

# Surf Safety

**After a fantastic ride on the bus we arrived at Burleigh Heads Beach! It was beautiful and sunny last Tuesday, so it was a awesome day to go to the beach.**

**First off, we learnt all of the dangers and safety signs at the beach. Then we did rotations in and out of the water. We all did obstacles on the sand which was fun! We did relays where we had to get down and then get up and run to the other end. In the water we learnt how to run in if there is an emergency. We looked like pretty ballerinas! We also learned how to do CPR. We got partners and did what our lifesavers told us to do to revive them.**

**Overall the day was enjoyable and super duper fun! We learned lots of things and we will take them on when we do go to the beach with our families. It was the best day of my whole school year!!!**

**By Tiana Yarbrough 5S**