

Dangers on the beach



Beaches are fun places to play and have a swim. Many of our beaches are looked after so they are safe.

When you visit the beach you must look after yourself. You should not get sunburnt. You need to have suncream and cover some of your body if the sun is bright and hot. You must also drink enough and not get thirsty.

It is important to only swim between the flags and make sure an adult knows where you are all the time. You should never go off for a walk or swim without telling an adult. If there are very big waves coming in on the beach, you might need to stay out of the water or only go in with an adult.

People also need to be careful they don't get hurt. You should be very careful what you stand on the sand and in the water. Sometimes there is litter on the beach. You might need to watch out for fish hooks or broken glass.

Top right – Blue bottles are like a jellyfish. They live in the water and are often washed up on the beach. They have a long blue tail that hangs from their float. The tail can give a nasty sting if it brushes against the skin.

Bottom right – Blue-ring octopuses can give a deadly bite. They are small and have glowing blue circles when they feel danger. They are usually found in rockpools. Never touch any octopus.

Rockpools are great places to find sea creatures. Wear something on your feet that will protect them from sharp rocks and shells. Walk carefully so you don't slip.

Make sure you take all your rubbish home so that your rubbish won't become beach litter. Most of the litter on the beach started as litter on the land. When it rains, the litter is washed down the drains and out to sea. The waves push the litter onto the beaches.

Additional teacher notes

- Many beaches are regularly cleaned by tractors and there is less chance of sharp objects being present.
- When visiting a beach with students as part of your preparation find out if there are any local safety issues. Usually the local life guards are happy to advise you. Find out if you need any first aid equipment and what emergency procedures are required for any threats. Have a working mobile phone and don't hesitate to phone for an ambulance if you have any concerns.
- Establish your rules with your students before they visit a beach. This will include clothing requirements including footwear and hats, sunscreen and adequate fluid.
- Have tools to aid children exploring the beach. This could be small plastic beach buckets and plastic rulers. Plastic spaghetti spoons are excellent for exploring washed up seaweed.