



PLAN your trip to the beach

Ask your teacher to download the WaterWise Warrior Plan for safety on the beach.

Before you put even your little toe in the water, make sure you are Awake and Alert, and have your PLAN

P **PREPARE – everything you need**

(hat, sunblock, water to drink, cell phone, sunglasses – they're not just cool, dude, they protect your eyes from harmful UV rays!)

L **LOOK – for important signs**

(Is the tide in or out? What is the wind doing? Are there any signs on the beach? What do they say? Is there a flag? What colour? What does it mean? What about currents, rips, dangers?)

A **ASK – find an adult who can answer your questions BEFORE you swim**

REMEMBER – don't go near the water until ALL your checks are done!

N **NEVER – do not**

- NEVER Swim alone (3 friends is a good rule)
- NEVER Drink alcohol and go swimming
- NEVER Swim in your clothes – trousers and shirts will help to drown you if you get into trouble in the water
- NEVER get too:
 1. cold
 2. tired
 3. hungry
 4. thirsty when swimming

.../end