



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. How many beach rescues were made along the Australian coastline in 2023?
 - a. 60
 - b. 600
 - c. 6,000
2. What two colours do life savers wear?
3. Where along the beach should you swim so life savers can see you and keep you safe?
4. What is a rip?
5. Rips are hard to spot. True or false?

Activity: Class Discussion

Before watching the BTN Beach Safety story begin with a discussion to find out what your students already know about beach safety. In pairs, students will respond to the following questions, recording their ideas on a mind map. Ask some volunteers in the class to share their mind maps.

- What do you like about swimming at the beach?
- What are some of the dangers when swimming at the beach?
- What is a rip current? Explain what you know about rips.
- What do you do to be safe around water?



After watching the BTN story students will respond to one or more of the following questions:

- What did you learn from the BTN story?
- What do you THINK about what you saw in the BTN story?
- Have you ever experienced a rip current? Describe what it was like.



EPISODE 1

6th February 2024

KEY LEARNING

Students will develop a deeper understanding of beach safety including how to spot a rip.

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: Research Project

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? The following KWLH organiser provides students with a framework to explore their knowledge on this topic.

What do I <u>k</u> now?	What do I <u>w</u> ant to know?	What have I <u>l</u> earnt?	<u>H</u> ow will I find out?

Students will develop their own question/s to research or select one of the questions below.

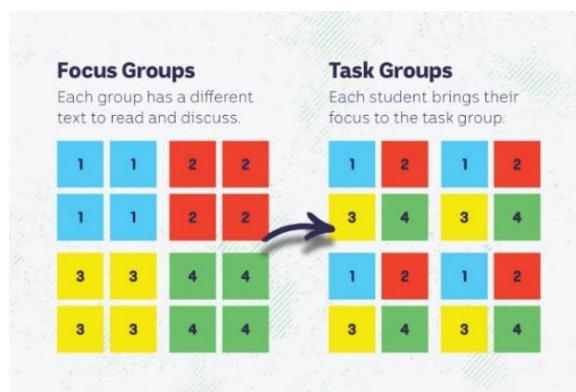
- What is a rip current and how do you spot them?
- Why is it important to swim between the red and yellow flags at the beach? Investigate the different flags and signs which help us to be water safe. Think of a creative way to teach kids in your class about what the flags and signs mean and why they are important.
- Why is it important for kids to learn water safety skills? Write a persuasive piece of writing for the following statement: "All kids need to learn beach safety skills".
- 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.
- When did surf lifesaving start in Australia? Research the history of surf lifesaving in Australia and record your findings on a timeline.

Activity – Jigsaw learning

In this activity students will work cooperatively to understand the importance of water safety and how to stay safe when swimming at the beach, in a river, lake or a pool. Each group will become experts and then share what they have learnt with other students.

1. Form Groups

Divide the class into 4 x Focus Groups. Each Focus Group will be assigned one of the following to study: beach, pool, river, and lake. Each group will need to decide how they will collect and communicate the information they find during their research.



2. Research

Students can search for news articles and other publications to help with their research. Each Focus Group will respond to one or more of the following questions to become experts:

- What are some of the hazards when swimming in this area? Highlight the obvious dangers and some of the hidden dangers.
- Is the area patrolled? If so, give a description.
- How can people be water safe in and around the area? Give some safety tips.
- Are there any safety devices that people can use to stay safe in the water?
- What can we do if we are in danger? How can we help others that are in danger? Think of a real life scenario and explain the steps to get out of danger.

3. Share

Mix the Focus Groups to form Task Groups (Task Groups include one student from each of the Focus Groups) to share the information they have collected. Students will share the information they have collected and learn from one another.

4. Reflect

Students will reflect on the activity by responding to one or more of the following questions:

- What did you enjoy about this investigation?
- What did you find surprising?

Activity: Flags, Signs and Notices

Students will research Australia's beach safety flags. They can use the worksheet at the end of this activity to record their findings.

Research

Students can use the worksheet at the end of this activity and respond to the following.






- What do each of the different beach safety flags mean?
- Why do we have beach safety flags?
- What is the most important flag?
- What does it mean if there are no red and yellow flags on the beach?

Further research

Beach safety signs are different shapes and colours. They tell you about the beach and the conditions. Find out more about these signs and present your information to the class.

Beach Safety Flags

Beach safety flags can be found all over Australia and understanding these flags help people avoid danger at the beach. Use the internet to find out what each of the beach safety flags mean and record your responses below. Respond to the questions

	The red and yellow flag means ...
	A red flag means ...
	A yellow flag means ...
	A red and white flag means ...
	A black and white flag means ...

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Activity: Can you spot a rip current?

Rip currents are the number one hazard at Australia's beaches, but they can be difficult to spot. Challenge your students by asking them to spot the rip currents in the following photos. Students will analyse each of the photos and mark with a highlighter where the rip current is in the water. Watch this [Surf Life Saving Australia YouTube video](#) to learn more about spotting rips at the beach.

Students will then respond to one or more of the following questions:

- What is a rip current? What are the things to look for when spotting a rip?
- Why are rip currents dangerous?
- What is the best way to avoid swimming in a rip?
- What should you do if you get caught in a rip?
- Rip currents are easy to spot. True or false?
- What are some myths about rip currents? Explain why they are myths.
- How are rips formed?
- What questions do you have about rip currents?



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Activity – Choose a project

Individually or in small groups, students will choose one of the following projects to work on and then present their findings to the class.

Quiz

Create a true or false quiz to test your classmate's knowledge about rip currents.

Summary

Write a summary of the story. What was the story about? Why did BTN cover this story?

Tips and advice

Make a list of tips and advice all about beach safety. Think of a creative way to present your information.

Design a Poster

Create a poster which promotes beach safety. Think about how your poster will communicate the message to Australians and visitors to Australian beaches.

Useful Websites

- [Swim and Survive Program](#) – BTN
- [Beach Safety](#) – Royal Life Saving Australia
- [Rip Currents](#) – Surf Life Saving NSW
- [Beach Safety](#) – Healthdirect
- [Flags and Signs](#) – Royal Life Saving QLD
- [How to spot a rip current](#) – Surf Life Saving Australia (YouTube)

Beach Safety Flags

Every beach has hazards that you will need to look out for. Lifesaving services use safety flags to help show these hazards. The flags also show you safe areas to swim in. Understanding these flags help people avoid danger at the beach. Use the internet to find out what each of the beach safety flags mean and record your responses below.



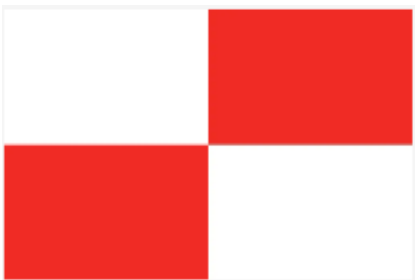
The red a yellow flags mark ...



A red flag means ...



A yellow flag means...



A red and white flag means ...



A black and white flag marks ...