

Hey Kids!

Here's a Summer Beach Safety message from Super Dipper!



Hey Kids learning to swim is fun!

- Ask a grown up to check how deep the water is before swimming.
- Walk into the water feet first.
- Always look and listen to the lifeguard and mum and dad.
- Come back to the sand as soon as mum, dad or the lifeguard says so.
- Always swim between the flags.
- Always swim with a buddy.
- Only swim in daylight.
- Watch out for other swimmers.
- Put up one hand and call out loud if you need help.
- Always wear a long sleeved rashie and your sunscreen.
- Wear a very BIG hat.

A message to parents:

Work through this list and chat about each point and why your child needs to follow these rules. Have your child check off all the things they are already doing, and explain why they need to do those things that they forget.

Take a few copies of this sheet on holidays and use it to remind your kids about beach water safety.

For information on swim lessons call Dipadees on **3355 1550**, email **info@dipadees.com** or visit **www.dipadees.com**

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