Answer True or False to the statements.
Re-write the false statements to make them true.**

	True/False
1. Australia is a large island with many beaches.	
2. You should stay out of the sun between 12 pm and 2 pm.	
3. You should always swim between the red and yellow flags.	
4. A rip can drag you out into deep water.	
5. It's important to read the safety signs at the beach.	
6. It's good to swim alone at the beach.	
7. If you get into trouble in the water you should panic.	

C. Complete the sentences by matching sentence halves.

- | | |
|--|---|
| 1. Many people go to the beach | a. because that is the safest place to swim. |
| 2. You should wear sunscreen and clothing | b. that protects you from the sun. |
| 3. Swim between the red and yellow flags | c. because they tell you about the dangers. |
| 4. A rip or strong current | d. to swim, surf, and relax. |
| 5. At the beach, you should read the safety signs | e. you can look after each other. |
| 6. When you are swimming with friends | f. raise your arm in the air so lifesavers can see you. |
| 7. If you get into trouble in the water you should | g. can pull you out into the deep water. |