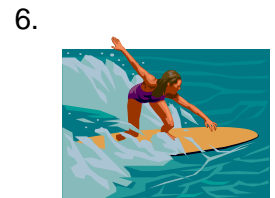
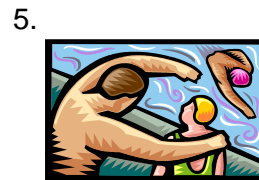


Level 1

2007 is the Year of the Surf Lifesaver



Look at the pictures. Discuss:

Who are the people?
Where are they?
What are they doing?

Match these words with the picture

teach sandcastle lifesaver surfer sunscreen swimmers

Discuss these questions

1. What season is it now?
2. Do you like summer or winter?
3. Do you go to the beach?
4. Do you like sitting in the sun? What do you wear in the sun?
5. Have you been to Bondi Beach?
6. Can you swim? Can your children swim?
7. Is a surf beach dangerous?

Read the words aloud with your teacher. The stressed syllable is underlined.
Put a tick if you understand the meaning of each word.

remember
children
summer
beach

teach
sunglasses
sunscreen
flags

swim
weekend
should
dangerous

The Beach

Many Australian people like the beach. In summer they go to the beach with their family on the weekend. They have a picnic, swim or lie in the sun. Many children also like the beach. They like to play in the sand and swim in the water.

The sun is very hot in summer. You should wear a hat, sunglasses, a long sleeve top and sunscreen at the beach.

The beach is a beautiful place but it is also a dangerous place. Remember at the beach always swim between the red and yellow flags. Always watch your children near water and teach your children to swim.



Fill in the missing words

Many Australian people like the b_____. In s_____ they go to the beach with their f_____ on the weekend. They have a p_____, swim or lie in the sun. Many children also like the beach. They like to play in the s_____ and swim in the w_____. In Australia the sun is very h___ in summer.

You should wear:





Remember always swim between the red and y_____ f_____. Always watch your c_____ near water and teach your children to s_____.

Write the past tense verbs in the sentences

<i>Present tense</i>	<i>Past tense</i>
go	On the weekend my family _____ to the beach.
is	My son _____ very happy.
play	He _____ in the sand.
swim	He _____ in the water.
watch	We _____ him in the water.
teach	My husband _____ my son to swim.
like	We _____ our day at the beach.

Level 2 and 3

Australian Beach Culture

The majority of Australia's population lives in cities or towns on, or near, the coast. The beach is a place where millions of Australians escape to where they can relax, lie in the sun, surf, swim and play. Australia is famous for its beautiful beaches and warm weather. The beach and surf are part of Australia's culture.

Many Australian children can swim because parents take their children to swimming lessons when they are young and children learn to swim at school. If you go to Bondi Beach you will see many backpackers and tourists from other countries enjoying the beach with family and friends.

There are many beaches in Sydney from Manly in the north to Cronulla Beach in the south of Sydney.

Look at a map and see if you can find these beaches. Have you been to any of these beaches?

- Bronte
- Clovelly
- Coogee
- Maroubra
- Cronulla
- Manly
- Tamarama
- Bondi Beach - the most famous beach in Sydney

You can have a great time at the beach, fish, barbeque, swim in the surf and sunbake; but the beach can also be a dangerous place. About 80 people drown in New South Wales every year because people don't understand beach safety.

Surf lifesavers and lifeguards patrol Australian beaches. The lifesavers are volunteers and they wear red and yellow uniforms. For lifeguards the beach is a place of work. Every summer, lifesavers and lifeguards rescue about 10,000 people at New South Wales beaches.

Lifesavers and lifeguards patrol beaches every weekend and public holidays from September to April usually from 9am to 5pm. Lifesavers love the water and are good swimmers. They like to help people enjoy the beach and have a safe time.



Surf Lifesavers say:

"If we can't see you, we can't save you
So remember swim between the flags"



Answer these questions from the story

1. Where do many Australian people like to go on weekends in summer? Why?
2. Who patrols surf beaches in Australia? Do they get paid?
3. What colour uniforms do surf lifesavers wear?
4. What are the names of some beaches in Sydney?
5. How many people drown in NSW every year?
6. Where is the safe place to swim at a surf beach?
7. What advice do surf lifesavers give?

True or False

1. Australia is an island.
2. Beaches can be dangerous places.
3. There are a lot of sharks in the water.
4. Bluebottles bite you.
5. Lifesavers are good swimmers.

Look at the picture and answer

- 1 Who is this person?
- 2 Where is he?
- 3 What does he do?
- 4 What is he wearing?
- 5 Does he get paid for his job?
- 6 What advice does he give swimmers?



Match the vocabulary from the story with the meaning

- | | |
|-------------------|--|
| 1 surf lifesavers | <input type="checkbox"/> where the sea meets the land |
| 2 patrol | <input type="checkbox"/> they rescue people at the beach |
| 3 surrounded | <input type="checkbox"/> to go around all sides |
| 4 coast | <input type="checkbox"/> to walk around and protect |
| 5 famous | <input type="checkbox"/> something that is not safe |
| 6 tourist | <input type="checkbox"/> a visitor from another country |
| 7 dangerous | <input type="checkbox"/> something that is well known |
| 8 drown | <input type="checkbox"/> to die in the water |
| 9 volunteer | <input type="checkbox"/> to save somebody in trouble |
| 10 uniform | <input type="checkbox"/> a person who works for no money |
| 11 rescue | <input type="checkbox"/> special clothes for work |

Syllable stress

In English some syllables are stressed more than others. Repeat the words below after your tutor with the correct stress. Look at these examples below. The stress is on the capital letters.

1 syllable:	COAST	DROWN	SURF
2 syllables:	LIFE saver	pa TROL	TOUR ist RES cue
3 syllables:	VOL unteer	DAN gerous sur ROUN ded Uni form	

Rules for beach safety:

Understanding the ocean is very important - the more you know about how waves, wind and tides affect conditions in the water, the better able you are to keep yourself and others safe. Recognising danger signs and awareness of surf conditions is an essential part of lifesaving.

Put in the correct word below

ask get find look stay

- F** _____ the red and yellow flags and swim between them – This is the safest place to swim at the beach.
- L** _____ at the safety signs on the beach. They help you identify potential dangers and daily conditions at the beach.
- A** _____ a lifesaver for advice – surf conditions can change quickly, so always check before you enter the water.
- G** _____ a friend to swim with you, you should never swim alone. Always watch your children near water.
- S** _____ calm. Put your hand up for help if you are in trouble. Float with a current or rip - don't try to swim against it!

Remember:

Never swim at unpatrolled beaches (No flags –don't swim)

Never swim at night

Never swim after drinking too much alcohol

Never run and dive into the water

Never swim just after a meal

Keeping our beaches clean

Australia has some of the most beautiful beaches in the world. We like to look after our beaches and respect other users by keeping our beaches clean. So when you go to the beach it is important to put all your rubbish in the bin, or take it with you. This way everyone can continue to enjoy Australia's clean beaches.

Clean

respect

rubbish

bin

enjoy



Answer these questions. Use some of these words in your answer:

occasionally, sometimes, always, never, always, often, not very often

1. Do you ever go to the beach?
2. Do you swim?
3. Do you lie in the sun? Do you use sunscreen? Do you wear a hat in the sun?
4. Where do you usually go on weekends?
5. In your country did you go swimming?
6. Do you remember 2 things you must not do at a surf beach?
7. What things should you tell children about swimming at a beach?

An article about how the **beach** has long occupied a special place in the **Australian** identity and links to relevant online resources are provided at www.cultureandrecreation.gov.au/articles/beach/

The Surf and Rips

Do you know what a rip is? Have you ever seen a rip at a beach?

Rips

A rip is a strong current going out to sea. Rips cause the most rescues at beaches. The larger the surf, the stronger the rip. Rips are dangerous. They can take a swimmer out into deep water very quickly.

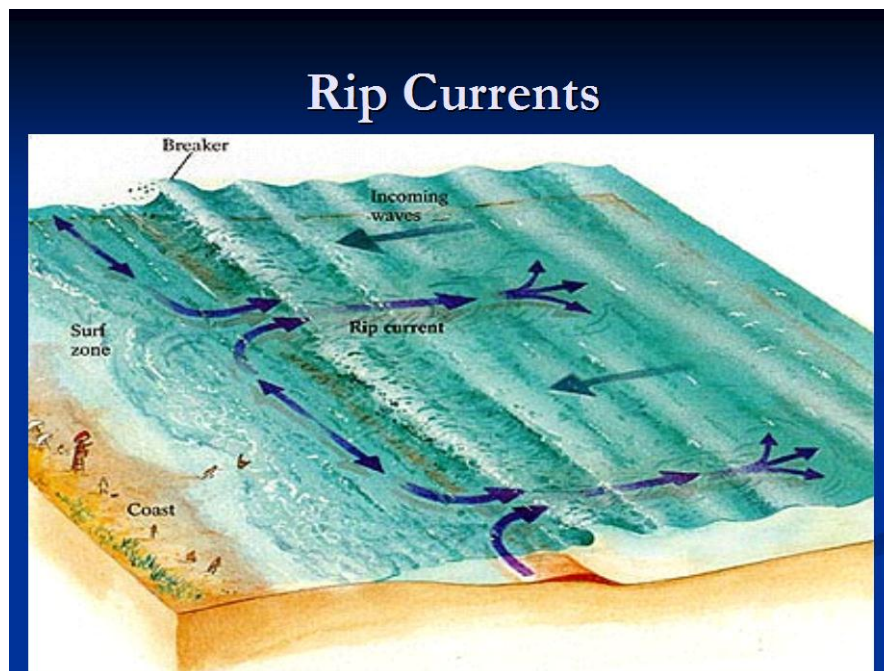
Identifying a Rip

One or more of following features might alert you to the presence of a rip:

- darker colour, indicating deeper water
- murky brown water caused by sand stirred up off the bottom
- smoother surface with much smaller waves, alongside white water
- waves breaking further out to sea on both sides of the rip
- debris floating out to sea
- a rippled look, when the water around is generally calm

How to Escape from a Rip

1. Don't panic
2. Never swim against the current
3. Put your hand up for help
4. Float on your back, stay calm



Can you see the rip in the water?

Beach Safety Signs

When you get to the beach you should always check the safety signs as they may change every day. The Red and Yellow flags will tell you the safest place to swim.

Talk about the signs and their meaning with your students



Marine stingers



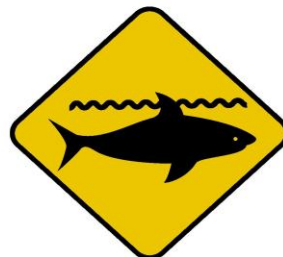
High surf



Swimming
not advised



Bluebottles



Beware
of sharks



Unpatrolled area
warning sign

Put in the correct word

Always swim at beaches patrolled by l _ _ _ _ _ _ _ s.

Always swim between the red and yellow f _ _ _ s.

Read the beach safety s _ _ _ s.

If you are not sure of the surf, ask a l _ _ _ _ _ _ _.

Don't swim after a m _ _ _.

Don't swim after drinking too much al _ _ _ _ _.

Never run or dive into the w _ _ _ _.

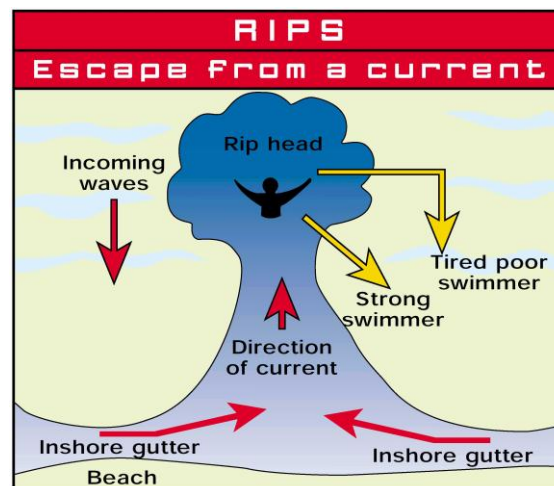
Look out for r _ _ s at the beach.

If you get into trouble, stay c _ _ _ . Put your h _ _ _ up for help.

F _ _ _ _ if you are not a good swimmer.

Use 30+ s _ _ _ _ _ _ _ and wear a long sleeve shirt and a h _ _.

Keep the beach clean, put your rubbish in the b _ _.



Complete the sentences below with the endings in the box

If you swim between the red and yellow flags

.....

If you need help in the

water.....

If you want to read information about beach safety

.....

If you are still not sure about beach safety

.....

If you swim with a friend

.....

If your children are playing near water

.....

If someone needs help in the water

.....

“If we can’t see you

.....”

- A. you can look out for each other.
- B. look for the safety signs.
- C. ask a lifesaver.
- D. the lifesavers can see you.
- E. always watch them.
- F. call for a surf lifesaver or lifeguard or call 000.
- G. put up your arm. Stay calm, float and wait for help.
- H. we can’t save you

A newspaper article about volunteering

Adapted from the The Sun Herald 29 Oct 2000

Migrants to the Rescue

Aussies who patrol our beaches hope to increase their numbers for Surf Lifesaving from more diverse backgrounds.

90% of non Anglo Saxon people said they knew about surf lifesaving but didn't become lifesavers because they didn't have friends who were volunteers or they couldn't swim.

Stephen Domokos arrived in Australia 3 years ago. He had never seen the beach before he came here. He is one of three Hungarian lifesavers at Bondi Beach who became lifesavers last summer.

"It's a challenge saving people, telling them what to do and what's going on with the water", he said.

Mr Domokos is different to other lifesavers because 86% of lifesavers have one or two parents born in Australia.

Read the article above about volunteer lifesavers and answer the questions

1. What type of volunteers has the Surf Lifesaving clubs got now?
2. Who are the Surf Lifesaving clubs looking for?
3. Why don't non Anglo Saxon people become lifesavers?
4. Why is Steven Domokos an unusual volunteer?
5. What does Steven think about surf lifesaving?

Discussion:

The volunteer movement is very important in Australia. It is a way to help people in our community. Discuss what other work volunteers do and about volunteer work in your country. Have you ever done any volunteer work?

To conclude, the Surf Life Saving New South Wales internet site contains a number of fact sheets on a variety of topics including Flags, Rip Currents, Safety Signs, Large Surf, Waves and Sun Safety.

There are also simple beach safety tips in different languages, including Chinese, Arabic, Vietnamese, Spanish and Tagalog at

www.surflifesaving.com.au - Education resources - On the Same Wave