

MAKING SAFE CHOICES

ACTIVITY: MAKING SAFE CHOICES



Lifeboats



QUESTION 1

You and your friends are on the beach. The red beach flag is flying but they are excited and run into the water regardless. Do you....

- A. Follow them. There are lots of people and lifeguards on the beach so you will be safe
- B. Tell them to come back as it's not safe to swim. You'd rather look boring than see any of them hurt
- C. Go and do something else until they come back out again

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When red flags are flying you should
never enter the water as it is unsafe.

The best thing to do is tell your friends to
come back in or get help from the lifeguards.

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A photograph of two children on a rocky beach. A boy in a white hat and blue shirt is crouching on a large rock. A girl in a blue and pink floral shirt is leaning over a rock pool, reaching into the water. The background shows more rocks and the ocean.

QUESTION 2

You and your older sister are rock pooling at the local cove. She has spotted more than you and your parents have said it's time to head home now. The tide seems to be coming in, but it's still safe. Do you...

- A. Stay out for ten more minutes. That won't make any difference to the tide as it looks quite far away
- B. Separate from your sister and try to find another rock pool on your own in an area further down the beach
- C. Head home. You can do more creature spotting next time you're at the beach

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Getting cut off by the tide contributes to a large number of RNLI rescues every year.

Tide times and heights vary throughout the month and can easily catch you out if you haven't checked them.

The tide can come in very quickly, particularly when you aren't paying attention.



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QUESTION 3

Your friends want to play football on the headland but it's busy and the only space to play is closer to the cliff edge than you usually play. Do you...

- A. Do something else until the area clears and you can play in your usual spot
- B. Play closer to the edge. You're not that close to the edge and you won't be doing long passes of the ball
- C. Ask the people in your usual space nicely if they can move somewhere else

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Be wary of all edges around the sea and waterside.

Slips and falls happen in all locations; it is not just high cliff edges that are a risk.

Always let someone know where you are going and when you expect to be back.



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