

Safety tips for going to the seashore



A. Read the essay below

Going to the seashore is a lot of fun, but drowning and being hurt are real dangers. Especially, drowning is the second most common cause of death from injuries among kids under the age of 14. Drowning can happen so fast - sometimes in less than 2 minutes after a person's head goes under the water. That leaves very little time for someone to help.

SAFETY – SAFETY – SAFETY... This must always be our priority.

Here are some water safety tips for going to the seashore:

- 🔍 Look out for warning signs.
- 🔍 Learn to swim. Learning to swim can be the difference between life and death.
- 🔍 Never go to the seashore alone. Adults should never leave a child unobserved around water.
- 🔍 Don't swim in the dark or near piers.
- 🔍 Face the waves for knowing what's coming. Get out of the water when the waves get rough.
- 🔍 If you are caught in a rip current, swim parallel to the shore until you are out of the current.
- 🔍 Watch out for the "dangerous toos...": too tired, too cold, too far from safety. It's very important to know your limits.
- 🔍 Bring CPR instructions and directions to call 1-1-9.
- 🔍 Stay away from the sun between 11 AM and 3 PM
- 🔍 Make sure you wear sunscreen at least SPF 15 - preferably higher.
- 🔍 If you see someone in danger, tell somebody, preferably a lifeguard.
- 🔍 Learn back floating and treading water to save yourself when you are in difficulty.



B. Safety tips Q&A

Q		A
1.	Going to the seashore is a lot of fun, but safety must always be our priority.	<input type="checkbox"/> T <input type="checkbox"/> F
2.	There is no need to look out for warning signs.	<input type="checkbox"/> T <input type="checkbox"/> F
3.	Learning to swim can be the difference between life and death.	<input type="checkbox"/> T <input type="checkbox"/> F
4.	It is OK to go to the seashore alone.	<input type="checkbox"/> T <input type="checkbox"/> F
5.	Swimming in the dark will be cooler.	<input type="checkbox"/> T <input type="checkbox"/> F
6.	Bring CPR instructions and directions to call 1-1-9.	<input type="checkbox"/> T <input type="checkbox"/> F
7.	Stay away from the sun between 11Am and 3Pm.	<input type="checkbox"/> T <input type="checkbox"/> F
8.	Wearing sunscreen less than SPF 15 is all right.	<input type="checkbox"/> T <input type="checkbox"/> F
9.	If you see someone in danger, preferably tell a lifeguard.	<input type="checkbox"/> T <input type="checkbox"/> F
10.	Learning <i>back floating</i> and <i>treading water</i> can save yourself from difficulty.	<input type="checkbox"/> T <input type="checkbox"/> F



How good were you?			
10: Excellent!	7-9: Very good!	4-6: Good try! 😊	0-3: Try again 😞