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BEACH LIFEGUARDS
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CHECKLIST

Beach Safety Talk Checklist for Parents

- [ ] Show your child pictures of flag colours and explain what each one means before your visit.
- [ ] Agree on a physical boundary your child must not cross and check it together each visit.
- [ ] Teach the phrase your child will use if they need help or cannot find you.
- [ ] Practise the arm-raise signal for distress in the water.
- [ ] Walk through the arrival routine at home so your child knows what to expect.
- [ ] Revisit the rules at the start of each season and after any change in swimming ability.