



# SWIM BETWEEN THE **flags**

ACTIVITY BOOK



# SWIM BETWEEN THE flags





# STAY sun safe

**slip** on some sun-protective clothing that covers as much skin as possible.

**slop** on some broad spectrum, water resistant SPF30 (or higher) sunscreen. Put it on 20 minutes before you go outdoors and every two hours afterwards. Sunscreen should never be used to extend the time you spend in the sun.

**slap** on a hat - broad brim or legionnaire style to protect your face, head, neck and ears.

**seek** shade.

**slide** on some sunglasses - make sure they meet Australian Standards.



# FUN WITH BOB and the squad

Do you remember Bob's Tips? Test what you know and have fun with the whole Squad!

## IS THIS surf safe? **ACTIVITY one**

Label the different activities that the squad are doing on this beach as either safe with a green tick or dangerous with a red cross!



## FIND A word

### **ACTIVITY two**

Use the following words to complete the sentences below:  
red, lifeguard, yellow, signs, water, arm, swim, sunscreen, friend, 2

- 1 Swim between the \_\_\_\_\_ and \_\_\_\_\_ flags.
- 2 Ask a \_\_\_\_\_ for advice.
- 3 To stay safe, always read and obey the safety \_\_\_\_\_
- 4 Always swim with a \_\_\_\_\_
- 5 If you need assistance in the water, stay calm, float and raise an \_\_\_\_\_
- 6 Put \_\_\_\_\_ on when going to the beach and reapply every \_\_\_\_\_ hours
- 7 Make sure to \_\_\_\_\_ at a patrolled beach

### **ACTIVITY three**

Find the words listed on the right in the word search and circle them.

I R A E P W R A R M R	<b>RED</b>
U E B Y U A E B K U S	<b>YELLOW</b>
V D T O V T Y T S V U	<b>LIFEGUARD</b>
S O I A N E O I W S N	<b>SIGNS</b>
T A U F T R A U I T S	<b>FRIEND</b>
R J V R J K B V M R C	<b>WATER</b>
E T S I G N S O S E R	<b>ARM</b>
Y I T E Y E L L O W E	<b>SUNSCREEN</b>
O X R N O P U R W O E	<b>SWIM</b>
A V E D A X V E I A N	
B S Y T B C S Y Q B R	
L I F E G U A R D T T	

# ACTIVITY one

## WHAT DO you know?

Match up the safety signs images and descriptions scrambled to join via a line.



SHARKS

SUBMERGED ROCKS

HIGH SURF

JELLY FISH

STRONG CURRENTS

# ACTIVITY two

## SPOT THE difference

Can you spot 10 differences below?







# SWIM BETWEEN THE flags

