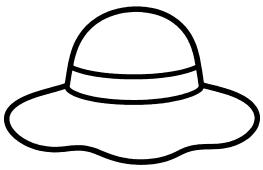
Name _____ Date _____

Sun and Surf Safety

Read how Slip, Slop, Slap began. Then answer.

Slip, Slop, Slap

In Australia and New Zealand, the summer sun is very strong. It gives off **ultraviolet** rays, called UV for short. You cannot see UV or feel it, but it can burn your skin. Too much sun over many years can also cause skin cancer.



In 1981, a cancer charity in Victoria made a TV advertisement to help. In it, a cartoon seagull named Sid sang a catchy song about three easy steps: slip on a shirt, slop on sunscreen and slap on a hat.

Children all over Australia learnt the song. Many grown-ups still know it today.

---

1. UV is ____

- a kind of sunscreen
- a cartoon seagull
- rays from the sun that can burn your skin

2. You can feel UV on your skin, like heat. **true** **false**

3. Sid was a cartoon ____ **crab** **dolphin** **seagull**

4. What are the three steps in Sid's song?

_____

_____

_____

_____

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Name _____ Date _____

Sun and Surf Safety

Read about two more steps. Then answer the questions.

Seek and Slide

In 2007, two more steps were added. **Seek** shade under a tree or an umbrella. **Slide** on sunglasses to protect your eyes. In New Zealand, people say slip, slop, slap and wrap: wrap on a pair of sunglasses.



UV is often strongest around the middle of the day. It can be high even on a cool or cloudy day, because clouds do not block all of it. Weather reports give the **UV index**, a number that tells how strong UV will be. When it is 3 or more, use your sun safety steps.

Put sunscreen on 20 minutes before you go outside, and again every two hours.

---

1. To seek shade means to ____

find a shady place put on a hat look at the sun

2. UV can be high on a cloudy day. **true** **false**

3. Use your sun safety steps when the UV index is ____ or more. **3** **10** **20**

4. Why should you wear sunscreen on a cool, cloudy day?

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Name _____ Date _____

Sun and Surf Safety

Read about swimming long ago. Then answer the questions.

Swimming in the Daytime

Today, Australians love the beach. But in the 1800s, swimming at Sydney's beaches in the daytime was against the law! People were allowed to swim only early in the morning or in the evening.



In 1902, a newspaper editor named **William Gocher** decided to break the rule. He told his readers he would swim at Manly Beach in the middle of the day. He did, more than once, and the police did not punish him.

Soon the rule was changed, and crowds of swimmers came to the beaches. But many of them could not swim well, and the waves could be dangerous.

---

1. In the 1800s, swimming at Sydney's beaches in the daytime was ____

free on Sundays against the law only for children

2. The police punished William Gocher. **true** **false**

3. Gocher swam at ____ Beach. **Bells** **Bondi** **Manly**

4. Why do you think the beaches became more dangerous after the rule changed?

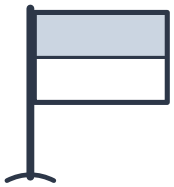
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Name _____ Date _____

Sun and Surf Safety

Read about surf lifesavers. Then answer the questions.

Swim Between the Flags



More swimmers meant more people in trouble in the waves. So swimmers began to form **surf lifesaving clubs**. Their members trained to rescue people from the sea. In 1907, one of the first clubs in the world started at Bondi Beach in Sydney. Today there are clubs along the coasts of Australia and New Zealand, and most lifesavers are **volunteers**.

Lifesavers put up red and yellow flags. The water between the flags is the safest place to swim, and lifesavers watch it. So always swim between the flags.

A **rip** is a strong current that pulls water away from the beach. If a rip pulls you, stay calm, float and raise your arm for help.

---

1. The flags that show the safest place to swim are ____

blue and white green and black red and yellow

2. A rip pulls water ____ the beach. **away from** **towards**

3. If a rip pulls you, you should stay calm, float and raise your arm. **true** **false**

4. Why do lifesavers put up flags?

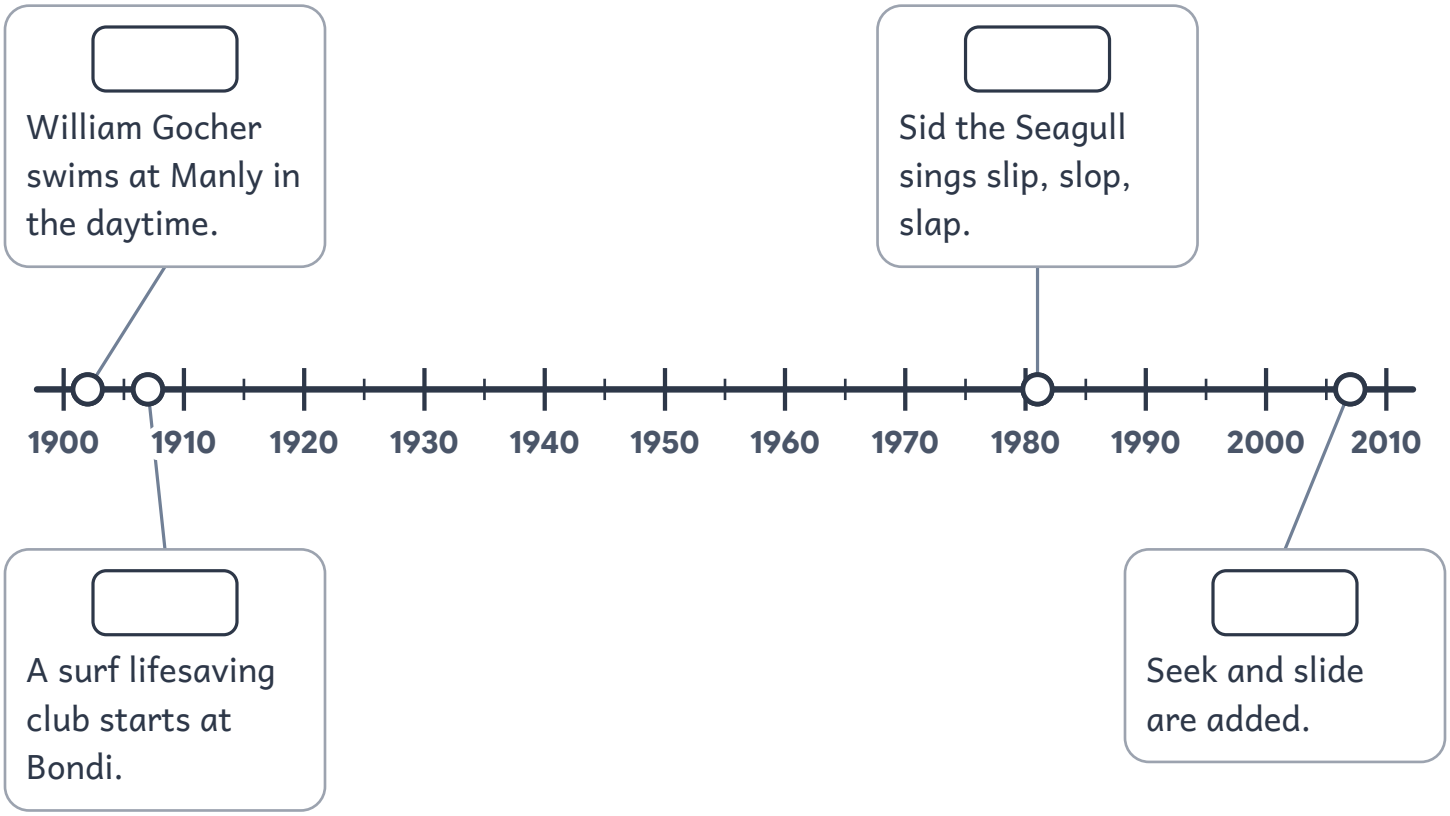
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Name _____ Date _____

Sun and Surf Safety

Write the year of each event. Then answer the questions.

Years: **1902** **1907** **1981** **2007**



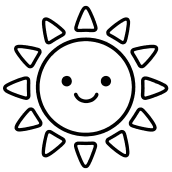
1. How many years after Gocher's daytime swim did the club start at Bondi? _____ years

2. How many years after Sid's song were seek and slide added? _____ years

3. How many years after the club at Bondi did Sid sing his song? _____ years

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Name _____ Date _____



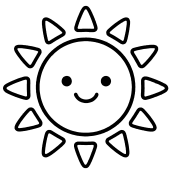
Sun and Surf Safety

Draw a line from each word to what it means.

UV	●	● someone who works without being paid
UV index	●	● a place out of the sun
shade	●	● a strong current that pulls water away from the beach
rip	●	● someone trained to rescue people from the sea
volunteer	●	● rays from the sun that can burn your skin
lifesaver	●	● a number that tells how strong UV will be

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Name _____ Date _____



Sun and Surf Safety

Write your opinion. Give two reasons and an ending.

Many schools in Australia and New Zealand have a rule: no hat, no play. Should every school have this rule? Tell why you think so.

Words to use: I think because also for example that is why

My opinion I think

Reason 1 One reason is

Reason 2 Also,

Ending That is why

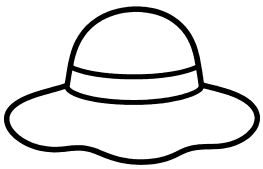
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Sun and Surf Safety

Read how Slip, Slop, Slap began. Then answer.

Slip, Slop, Slap

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Children all over Australia learnt the song. Many grown-ups still know it today.

---

1. UV is ____

a kind of sunscreen

a cartoon seagull

rays from the sun that can burn your skin

2. You can feel UV on your skin, like heat. **true** **false**

3. Sid was a cartoon ____ **crab** **dolphin** **seagull**

4. What are the three steps in Sid's song?

Slip on a shirt, slop on sunscreen and slap on a hat.

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Sun and Surf Safety

Read about two more steps. Then answer the questions.

Seek and Slide

In 2007, two more steps were added. **Seek** shade under a tree or an umbrella. **Slide** on sunglasses to protect your eyes. In New Zealand, people say slip, slop, slap and wrap: wrap on a pair of sunglasses.



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Put sunscreen on 20 minutes before you go outside, and again every two hours.

---

1. To seek shade means to ____

(find a shady place) put on a hat look at the sun

2. UV can be high on a cloudy day. (true) false

3. Use your sun safety steps when the UV index is ____ or more. (3) 10 20

4. Why should you wear sunscreen on a cool, cloudy day?

UV can still be high when it is cool or cloudy.

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Sun and Surf Safety

Read about swimming long ago. Then answer the questions.

Swimming in the Daytime

Today, Australians love the beach. But in the 1800s, swimming at Sydney's beaches in the daytime was against the law! People were allowed to swim only early in the morning or in the evening.



In 1902, a newspaper editor named **William Gocher** decided to break the rule. He told his readers he would swim at Manly Beach in the middle of the day. He did, more than once, and the police did not punish him.

Soon the rule was changed, and crowds of swimmers came to the beaches. But many of them could not swim well, and the waves could be dangerous.

---

1. In the 1800s, swimming at Sydney's beaches in the daytime was ____

free on Sundays **against the law** only for children

2. The police punished William Gocher. **true** **false**

3. Gocher swam at ____ Beach. **Bells** **Bondi** **Manly**

4. Why do you think the beaches became more dangerous after the rule changed?

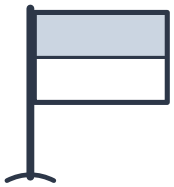
Many more people swam, and many of them could not swim well.

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Sun and Surf Safety

Read about surf lifesavers. Then answer the questions.

Swim Between the Flags



More swimmers meant more people in trouble in the waves. So swimmers began to form **surf lifesaving clubs**. Their members trained to rescue people from the sea. In 1907, one of the first clubs in the world started at Bondi Beach in Sydney. Today there are clubs along the coasts of Australia and New Zealand, and most lifesavers are **volunteers**.

Lifesavers put up red and yellow flags. The water between the flags is the safest place to swim, and lifesavers watch it. So always swim between the flags.

A **rip** is a strong current that pulls water away from the beach. If a rip pulls you, stay calm, float and raise your arm for help.

---

1. The flags that show the safest place to swim are ____

blue and white green and black **red and yellow**

2. A rip pulls water ____ the beach. **away from** **towards**

3. If a rip pulls you, you should stay calm, float and raise your arm. **true** **false**

4. Why do lifesavers put up flags?

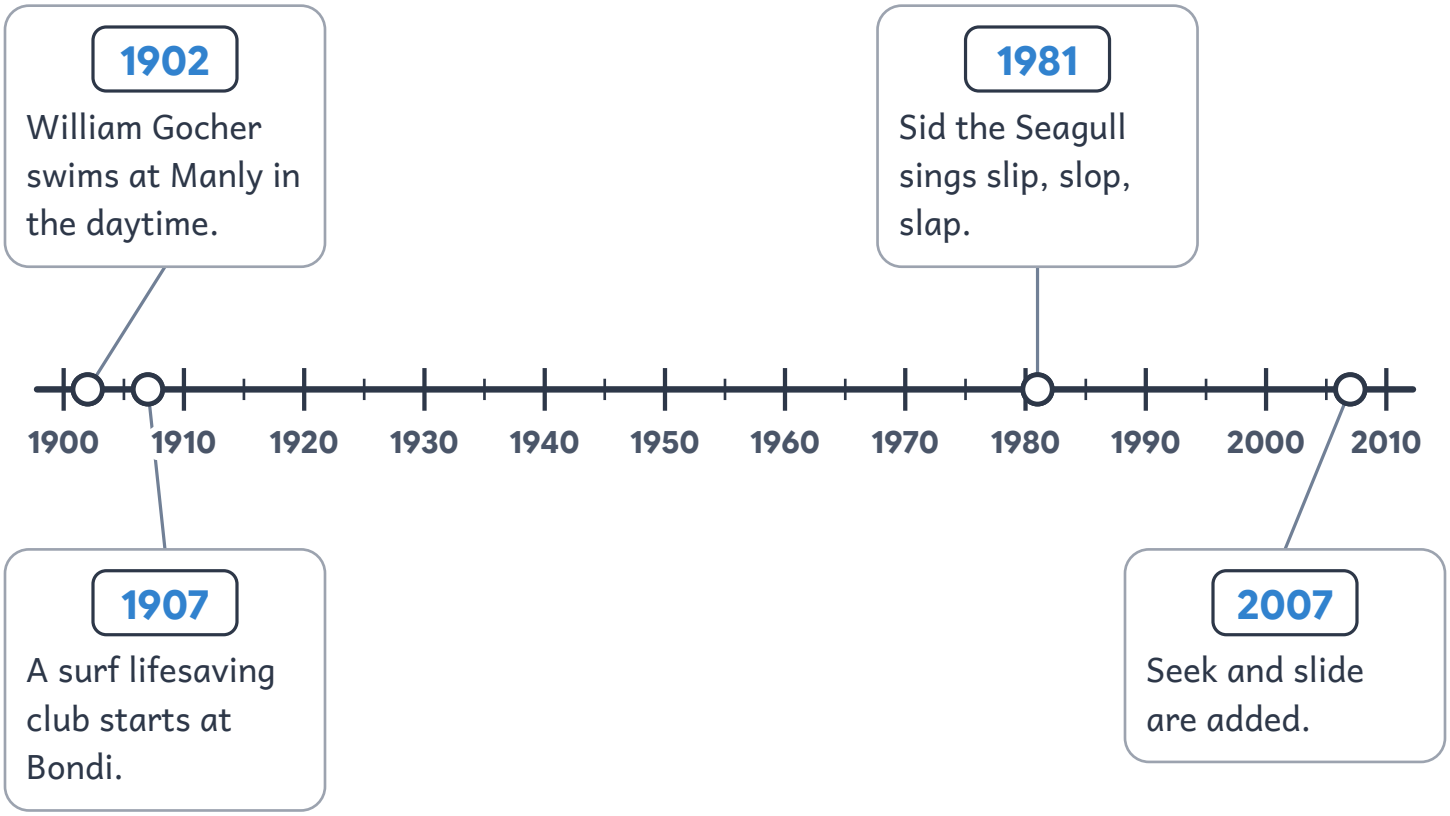
The flags show the safest place to swim, where lifesavers are watching.

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Sun and Surf Safety

Write the year of each event. Then answer the questions.

Years: 1902 1907 1981 2007

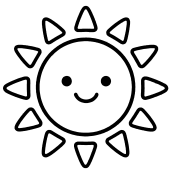


1. How many years after Gocher's daytime swim did the club start at Bondi? **5** years

2. How many years after Sid's song were seek and slide added? **26** years

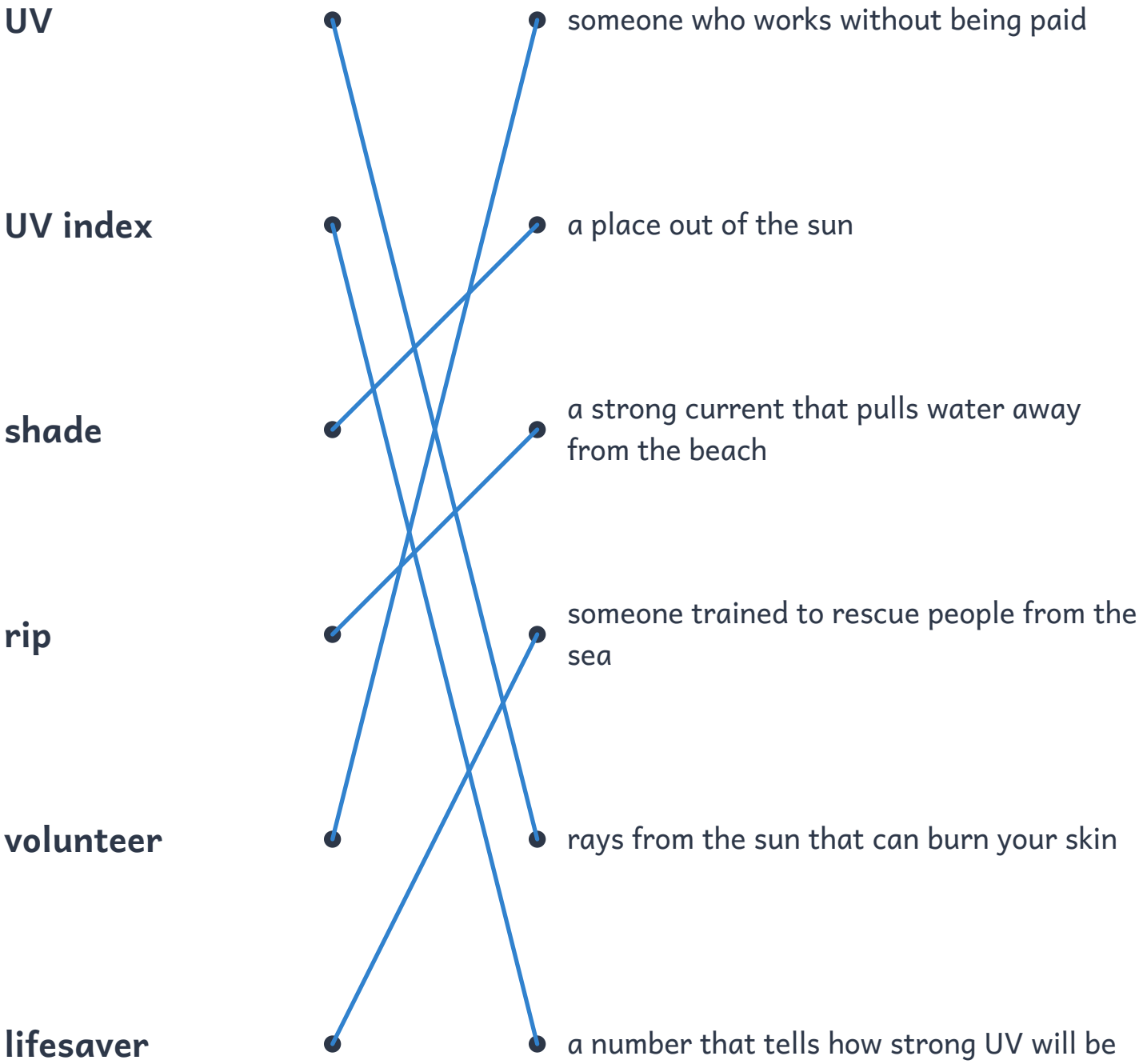
3. How many years after the club at Bondi did Sid sing his song? **74** years

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Sun and Surf Safety

Draw a line from each word to what it means.



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