

LIZZIE AND LUKE'S LIFESAVING LESSON: LOST CHILDREN

Most people think that the most common problems at busy beaches are caused by the ocean or things we may encounter in the ocean e.g. rip currents, sharks, big waves, bluebottles etc. But, strangely enough, one frightening occurrence is caused by inattention combined with the hive of activity that exists on Australian shorelines throughout summer: *parents losing their children!*

Here's a few tips to help parents (and children) avoid the anxious feeling that comes with not knowing where their loved ones are:

- Place your beach towel and other belongings close to a permanent fixture or in line of sight with something that won't move (rock, garbage bin, surf club etc.). Use this as a designated meeting point, should you become separated from your child/children. Know what your belongings look like i.e.: what colour is your beach umbrella?
- Know what your child is wearing (style and colour).
- Continually check your position when swimming (it's easy to move up or down the beach when waves are breaking around you).
- Remind your children not to talk to strangers (lifesavers excepted).
- Report to lifesavers if you cannot find your child (they will assist you and normally put a call over the public-address system).
- Encourage your child to report to the lifesavers if they become lost, disorientated or confused.
- Always swim at patrolled beaches between the red and yellow flags!

Lessons with Lizzie and Luke

aims to help beach goers be better educated in beach safety.

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