



Bournemouth Adult Guide Sheet

Each scenario will take varying amounts of time, please be mindful of other groups waiting for you to finish the scenario you're on and be respectful if you're waiting for another group to finish.

Use this guide to inform you about what to do at each scenario. We've included questions and discussion points for you to use with your group to encourage the most learning – if you get stuck, ask a volunteer in **red** for assistance!

Please hand this back at the end.



Beach

Discuss... If you got into trouble whilst in the water, what should you do? →



Float.

Do Show me your best starfish, which is similar to the floating position.

Decide ... What do the flags on the beach mean? What should you do if there's an emergency in the sea? →

Ring 999.

Types of flags at the beach

Red and yellow:
Lifeguarded area, safest place to swim, bodyboard and use inflatables.



Black and white:
For surfboards, kayaks and other non-powered craft.



Red:
Danger!
Stay out of water!



Heathland and Water

Do Look in the container and pack a bag ready for the beach. Discuss why you've chosen each item. Remember to put it back when you're done.

Discuss... If you were to jump into this water, how would you know how deep or cold it is? What other dangers might there be that we can't see? What's happened to the duck and the swan?

Decide... Which places would be safer to swim?

Inflatables can be dangerous as we could get blown further from the shore into the sea. If we are going to use them, make sure it is at a beach with a lifeguard and only between the red and yellow flags."



Train

Do Show how you'd wait safely for the train.



Discuss... Have you ever been in a station when a fast train has come through or had a lorry go past really fast at a street crossing? What happens to the air? At a station it is dangerous and can suck pushchairs and toddlers into the train a bit like a vacuum cleaner. **STAY CLEAR!**

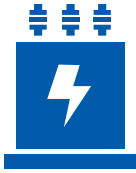
Decide ... What do the yellow lines mean? What would you do if you dropped something on the track? →

DO NOT get it. Ask a member of staff or use the help point and tell them what has happened so they can help you.



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Train Track

Do **Railway line:** Ask your group to spot the dangers. →

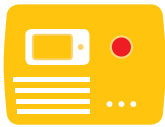
Remember to look on the bridge.

Discuss .. **Who can point out the sign warning of electricity?** Electricity can be found in what we call 'the third rail' [point it out] (see electrocution box for more info) →

Decide ... **Electricity substation:** What does the symbol mean? What should you do if you want to get something from the substation?

Electrocution

- Electricity in the third rail by the side of a railway line can kill you if you touch it. Anyone coming into contact with electricity would not normally be able to release their grip or get away.
- If someone is stuck on or touching the third rail remember you shouldn't touch them.



House - lounge

Discuss... If a fire did start and you had to call 999 what would you need to know? →

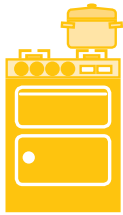
Decide ... How would you make this living room safer?

Do Spot the dangers.

Police, Fire, Ambulance or Coastguard can be reached on 999

All the emergency services will need to know your house number, road, town and postcode if you know it. If you don't know your postcode, ask a grown up at home to help you learn it.

Tell the person as much information as you know, stay calm and speak clearly, if it was a fire you may be asked where the fire is.



House - Kitchen

Discuss .. Look around the kitchen. What can you see that might be dangerous? What can you see that might start a fire?

Decide ... If this was your kitchen at home, what might you do to make it safer? If there was a fire with lots of smoke what would you do? →

Crawl out underneath the smoke and shout fire when you get outside.

Do **Adults:** Press the button next to the fridge and see how the smoke rises. →

Ask your group to crawl out and shout 'fire!'.



Phone box

Discuss... What sort of information might the emergency services ask for?

Decide ... Why should we only ring 999 in an emergency? How much does it cost to ring 999?

Do Choose one of your group to use the phone to dial 999 and tell them that there is a fire in the kitchen. Try to answer all the questions that you can. →

Don't worry this is only going to our office. Make sure you hang the phone up properly afterwards!



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Bedsit

Burnt out room not recommended for younger children

Head back into the house and up the stairs. Look through the window, what has happened?.



Alleyway

Do [walk to the alleyway and get the group to walk inside until they see the mannequin] Hold on, what can you see? What can you smell? What can you hear?

Discuss... Ask your group how they feel inside the alleyway and discuss the signs that show it's not a good place to walk through.

Decide ... Would you walk down here alone at night time? Would you choose this route if it was quicker?



Bus



Do Ask your group to role play how they should wait for the bus, get on the bus, ask for bus fare and sit nicely.

Take it in turns sitting in the bus drivers seat!

Discuss... How should you stay safe when getting a bus?

Decide ... What should you do if you get on the bus and don't have enough bus fare or experience a problem whilst on the bus (i.e. **bullying/ a stranger**)?

Wait away from the edge of the curb, wait for the bus to come to a complete stop and wait for everyone to get off, don't rush, don't push, be quiet and don't distract the driver, do not walk out in front of or behind a bus as other drivers might not be able to see you).



Bike

Do Look at the bike on the floor. Find six things that might have caused the cyclist to fall off

Decide ... Look at the cyclist in yellow, what has he done to keep himself safe?

Discuss... Why is it important to wear a helmet? What could happen if you don't?

Death, permanent disability, serious injury, memory loss, sleep disorders.

Helmets

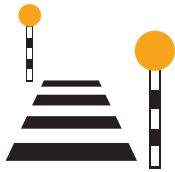
- Make sure it feels comfortable but snug
- Sits evenly on your head
- Doesn't move in any direction, back to front or side to side.



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Pedestrian Crossing

Discuss... What makes a road safe or unsafe to cross? What should you do if you're crossing between two parked cars?

Decide ... Why do you need to stop, look and listen when crossing the road?

Do Walk up to the crossing and try pressing the button and crossing the road safely. →

Remember, treat the pedestrian crossing like a real road.

Stand back from the road while waiting, check that the traffic has stopped, keep looking whilst crossing, no texting/ footballs and remove hood etc.



The Green

Do Look in the park and spot the dangers.

Discuss... What should you do if you find something dangerous or unsafe in a park?

How should we behave in a park? →

Not pushing, hitting, running without paying attention etc.

Decide ... What would you do if you got lost and separated from your adult?

Finished

Head back to the **Start** and hand in your adult guide.

Children can claim their certificate!



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