

BEACH ACTIVITIES AWARD

This is a dry, experiential award to teach Rookies safe use of a beach front area. It can be completed during a single visit to the beach or over a number of visits, the theory elements of the award do not have to be completed at the beach. Rookies should not enter the water during this award.

Guidelines

General

In this award the term 'beach' refers to a shoreline area at the edge of the sea, a lake, riverbank or river estuary. To complete the award syllabus the beach should preferably be Lifeguarded so that Rookies can experience a well run beach with all of the equipment in place, where this cannot be achieved Instructors should recreate this environment. Not all of the theory elements of the award are assessed but all should be completed during the training of the award.

Instructors

This award must be led by a registered Rookie Instructor. Additional guidance and help may be sought from RLSS UK Beach Trainer Assessors and RLSS UK Beach Lifeguards.

Candidates

Any Rookie is allowed to undertake this award which can be taken at any stage of progression through the Rookie Lifeguard Programme.

Safety

A Risk Assessment for this activity should be completed by the award leader or suitably qualified person. The Risk Assessment should consider, but not be limited to:

- Transport to and from the beach

- Adult to Rookie ratios
- Sun/weather safety
- Bad weather precautions
- Hydration
- Specific medical conditions
- Physical, People, Activity and Teaching hazards
- Lifeguard/Qualified safety and first aid provision and equipment
- Child protection issues

The beach chosen for the award should have access to toilet facilities and good access for emergency services.

Equipment

The only equipment required is for the beach/sun safety games, see each game for details.

Training Resources

The award contains all the information that the Trainer should require. Other RLSS UK publications and resources are available if required for reference:

- Beach Lifeguard
- Safety on Beaches
- Safety at Inland Water Sites
- RLSS UK website

Registration

We advise all training courses are registered with RLSS UK on the Rookie Lifeguard website.

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Flags

RED AND YELLOW FLAG

Between these flags Lifeguards are patrolling meaning it's the safest place to swim. Rookies should understand that dangers are still present and that they should always be careful in and around the water



BLACK & WHITE CHEQUERED FLAG

Between these flags is for non-swimming water sports such as surfing and wind surfing



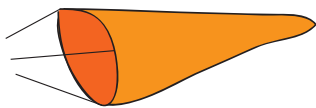
RED FLAG

Danger, stay out of the water



WINDSOCK OR ORANGE FLAG

This shows the direction and force of the wind, special care should be taken during an offshore wind (blowing out to sea). Inflatables should only be used if tethered with an onshore wind.



SAFE Code

Rookies should know the safe code and why it is important to use it when visiting the beach.

- S** Spot the dangers
- A** Advice - take advice
- F** Friend - always go with a friend
- E** Emergency - learn how to help in an emergency

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Signs

Rookies should understand how different signs give different types of information.



Yellow triangular signs inform about hazards



Red circular signs with a line through the middle inform that activities are prohibited



Square black and white sign provide public information



Blue circular signs provide mandatory information such as 'You must wear life jackets'

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Waves

Rookies should understand the difference in appearance of the different types of waves and the different hazards that they represent. Pictures of the three types of waves are available from the Instructors Area of the Rookie website, www.lifesavers.org.uk/rookie.

SURGING WAVES

These waves never break, and approach the shore from very deep water, normally onto a deep shelving beach (the water gets deep very quickly). The waves can surge up the beach posing a risk of catching beach users unprepared, which can knock people off their feet and can cause all sorts of injuries.



SPILLING WAVES

Lightly breaking at the crests then the surf falls down the face of the wave, these waves are likely where the sea bed has a shallow inclination. Generally, these are the safest waves for swimmers, body boarders and surfers.



PLUNGING/DUMPING WAVES

Wave crests curl towards the beach and the wave collapses onto itself. Swimmers and surfers can be knocked off their feet and can suffer injury. Large plunging waves can also create a strong undertow.



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Tides & Currents

Rookies should understand the difference between tides and currents and the dangers that they represent.



TIDES

There are two high and two low tides each day and these vary in depth and how far they travel up the beach throughout the month and the year. Each tide takes around six hours to come in and six hours to go back out, and on flat beaches (with little inclination) the tide will move up and down the beach very quickly and the high and low tide lines could be very far apart. Incoming tides can cut people off from the beach exit, trapping them by cliffs or other structures. Rookies should learn to check the high and low tide times whenever they go to the beach, by checking signs, asking at the Lifeguard HQ, Tourist Information, the internet or other information centres. Gatherings of driftwood and seaweed can also indicate the high tide line on the beach.

CURRENTS

Currents are bodies of water flowing in a particular direction. In rivers and inland waterways the currents run from high ground to low ground but may not follow a simple path such as in areas of white water or where natural or manmade structures interfere with the flow.

In the sea currents are mainly caused by the tides and the wave action, however, like in inland waterways objects under or extending into the water can affect the flow and direction.

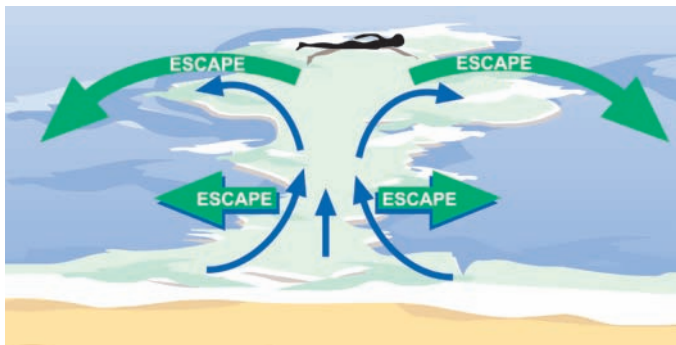
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RIP CURRENT

Rip Currents are a body of water flowing out to sea, created by a build up of water on the beach or an estuary. Lifeguards will identify Rip Currents and set up the swimming zones away from the Rips in the safest area of the beach.

Rookies should understand these methods of escaping a Rip Current if they feel themselves being pulled out to sea:

- Shout for help and raise one arm
- If you have a float or inflatable keep hold of it to keep you afloat
- If you can touch the floor with your feet wade out of the water
- If you can't touch the floor, don't try to swim directly back to the beach (the rip current is too strong), swim parallel with the shore until you are free from the rip current and then swim towards the shore



- **If you see someone in need of help take the Beach Emergency Action (see next page)**

LATERAL DRIFT CURRENTS

Lateral drift currents are also dangerous, they run parallel to the shore line and can change direction with the turn of the tide. This type of current can carry you along the shore making it impossible to get back to the area where you entered the water and possibly carrying you away from the safe zone of the beach. To escape from these currents you should swim directly towards the shore rather than trying to swim back to your point of entry.

BEACH ACTIVITIES AWARD

OFF SHORE WINDS

These winds blow out to sea and are particularly dangerous for users of inflatables, wind surfers and others using water crafts. The surface of the water can look calm from the beach but the surface chop can make it far more difficult to swim back towards the shore than it is to swim away from it. Extra care should be taken when using the water during off shore winds, and inflatables should not be taken into the water.

Getting Help

Rookies should know all of the methods of getting help at the beach.

THE SIGN FOR HELP

The sign to show that you need help if you are in the water is one hand raised above your head with the other staying in the water for buoyancy. Shout for help.



BEACH EMERGENCY ACTION

If a Rookie Lifeguard sees someone in need of help at the beach they should follow these five steps:

1. Don't go into the water
2. Stay calm and shout for help
3. Shout and signal to the casualty, and tell them what to do and what you are going to do to help
4. Go to a Lifeguard or dial 999 (or 112) and ask for the Coastguard;
 - WHERE it happened - including the exact position, landmarks you are near or can see
 - WHO needs help - types of person and the number involved
 - WHAT happened - the outline to the incident
 - WHEN it happened - the time it occurred
5. Follow the directions of the Lifeguard or Coastguard

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BEACH EMERGENCY SERVICES

Emergencies on the beach can involve many different emergency services. Rookies should have a general understanding of what each service does:

- Lifeguards – Patrol the beach to give advice, keep people safe and perform rescues if people need help



- Lifeboats – Rescue people from boats or people that have drifted a long way from the shore



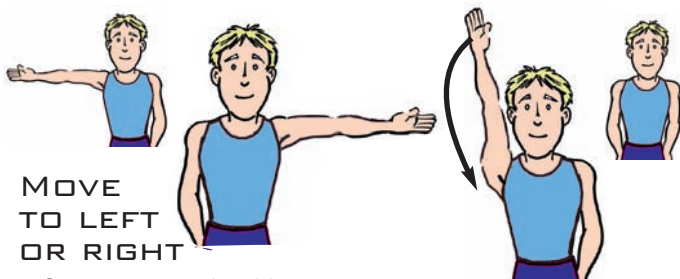
- Coastguard – The Coastguard co-ordinate sea rescue, when they get an emergency call they pass the message on to the Lifeguards, Lifeboats, Ambulance, Fire and Rescue Service, Police, and anyone else who may be needed to help



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COMMUNICATING WITH A LIFEGUARD WHO IS IN THE WATER

Lifeguards can be directed to where a casualty is, even if they have gone under the water, by a person on the beach who saw the incident take place. As verbal communication is difficult over a distance, Rookies should know these hand signals:



MOVE TO LEFT OR RIGHT

- One arm out to the side

MESSAGE UNDERSTOOD

- One arm held above head and swept down



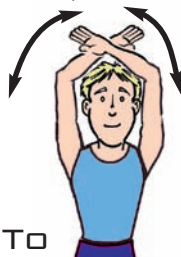
GO FURTHER OUT

- Both arms straight up in the air



RETURN TO SHORE

- One arm held vertically upwards

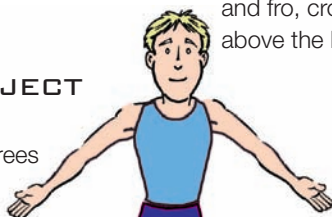


TO ATTRACT ATTENTION

- Arms waved to and fro, crossing above the head

INVESTIGATE OBJECT IN THE WATER

- Both arms held at 45 degrees from the land



SUN SAFETY

Rookies should understand that overexposure to the sun can lead to illness including sun stroke and sun burn. The slip, slap, slop rule will help Rookies to remember how to stay safe in the sun:

- Slip on a t-shirt
- Slap on a hat
- Slop on the sun cream

Remember to always have a drink with you as you can dehydrate very quickly in hot weather.

COLD WATER

The waters around the UK stay relatively cold even through the summer.

Sometimes shallow water at the shoreline can feel warm but as you swim towards deeper water the temperature can drop very quickly.

Swimming in cold water can drain your energy very quickly, heat loss in moving water can be 250 times faster than in air, and this makes it very difficult for your muscles to work properly. As you get colder you may not be able to swim at all and you may become hypothermic which means your body temperature is dangerously low. If Rookies start to feel cold whilst swimming they should get out of the water and warm up with dry clothes or a blanket and a warm drink.



GAMES

The games detailed below should be used as part of the award assessment. There are more Lifesaving games in the Instructors Area of the Rookie Lifeguard website, www.lifesavers.org.uk/rookie.

KNOW YOUR FLAGS GAME

Number of players:
Any number

Equipment: Pictures of the four Lifeguard flags.
Download from the Instructors Area of the Rookie Lifeguard website.

How to play:

1. Place the pictures of the flags around the beach area being used
2. For the first four attempts the Instructor shouts out each flag one at a time and all of the Rookies run to that flag. Remember to give a safety warning about collisions.
3. Once the Rookies have got the idea of the game the Instructor can then start to shout scenarios and the Rookies have to work out which flag to run to. For example, shouting "rip current" should get Rookies running to the Red Flag, "high winds" should direct Rookies to the Windsock, etc.
4. Progression: When the Rookies have really got the hang of the game each Rookie can have a go at shouting a scenario for the rest of the Rookies to respond to

SUN SAFETY MEMORY GAME

Number of players: 4+, split into teams

Equipment: Equal numbers of lots of sun and beach safety items

How to play

1. Place four markers around the beach area being used and distribute the sun and beach safety items by the markers
2. Split the Rookies into teams and number each Rookie in each team
3. To start the game the Instructor shouts a number and an item, such as "Number 3's – t-shirt"
4. One Rookie from each team (in this example number 3's) then run to the marker that has the item (in this example a t-shirt), puts it on over his/her clothes and runs to a different marker
5. The Rookie then places the item at the new marker and returns to the group
6. The game gets more difficult as the Rookie try to remember where the items have been placed
7. Progression 1: Make the first person back each time the winner
8. Progression 2: The Instructor can shout out scenarios for the Rookies to work out which item is needed

GAMES

BEACH RESCUE

Number of players: Any even number, split into pairs

Equipment: Lots of sun and beach safety items

How to play:

1. Place the sun and safety items randomly around the beach area
2. One Rookie from each pair is the "rescuer" the other is the "Head Lifeguard"
3. Tell the Head Lifeguard to guide his rescuer to a specific item using only the lifeguard hand signals and pick up the right item before running back to the start position next to their "Head Lifeguard"
4. The first pair back to base are the winners
5. Progression 1: Make each pair collect a number of different items before returning home

SUN SAFETY RELAY

Number of players: 6+, approximately 3 players per team

Equipment: A big bag per team and lots of sun and beach safety items

How to play:

1. Each team has an identical bag of sun and beach safety items such as sun hats, t-shirts, sun cream, water bottles, body boards etc
2. When the relay begins the first player from each team must run to their bag and put on all of the items over the top of their clothes and carry the items that cannot be worn
3. Then they run back to the start line with the bag and replace all of the items into the bag
4. Then the first player has to carry or drag the bag back to where it originated before running back to the start line to tag in player two who follows the same process
5. The first team to finish are the winners

BLINDFOLDED LINE SEARCH

Number of players: 3+

Equipment: Blind folds and one or more beach/sun safety item(s)

How to play:

1. Mark out an area for the game to take place within
2. Select a lead communicator from the Rookie group
3. Blind fold the rest of the Rookies and tell them to link arms
4. Place the beach/sun safety item(s) within the games area
5. The Blindfolded Rookies must search for the beach/sun safety item(s) following the guidance of the lead communicator and by making sweeping actions with their feet as they move forward
6. The game is complete when all of the sun/beach safety items have been found

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Award Card

1. Explain the meaning of:
 - Red flags
 - Red and yellow flags
 - Black and white chequered flags
 - The windsock or orange flag
 - Yellow triangular signs
 - Red circular signs with a line through the middle
 - Black and white square signs
 - Blue circular signs
2. Locate information about the tides for the day and look for signs of the tidal range on the beach or rocks. If not at a beach by the sea find out about inlets, tides, currents or manmade structures that are hazardous
3. Identify at least 3 of these hazards on the beach:
 - Slippery rocks
 - Dangerous cliffs
 - Steep banks
 - Dangerous currents
 - Dangerous waves
 - Sharp objects/litter in the sand or beach surface
 - Unsupervised areas
 - Weirs
4. Identify the areas of the beach marked by the Lifeguards, also identify the safest area for swimming
5. Explain what slip, slap, slop means
6. Give two methods of escaping a rip tide and one method of escaping a lateral current
7. Complete at least two of the beach/sun safety games
8. Explain what the Beach Emergency Action is
9. Demonstrate the signal for help when you are in the water (demonstrate on dry land)