

Safety Sammy Presents

BEACH SAFETY!

coloring activity
book



APPLE INSURANCE
OF SOUTH HAVEN, INC.

Beach Safety Rules



Never swim alone!

**Never swim
during a storm!**

Always wear sunscreen!

**Drink lots of water
while in the sun!**

**Wear sunglasses to
protect your eyes!**

**Always listen to
life guards!**

Always wear a life jacket!



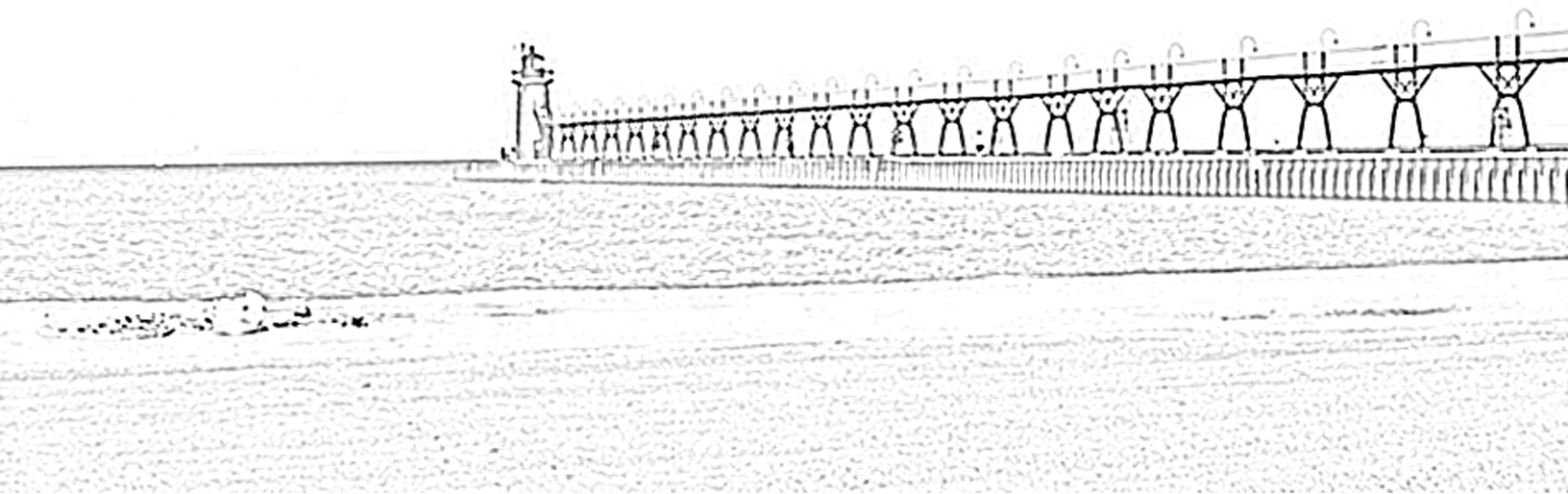
**A life jacket reduces the risk
of drowning!**

Make sure the life jacket fits snugly!

**Check the size by raising your hands straight up.
If the life jacket hits your chin or ears, it may be too
big or the straps may be too loose!**

Rip Current Safety

A rip current is a strong flow of water running from a beach back to the open ocean, sea, or lake.



Stay calm!

Don't fight the current!

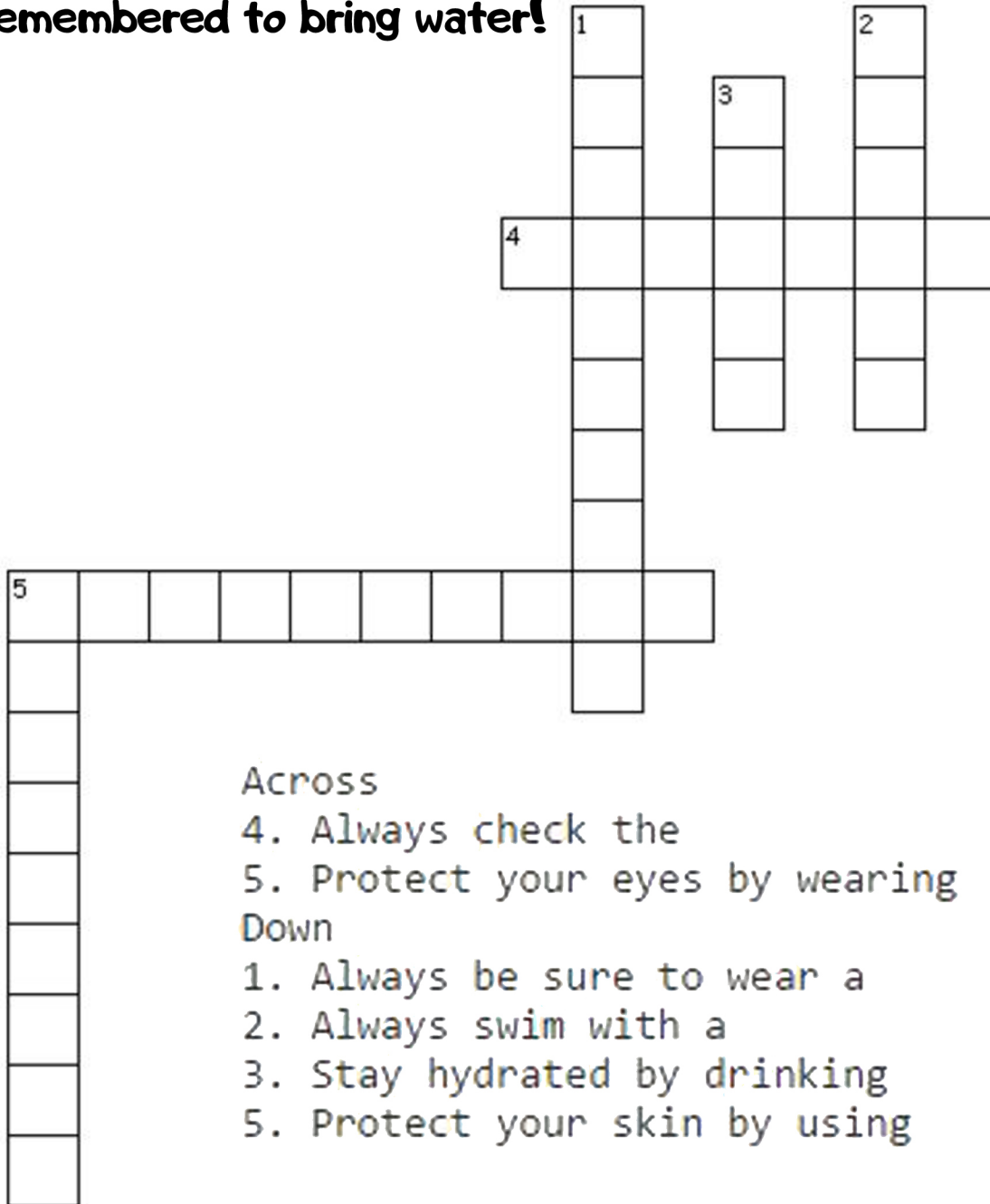
Swim parallel (alongside) to the shore!

Once you are free, turn and swim toward shore!

If you can't make it to shore, draw attention to yourself by waving and calling for help!

Sammy's Cross Word!

Sammy and his friend are headed to the beach to enjoy the beautiful summer weather. They made sure to bring sunscreen, life jackets, and sunglasses. Sammy also remembered to bring water!



Across

- 4. Always check the
- 5. Protect your eyes by wearing

Down

- 1. Always be sure to wear a
- 2. Always swim with a
- 3. Stay hydrated by drinking
- 5. Protect your skin by using

Warning Flags!



**Always pay attention
to beach flags and know
their meaning!**

**Remember that some beaches use flags that are particular for
that beach or related to common activities there!**

Always swim with
a friend!



Be sure to never swim alone!



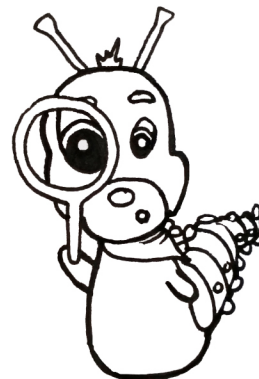
Sammy's Word Search!



BUOY
FRIEND
LIFEGUARD
LIFEJACKET

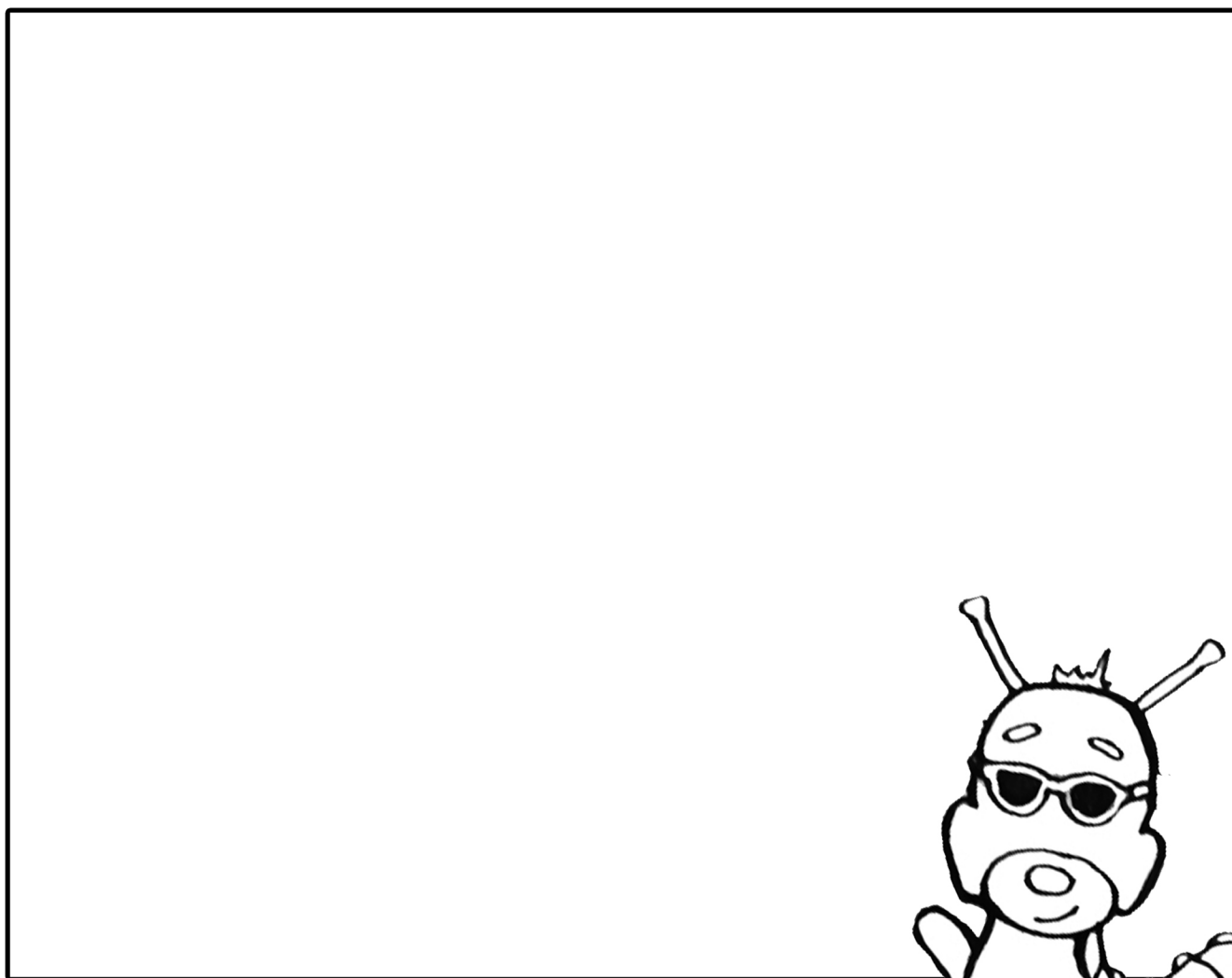
PIER
RIPCURRENT
SANDCASTLE
SUNGLASSES

SUNSCREEN
WATER
WAVES
WEATHER

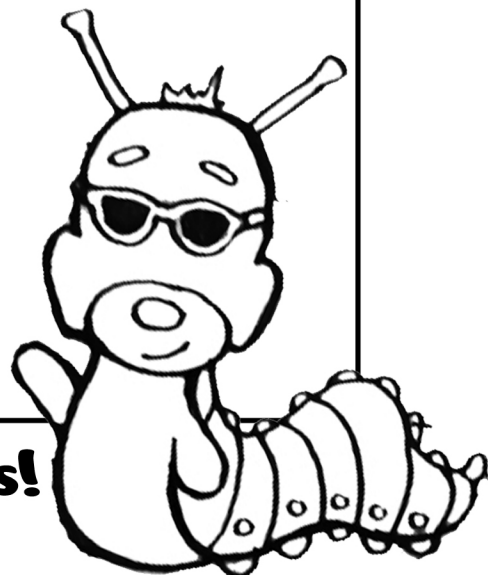


Always be sure to wear
sunscreen and sunglasses
to protect yourself
from the sun!

Sammy always wears his sunglasses!

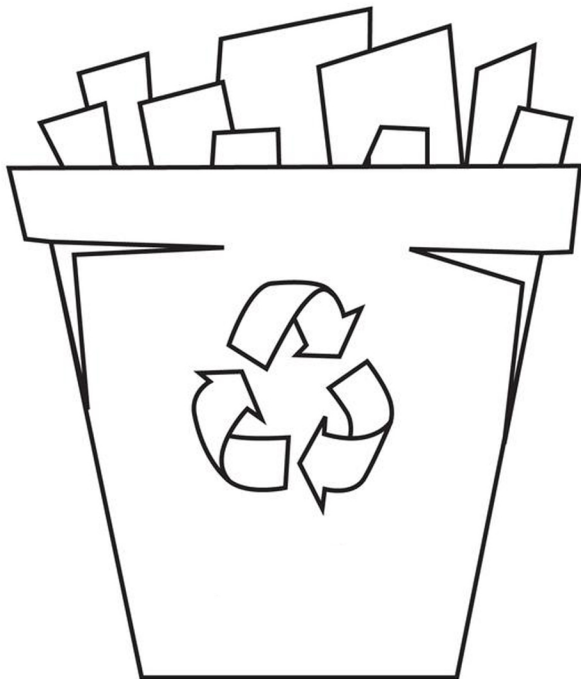


Design your own sunglasses!



Always remember
to:

NEVER
LITTER!



**Littering hurts wildlife, looks bad,
and is a hazard to our health!**



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