



**Australian Government**  
**Department of Immigration  
and Citizenship**

# Beach safety

Tutor Resources for the AMEP

Leisure

Post-beginner

## **Tutor Resources for the AMEP**

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Theme:

Leisure

Topic:

Beach Safety

Task	Language focus	Learning activities	Resources
1. Can understand beach safety	<p><b>Vocabulary</b> surfing, snorkelling, fishing, boating, sunscreen, rip, current, lifesaver, calm, raise</p> <p><b>Structure</b> You should ____.</p>	<p>Read about and discuss beach safety</p> <p>Answer questions about beach safety</p> <p>Match sentence- halves</p> <p>Answer questions about a short story</p> <p>Match expressions to meanings</p>	<p>Worksheet 1: Beach safety</p> <p>Worksheet 2: Surfs up</p>

Theme:

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**Task 1:** Can understand beach safety

**Vocabulary:** surfing, snorkelling, fishing, boating, sunscreen, rip, current, lifesaver, calm, raise

**Language structure:** You should \_\_\_\_.

**Activity instructions**

*Read about and discuss beach safety*

📄 Worksheet 1: Beach safety

Ask questions: Have you ever been to the beach in Australia?

Where did you go?

Were there lifesavers at the beach?

Are there lifesavers in your country?

- A. Look at the pictures together and discuss.  
Learner reads the text. Explain any unfamiliar vocabulary.  
Discuss the safety advice.

*Answer questions about beach safety*

📄 Worksheet 1: Beach safety

- B. Learner reads the statements and answers 'true' or 'false'.

**Answers**

1 – True, 2 – False, 3 – True, 4 – True, 5 – True, 6 – False, 7 – False

Learner corrects the false statements to make them true.

*Match sentence-halves*

📄 Worksheet 1: Beach safety

- C. Learner reads and matches the sentence-halves.

**Answers**

1 – d, 2 – b, 3 – a, 4 – g, 5 – c, 6 – e, 7 – f

*Answer questions about a story*

📄 Worksheet 2: Surfs up

- A. Learner reads the story aloud. Explain any unfamiliar vocabulary.  
Learner reads the story again.  
Learner reads and answers the questions verbally then writes them.

**Answers**

1 – 6 months

2 – Yes

3 – No

4 – To tell him that he had to swim between the flags.

5 – To warn him of the danger.

6 – He got caught in a rip and was dragged out to sea.

7 – A lifesaver.

8 – Swim between the red and yellow flags.

Swim with a friend.

If you are in trouble raise your arm to alert the lifesavers.

### *Match expressions to meanings*

📄 Worksheet 2: Surfs up

B. Learner reads the expressions and matches them to their meanings.

#### Answers

1 – f, 2 – c, 3 – a, 4 – b, 5 – d, 6 – e

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## Worksheet 1: Beach safety

### A. Read about beach safety.

Australia is a large island with lots of beautiful beaches. Many people go to the beach. They do activities like swimming, surfing, fishing, snorkelling, walking, boating or just relaxing.



The Australian sun is very hot. You should:

- wear a sun hat, sunglasses, sunscreen, and clothing that protects you from the sun
- stay out of the sun between 11 am and 3 pm
- drink lots of water.



At the beach, you should swim between the red and yellow flags because that is the safest place to swim. If there are no flags then you should not swim there.



Sometimes at a beach there is a **rip** or strong **current** that can pull you out into the deep water. That's why you should swim between the flags.

At the beach, you should also read the safety signs. Every beach is different and these signs tell you about the dangers. If you don't understand something you can ask a lifesaver.



When you go to the beach you should swim with a friend. You should never swim alone. When you are swimming together you can look after each other.



If you get into trouble in the water you should stay calm and raise your arm in the air. This helps the lifesavers to see you.



**B. Answer *True* or *False* to the statements.  
Re-write the false statements to make them true.**

	True/False
1. Australia is a large island with many beaches.	
2. You should stay out of the sun between 12 pm and 2 pm.	
3. You should always swim between the red and yellow flags.	
4. A rip can drag you out into deep water.	
5. It's important to read the safety signs at the beach.	
6. It's good to swim alone at the beach.	
7. If you get into trouble in the water you should panic.	

**C. Complete the sentences by matching sentence-halves.**

- |  |   |
|--|---|
| 1. Many people go to the beach                     | a. because that is the safest place to swim.            |
| 2. You should wear sunscreen and clothing          | b. that protects you from the sun.                      |
| 3. Swim between the red and yellow flags           | c. because they tell you about the dangers.             |
| 4. A rip or strong current                         | d. to swim, surf, and relax.                            |
| 5. At the beach, you should read the safety signs  | e. you can look after each other.                       |
| 6. When you are swimming with friends              | f. raise your arm in the air so lifesavers can see you. |
| 7. If you get into trouble in the water you should | g. can pull you out into the deep water.                |

## Worksheet 2: Surfs up

A. Read the story and answer the questions.



Tarik had been in Australia for only six months. He came from a small village in the mountains, where he used to swim in the river. One day a group of friends from his English class asked him to go to the beach with them. The day was very hot and Tarik was very excited to go swimming. He could swim, but he had never swum in the ocean.

When Tarik and his friends arrived at the beach the surf was up. The waves were crashing on the shore, but there were lots of people in the water enjoying the surf. Tarik rushed towards the water. One of his friends called out to him "Wait, I'm coming too. Hey Tarik, stop! The waves are big and you have to swim between the flags!" Tarik did not hear him and just ran straight into the surf. He dived under the first wave and then looked around for his friends. He could see his friends, standing on the shore, waving their arms at him, but he just waved back and then dived under another wave. He was having a great time going over and under the waves. But, when he looked back to see where his friends were, he was a long way from the shore. He was being pulled by a rip and he was going further and further away. He tried to swim but he wasn't getting any closer to the shore. He was getting very, very tired. Suddenly a young man wearing a red and yellow cap came to rescue him. He pulled Tarik to safety and took him back to shore. Tarik's friends had alerted the lifesavers that he was in trouble.



Tarik was OK. He had swallowed some sea water and he was exhausted. The lifesaver explained to Tarik that he was caught in a rip which is a strong current of water and it was taking him out to sea. It was a dangerous place to swim. The lifesaver said "You must swim between the red and yellow flags. This is the section of the beach which is the best for swimming. We watch this area carefully. Also, you should always swim with a mate so you can watch out for one another. I'll give



you a tip. If you ever get caught in a rip again never try to swim against it because you will get tired. Try to swim across the rip, parallel to the beach. Also if you ever get into trouble there are lifesavers on the beach, like us, raise your hand to get help. Lucky for you, your mates were watching you and were able to alert us!"

Tarik thanked the lifesaver for rescuing him and also his friends for keeping an eye on him. He told the lifesaver he would be more careful next time and would always swim between the red and yellow flags.

1. How long had Tarik been in Australia? \_\_\_\_\_
2. Did he ever swim in his home country? \_\_\_\_\_
3. Had Tarik ever swum in the ocean? \_\_\_\_\_
4. Why did his friend call out to him to stop?  
\_\_\_\_\_
5. Why were his friends waving at him from the shore?  
\_\_\_\_\_
6. What happened to Tarik?  
\_\_\_\_\_  
\_\_\_\_\_
7. Who saved him? \_\_\_\_\_
8. The lifesaver told Tarik three safety rules. What were they?  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

*B. Find the expressions in the story and try to guess their meaning.  
Match the expressions to their meanings.*

**Expression**

1. lucky for you
2. watch out for one another
3. mate
4. give you a tip
5. the surf is up
6. keep an eye

**Meaning**

- a. friend
- b. give you advice
- c. take care of each other
- d. the waves are big
- e. watch
- f. fortunately