

Sun, Sea and Beach Safety **Answers**

1. Name something you can do to protect your eyes.

Never look up at the sun. Always wear sunglasses. (Accept either)

2. What should you drink lots of?

Drink lots of water.

3. Name two creatures that you should be careful around in the sea.

You should be careful around jellyfish, stingrays, mussels, clams and coral. (Accept any two)

4. Who patrols the beaches?

Lifeguards /RNLI patrol the beaches.

5. What do they do?

Their lifeguards help many people.

6. What should you wear when playing water sports?

Wear the proper clothing when playing water sports.

7. What colour is the flag that means the area is patrolled by lifeguards and is safe?

The flag is red and yellow.

8. What colour is the flag that means danger?

The flag is red.

Sun, Sea and Beach Safety **Answers**

1. Name two things you can do to protect your eyes.

Never look up at the sun and always wear sunglasses.

2. When is it most important to stay in the shade?

Stay in the shade especially between 11am and 3pm.

3. You should never enter the water if you see which creature?

Never enter the water if you can see jellyfish.

4. Which creature would you avoid stepping on if you shuffle?

Try shuffling through the water to avoid startling accidentally stepping on stingrays.

5. What could you wear to protect your feet from getting cut or grazed?

Try wearing water shoes.

6. What does RNLI stand for?

RNLI stands for Royal National Lifeboat Institution.

7. How many people did they help in 2014?

Lifeguards from the RNLI helped more than 19,350 people in 2014.

8. What colour is the flag that means the area is watched by lifeguards?

The flag is yellow and red.

9. What does the orange windsock mean?

The orange windsock means dangerous wind conditions. You should never use an inflatable like a rubber ring or dinghy – you could get swept out to sea.

Sun, Sea and Beach Safety **Answers**

1. What can the sun do to your eyes?
The sun can damage your eyes and you can even become blinded!
2. Which of the advice points could help protect your skin?
Always wear suncream; Always wear a hat help; Stay in the shade, especially during the hottest time of the day (11am – 3pm); Keep a t-shirt on, especially covering shoulders.
3. When do you think you'd be most at risk of burning?
During the hottest time of the day (11am – 3pm).
4. Why would shuffling through the water be a good idea?
To avoid startling the stingrays or accidentally stepping on them.
5. What can be sharp in the sea?
Mussels, clams and coral can be sharp.
6. Who are the RNLI and how do they help?
They are the Royal National Lifeboat Institution and they have lifeguards who help people at the beach.
7. How many incidents did they respond to and how many people did they help in 2014?
In 2014, they responded to 17, 050 incidents on some of the busiest beaches in the UK and they helped more than 19,350 people.
8. What should you do if you or anyone else is in danger?
Shout for help and hold your hand in the air if in trouble and get a lifeguard or tell an adult if there isn't a lifeguard, if you ever see someone else in trouble.
9. What does it mean if the red and yellow flag is out on the beach?
The area is watched by lifeguards. Between two of these flags is a safe place to swim and use a bodyboard.
10. Which flags mean it is not safe for you to swim at sea and what colour are they?
Both the surfing black and white flag and the red danger flag.