



## Beach flags - Why are there flags on the beach?

### Fact

- The red and yellow flags on the beach are Surf Lifeguard flags.
- They mark the area that is patrolled by lifeguards.
- The lifeguards choose the safest place on the beach for everyone to swim.
- If you swim between the flags the lifeguards have a much better chance of getting to you in time if you need help.
- You can help the lifeguards help you by swimming between the flags and by learning to swim!

### Do you know

- There are over 4000 lifeguards patrolling over 70 beaches around New Zealand during summer and most of them are volunteers – they don't get paid to do it.
- Lifeguards have special rescue equipment that they use when someone needs help in the water like fins and a special type of flutter board to help you float.
- Nearly all the rescues the lifeguards do are outside the patrolled area and there have been over 35,000 rescues in New Zealand since 1932.

### Experiments you can do

#### *Surf Safety Messages*

Can you remember these 10 messages? Follow them and they could help save your life in the surf.

1. Have an adult watch over you
2. Stay between the flags
3. Know your limits
4. Never surf or swim alone
5. If in doubt stay out
6. Listen to advice from lifeguards
7. Always use correct and safe equipment
8. Be aware of rip currents
9. Consider other surf users
10. Don't swim or surf when you're tired or cold

## **Other Investigations**

Learn what to do if you need help in the water

Talk to your teacher or your family about what you should do if you get in trouble in the surf. How do you let people know you need help?

Let me know what you find out.

Learn what to do in a rip

Talk to your teacher or your family about what you should do if you get caught in a rip at a beach. Should you try to swim out of it? Why not?

Learn which waves are the best

Talk to your teacher or your family about the different types of waves there are, one type crashes onto the beach, one tumbles downwards all the way into the beach and another one doesn't crash at all (you'll find those where there's deep water near rocks)

Which waves would be the best to swim in and why?

## **Jokes**

What did the sea do when it saw the beach?

It waved.