

Beach safety

Tutor Resources for the AMEP

Leisure

Intermediate

Tutor Resources for the AMEP

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Acknowledgements

The Adult Migrant English Program (AMEP) is funded by the Australian Government Department of Education and Training. Nationally, AMEP Distance/e-learning is delivered through the AMEP FLN Consortium.

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Theme:

Leisure

Topic:

Beach safety

Task	Language focus	Learning activities	Resources
1. Can understand beach safety	<p>Vocabulary coastline, snorkelling, tragedy, newcomers, patrolled, promotes, drown, rip, current, lifesaver, lifeguard, supervise, rescue, conserve, calm, floating, wade, multiple, paddle, ashore, hazard, drag, panic, parallel</p>	<p>Answer questions about beach safety</p> <p>Complete text</p> <p>Write summary</p> <p>Find meanings of words</p> <p>Identify main points in a text</p> <p>Answer questions about a news item</p> <p>Write opinion text</p> <p>Extension Look up related websites for more information</p>	<p>Worksheet 1: Beach safety</p> <p>Worksheet 2: Rip currents</p> <p>Dictionary</p> <p>Worksheet 3: Five lucky to be alive</p> <p>Worksheet 4: Ocean vs pool</p>

Theme: Leisure

Topic: Beach safety

Task 1: Can understand beach safety**Vocabulary:** coastline, snorkelling, tragedy, newcomers, patrolled, promotes, drown, rip, current, lifesaver, lifeguard, supervise, rescue, conserve, calm, floating, wade, multiple, paddle, ashore, hazard, drag, panic, parallel**Activity instructions***Answer questions about beach safety*

📄 Worksheet 1: Beach safety

A. Learner reads aloud the information about beach safety.

Encourage learner to underline any unfamiliar words and to look up the meanings in their dictionary.

Learner reads the questions and answers verbally. Discuss.

Learner writes the answers.

Answers

1 – Because they don't understand the dangers of the beaches and how to stay safe.

2 – They promote water safety, prevent drowning and rescue people at Australian beaches.

3 – Between the red and yellow flags because the lifesavers supervise this area.

4 – The beach is closed, there is a strong rip or current, there are dangerous creatures in the water.

5 – With someone else because you can look after each other and call for help if needed.

6 – Stay calm, raise your arm and float to conserve energy.

Complete text

📄 Worksheet 1: Beach safety

B. Learner completes the text.

Answers

Australia is a large island surrounded by a beautiful coastline. Most of the population live along the coastline and many people visit the beach regularly. People go to the beach to do activities such as swimming, surfing, fishing, snorkelling, walking, boating or just relaxing.

Going to the beach can be a wonderful experience, but for some people it ends in tragedy.

Australian beaches can be very dangerous and every year almost 100 people drown. Many of the people who die on the beaches are newcomers or tourists because they usually don't understand the dangers.

If you want to swim at an Australian beach you should make sure that it is patrolled by surf lifesavers. Surf Life Saving Australia is an organisation that promotes water safety, prevents drowning and rescues people at the beaches.

Red and yellow flags on the beach mean that a surf lifesaving club is operating there. Lifeguards supervise the area between the flags so it's the safest place to swim. If there are no flags you shouldn't swim there.

Before you go on the beach you should also read the safety signs. These signs warn you about the dangers of that particular beach. They tell you if the beach is closed because it is too dangerous, if there is a strong rip or current or if there are dangerous creatures.

When you go to the beach, always swim with a friend or family member so you can look after each other. You should never swim alone. If assistance is needed, one person can call or go for help. Swimming with friends is also a great way to enjoy the beach.

If you get into trouble in the water and require assistance you should try to conserve your energy by staying calm. You should also raise your arm in the air to attract the lifesavers who will come to help you. Floating on your back will also help you to conserve energy until help arrives.

Write summary

📄 Worksheet 1: Beach safety

C. Ask learner to identify the main points of the text.

Learner writes a summary of the information about beach safety.

Learner reads the summary aloud.

Find meanings of words

📄 Worksheet 2: Rip currents

📄 Dictionary

A. Ask: Do you know what a rip is? Explain that there is more than one meaning for the word.

Learner reads aloud the information about rips. Discuss.

B. Instruct learner to underline any unfamiliar words. Explain meanings or learner can look up the meanings in their dictionary.

Learner writes the new words and their meanings.

Identify main points in a text

📄 Worksheet 2: Rip currents

C. Learner identifies and writes five main points about rips from the text in part A.

Answer questions about a news item

📄 Worksheet 3: Five lucky to be alive

A. Explain to learner that they will hear a radio news item.

Read the script once.

Script

This is radio 6AW and this is today's news. Lifesavers helped to prevent multiple tragedies at the Perth beaches yesterday. They had their busiest day of rescues for the summer. The lifesavers made more than 60 rescues as glorious weather brought hundreds to the beaches. More than half of the rescues were at Cottesloe beach.

A group of five people were sucked 200 metres out to sea. Sharon Bond, 22, was one of the group. "We just wanted to paddle in the water. We only meant to go up to our knees, then all of a sudden we were pulled out by a very strong rip. I was terrified. I thought I was going to drown."

A beach-goer noticed that people were struggling in the water and ran down the beach to alert the lifesavers. The lifesavers swam out and saved the group. Some off-duty lifesavers also helped to bring them ashore. One of the survivors, Julie, said she doubted she would have made it back without the lifesavers' help. "Every time we tried to swim to shore, the rip just took us out again. Thank goodness for the lifesavers!"

The President of the Cottesloe Surf Life Saving Club said people should learn to recognise the signs of rips and strong currents in the water and to avoid swimming in that area. But best of all, even if you are only paddling you must make sure that you stay between the red and yellow flags.

Ask learner to read the statements. Explain any unfamiliar words in the statements.

Read the script again.

Learner answers 'true' or 'false'.

Answers

1 – False, 2 – False, 3 – True, 4 – True, 5 – False, 6 – True, 7 – False, 8 – False, 9 – True, 10 – False, 11 – True, 12 – True

B. Learner reads the text and corrects their work.

Write opinion text

Worksheet 4: Ocean vs pool

Discuss the statement and encourage learner to write three reasons for their opinion in point form.

Learner writes an opinion text.

(For more information on writing an opinion text, refer to – theme: transport, topic: transport, worksheet 6: Structuring an opinion text.)

Extension activity

Look up related websites for more information

Look up the following websites together for more information about beach safety and rip currents in English and other languages.

www.beachsafe.org.au

www.ripcurrents.com.au

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Worksheet 1: Beach safety

A. Read about beach safety and answer the questions.

Australia is the largest island in the world. It is surrounded by a beautiful coastline. Most of the Australian population live along the coastline and many people visit the beach regularly. People go to the beach to do activities such as swimming, surfing, fishing, snorkelling, walking, boating or just relaxing.



Going to the beach can be a wonderful experience, but for some people it ends in tragedy. Australian beaches can be very dangerous and every year almost 100 people drown. Many of the people who die on Australian beaches are newcomers to Australia or tourists. They usually don't understand the dangers of the beach or how to keep themselves and their families safe.

If you want to swim at an Australian beach you should make sure that it is patrolled by surf lifesavers. Surf Life Saving Australia (SLSA) is an organisation that promotes water safety, prevents drowning and rescues people at Australian beaches. Every year surf lifesavers rescue about 12,000 people. There are over 300 surf lifesaving clubs around Australia.

When you see red and yellow flags on the beach it means that a surf lifesaving club is operating there. You should swim between the red and yellow flags because that is the safest place to swim and lifesavers are supervising that area. If there are no flags then you shouldn't swim there.

Before you go on the beach you should also read the safety signs. Every beach is different and these signs tell you about the dangers of that particular beach. Sometimes a sign will tell you that the beach is closed because it is too dangerous. Or, there may be a sign warning you about a strong rip or current. Some beaches have signs warning people not to swim in the water because there are dangerous creatures there. If you are unsure about something or have a question you can ask a lifesaver or lifeguard.

When you go to the beach, it's very important to swim with a friend or family member. You should never swim alone. When you are swimming together you can look after each other. If assistance is needed, one person can call or go for help. Swimming with friends is also a great way to enjoy the beach.

If you get into trouble in the water and require assistance you should try to conserve your energy by staying calm and raise your arm in the air. This will attract the attention of the lifesaver who will be able to come to help you. Floating on your back will also help you to conserve energy until help arrives.

Australia certainly has some beautiful beaches but they can also be very dangerous. If you want to enjoy the beach in Australia, it's important to understand the dangers and how to stay safe. For more information about beach safety you can go to

www.beachsafe.org.au. This website has lots of information about beach safety in many different languages.

1. Why do newcomers and tourists sometimes drown on Australian beaches?

2. What does Surf Life Saving Australia do?

3. Where is the safest place to swim on a beach? Why?

4. What are three things safety signs at the beach can warn you of?

5. Should people swim alone or with someone else? Why?

6. What should you do if you get into trouble in the water?

B. Complete the text.

Australia is a large island surrounded by a beautiful _____. Most of the _____ live along the coastline and many people visit the beach regularly. People go to the beach to do activities such as swimming, surfing, fishing, _____, walking, boating or just relaxing.

Going to the beach can be a wonderful experience, but for some people it ends in _____. Australian beaches can be very _____ and every year almost 100 people _____. Many of the people who die on the beaches are _____ or tourists because they usually don't _____ the dangers.

If you want to swim at an Australian beach you should make sure that it is _____ by surf _____. Surf Life Saving Australia is an organisation that _____ water safety, prevents drowning and _____ people at the beaches.

_____ flags on the beach mean that a surf lifesaving club is operating there. Lifesavers _____ the area _____ the flags so it's the safest place to swim. If there are no flags you shouldn't swim there.

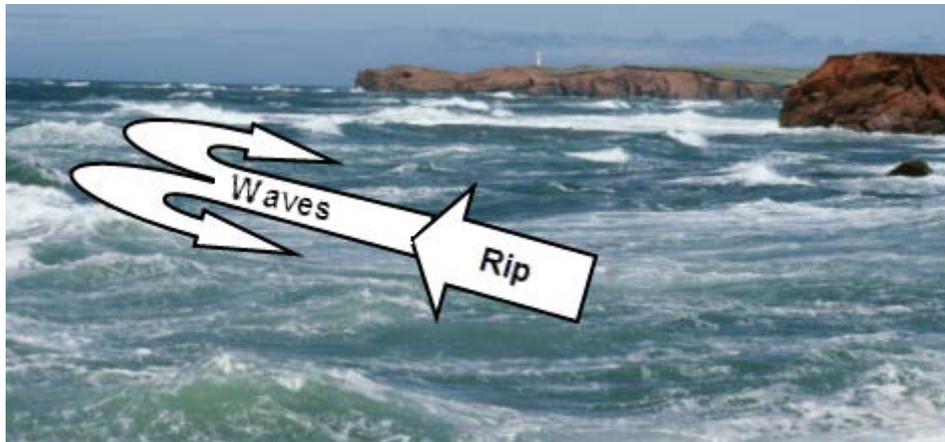
Before you go on the beach you should also read the _____ signs. These signs warn you about the dangers of that particular beach. They tell you if the beach is _____ because it is too dangerous, if there is a strong _____ or current or if there are dangerous creatures.

When you go to the beach, always _____ with a friend or family member so you can look after each other. You should never swim _____. If assistance is needed, one person can call or go for help. Swimming with friends is also a great way to _____ the beach.

If you get into _____ in the water and require assistance you should try to _____ your energy by staying _____. You should also raise your arm in the air to attract the _____ who will come to help you.

Worksheet 2: Rip currents

A. Read about rips.



A rip is a strong, moving current of water that usually runs from the shore out to sea. Rips are the main hazard on Australian beaches. Every year many people drown when they are caught in a rip and many more people have to be rescued.

Rips can be extremely dangerous as they drag swimmers away from the beach into deeper water. People who can't swim but like to wade in the water can also be swept off their feet and dragged out to sea.

When the sea is big the speed and strength of a rip is greater. However, even when the sea is quite calm, rips can flow very quickly. Many drownings and rescues happen on beautiful swimming days because more people go into the water on these days. They are usually not aware that a rip is there.

Rips can be very difficult to identify. They don't all look the same and they can change in appearance and position.

Some things to look for when trying to recognise a rip are:

- patches of darker, deeper or calmer water
- sandy water where the sand has been stirred up by the current
- seaweed and other debris floating out to sea.

Lots of people drown in a rip because they attempt to swim against it. They become exhausted and panic. If you are caught in a rip and can't make it to shore you should stay calm and float to conserve energy. Face the shore and raise your arm to attract the attention of lifeguards. You should never try to swim against the current.

To escape a rip you can swim across the current, parallel to the beach, towards the breaking waves. These waves can help you to return to the shore.

To avoid getting caught in a rip you should always swim between the red and yellow flags. If there are no flags then you shouldn't swim. You should also read safety signs and ask a lifesaver for advice about local conditions before going into the water.

For more information on rip currents in other languages go to www.ripcurrents.com.au

Worksheet 3: Five lucky to be alive



A. Listen to the news item and answer **True** or **False** to the statements.

	True/False
1. Yesterday, lifesavers helped to prevent many water tragedies at Adelaide beaches.	
2. The lifesavers made 40 rescues at the Perth beaches.	
3. The beaches were crowded with hundreds of people.	
4. A group of five people got caught in a rip and were sucked 200 metres out to sea.	
5. They had been swimming between the flags.	
6. They tried to swim to shore but the rip kept taking them out again.	
7. They alerted the lifeguards by raising their hands for help.	
8. Eventually, the five people were able to swim back to shore.	
9. The President of the Cottesloe Surf Life Saving Club said people should learn to recognise the signs of rips in the water.	
10. It is safe to swim in the area where there is a rip.	
11. It is safe to swim in the area between the red and yellow flags.	
12. The section of beach between the flags is patrolled by the lifesavers and they are constantly on watch for any trouble.	

B. Read the text and correct your work.

This is radio 6AW and this is today's news. Lifesavers helped to prevent multiple tragedies at Perth beaches yesterday. They had their busiest day of rescues for the summer. The lifesavers made more than 60 rescues as glorious weather brought hundreds to the beaches. More than half of the rescues were at Cottesloe beach.

A group of five people were sucked 200 metres out to sea. Sharon Bond, 22, was one of the group. "We just wanted to paddle in the water. We only meant to go up to our knees, then all of a sudden we were pulled out by a very strong rip. I was terrified. I thought I was going to drown."

A beach-goer noticed that people were struggling in the water and ran down the beach to alert the lifesavers. The lifesavers swam out and saved the group. Some off-duty lifesavers also helped to bring them ashore. One of the survivors, Julie, said she doubted she would have made it back without the lifesavers' help. "Every time we tried to swim to shore, the rip just took us out again. Thank goodness for the lifesavers!"

The President of the Cottesloe Surf Life Saving Club said people should learn to recognise the signs of rips and strong currents in the water and to avoid swimming in that area. But best of all, even if you are only paddling you must make sure that you stay between the red and yellow flags.

