



LIFESAVER LIL'S TIPS ON BEACH SAFETY

- Tip 1: Lifesaver Lil suggests kids swim with adult supervision at beaches patrolled by surf lifesavers.
- Tip 2: Lifesaver Lil thinks adults should get kids into the habit of swimming between the red and yellow flags.
- Tip 3: Lifesaver Lil wants adults to teach kids how to swim at an early age.
- Tip 4: Lifesaver Lil recommends that kids shouldn't swim directly after a meal.
- Tip 5: Lifesaver Lil believes that adults should learn how to resuscitate.
- Tip 6: Lifesaver Lil suggests that adults teach kids how to raise their arm for help, float and wait for assistance if they are ever in trouble when they are in the ocean.
- Tip 7: Lifesaver Lil recommends that adults and children read and obey the signs at the beach.
- Tip 8: Lifesaver Lil advises kids not to run and jump into the water.
- Tip 9: Lifesaver Lil thinks that adults and kids should check the surf conditions with a lifesaver before they go for a swim.
- Tip 10: Lifesaver Lil warns kids not to swim against rips but to signal for help and wait for a lifesaver's assistance.