



Teacher Resource

Beach Safety

Focus Questions

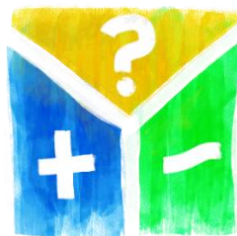
Discuss the BTN story as a class and record the main points of the discussion. Students will then respond to the following:

1. What happened to Austin and his family recently?
2. Where along the beach should you swim to stay safe?
3. What is a rip and what should you do if you get caught in one?
4. What should you do if you spot someone in trouble in the water?
5. What do you do to stay safe in the water?

Activity: Note taking

Students will practise their note-taking skills while watching the BTN Beach Safety story. After watching the story, ask students to reflect on and organise the information into three categories. What information in the story was...?

- Positive
- Negative or
- Interesting



Activity: Class Discussion

Discuss the information raised in the BTN Beach Safety story. Record the main points of the discussion on a mind map. Here are some questions to guide the discussion:

- What are some hazards when swimming at the beach?
- What are rips and how do you spot them?
- What colour are the flags you swim between at the beach?
- What do you do to be safe in and around water?
- What questions do you have about this story?



EPISODE 2

10th February 2026

KEY LEARNING

Students will learn more about beach safety, how to spot a rip and what to do if you get caught in one.

CURRICULUM

Health and Physical Education – Year 3 & 4

Identify and practise strategies to promote health, safety and wellbeing.

Health and Physical Education – Year 5 & 6

Plan and practise strategies to promote health, safety and wellbeing.

Investigate the role of preventive health in promoting and maintaining health, safety and wellbeing for individuals and their communities.

Investigate community resources and ways to seek help about health, safety and wellbeing.

Health and Physical Education – Year 7 & 8

Investigate and select strategies to promote health, safety and wellbeing.

Activity: Beach Safety Research

Discuss the information raised in the BTN Beach Safety story. What questions were raised in the discussion and what are the gaps in students' knowledge? Students will develop their own question/s to research or choose one or more of the questions below.

Research

- Why is it important for kids to learn water safety skills? Write a persuasive piece of writing explaining your reasons.
- What is a rip current and how do you spot them?
- How can understanding water conditions, like rip currents, help prevent accidents?
- Why is it important to swim between the red and yellow flags at the beach? Investigate the different flags and signs which help us to be water safe.
- What factors might prevent someone from learning how to swim? What are some solutions to these?
- Do you think it's important to learn to swim, even if you don't go to the beach or pool often? Explain your answer.
- What are some hazards when swimming in the beach? For example: rip currents, dangerous marine creatures, large waves, rock fishing or diving off a jetty. Choose one to investigate in more detail. Identify the hazard, tips for avoiding the hazard, and give advice to help people if they encounter the hazard. Use images, diagrams, videos and/or photos to help explain your answers.
- What is the role of a lifesaver? How do you become a lifesaver? What is the difference between lifesavers and lifeguards? Write some questions you would like to ask a lifesaver. As a class, organise to meet and interview a lifesaver to learn more about beach safety.

Activity: Understanding Rips

Rip currents occur on most Australian beaches and are one of the biggest hazards for swimmers. Students watch the two videos below and answer the questions to learn how to spot a rip and what to do if you get caught in a rip. They can then create a safety checklist to share that teaches kids about rip currents.

Watch the [How to Spot a Rip Current](#) and answer the following questions:

- Rip currents are easy to spot. True or false?
- What percentage of people can't spot a rip current?
- How are rips formed?
- What are the things to look for when spotting a rip?
- What should you do before you go in the water?
- If the beach is patrolled, swim between...
- What else did you learn watching this video?



Watch the [How to Survive a Rip Current](#) and answer the following questions:

- What is the best way to avoid swimming in a rip current?
- Why is it important to stay calm if you get caught in a rip current?
- What should you do if you get caught in a rip?
- Never try to swim _____ a rip.
- What else did you learn watching this video?



Useful Websites

- [What is a rip?](#) – Surf Life Saving NSW
- [Beach Safety](#) – Royal Life Saving
- [Flags and Signs](#) – Surf Life Saving Queensland
- [Beach Safety](#) – BTN