



THE MERSEA COAST RANGER CHALLENGE!

Ranger Name: _____

Age: _____



LEVEL 1: The Secret Water Trap! (Sandbanks)

THE SECRET FACT:

Sandbanks look like giant, fun sandcastles out in the sea. But watch out! The water doesn't just crawl up from the front beach. It sneaky-sneaks around the back through deep hidden paths. It can turn the dry sandbank into a lonely island in just a few minutes, trapping you out at sea.

THE GOLDEN RANGER RULE:

Never go onto the sandbanks without a grown-up, and stay off them completely when the tide has turned and is coming in!

QUIZ TIME!

Circle your answer:

You see an awesome sandbank out in the sea, but a grown-up isn't with you and the tide is starting to splash back in. What do you do?

- ☐ A) Sprint out quickly to take a photo before the water catches you.
- ☐ B) Never go onto the sandbanks without a grown-up, and stay on the main beach when the tide is coming in.
- ☐ C) Go anyway as long as you splash fast!

LEVEL 2: The Fast-Moving Sea! (Currents)

THE SECRET FACT:

The water moving past our coast can look super calm and shiny on top, but underneath it moves as fast as a racing car! Giant blow-up lilos, rings, and paddleboards have no brakes. If the wind blows off the land, it can push an inflatable toy out into deep water faster than anyone can swim.

QUIZ TIME!

Circle your answer:

Why are blow-up lilos and giant inflatable toys risky to use in the open sea?

- ☐ A) Because the salt water turns them bright green.
- ☐ B) Because strong winds and hidden racing-car currents can sweep them away very quickly.
- ☐ C) Because the local crabs like to use them as trampolines.

LEVEL 3: Float to Live! (Water Safety)

THE SECRET FACT:

If you ever fall into the water by mistake or get tired while swimming, your body might feel a bit scared or panicked. The most important thing to do is absolutely nothing! Don't try to swim hard or splash around, because that will just make you tired. Instead, lean your head back with your ears under the water, relax, and float flat on your back like a lazy sea otter.



QUIZ TIME!

Circle your answer:

If you suddenly find yourself struggling or feeling tired in deep water, what is the safest thing to do?

- ☐ A) Swim as fast as you can against the big waves.
- ☐ B) Splash your arms around and yell until you get tired.
- ☐ C) Lean your head back, put your ears under water, relax, and float on your back like an otter.

LEVEL 4: Do the Starfish! (Mud Safety)



THE SECRET FACT:

Our coastline has beautiful marshes, but the mud banks can be like giant bowls of sticky chocolate pudding! If you step into deep mud, pulling your leg hard acts like a vacuum cleaner—it sucks your boot in even tighter and glues you to the spot.

THE STARFISH RULE:

Stay calm, spread your weight out wide by sitting or lying down flat like a starfish, and wait for a grown-up to call for help.

QUIZ TIME!

Circle your answer:

Oh no! Your foot has sunk deep into the sticky mud. What is the official “Starfish” rule?

- ☐ A) Wiggle, scream, and yank your foot as hard as you can by the laces.
- ☐ B) Stay calm, spread your weight out wide like a starfish, and wait for a grown-up to call the Coastguard.
- ☐ C) Try to dig yourself out with a plastic beach spade.

LEVEL 5: Our Four-Legged Swimmers! (Dog Safety)

THE SECRET FACT:

Dogs are fantastic swimmers, but they don't understand how strong the moving waters are. If a pup swims out too far after a ball and gets carried away by the sea, don't worry! They will usually wash ashore completely safely further down the beach once they get tired.



QUIZ TIME!

Circle your answer:

Your dog swims out too far after a stick and is struggling against a strong current. What should a Coast Ranger do?

- ☐ A) Dive into the water to rescue the dog yourself.
- ☐ B) Stay safe on the path, call the dog from the dry shore, and have a grown-up dial 999 for the Coastguard immediately.
- ☐ C) Throw more sticks to show the dog the way back.



LEVEL 6: The Magic Emergency Number!

THE SECRET FACT:

The police, the fire brigade, and the ambulance look after people on the dry land. But the sea has its own special superhero team called the Coastguard. They have high-speed rescue boats, helicopters, and mud-trucks stationed right here on our coast to look after everyone!



QUIZ TIME!

Circle your answer:

What is the magic number you must tell a grown-up to dial if you see someone in trouble on the coast or stuck in the mud?

- ☐ A) Dial 111 and ask for a local doctor.
- ☐ B) Dial 999 and ask for the fire brigade.
- ☐ C) Dial 999 and ask strictly for the Coastguard.

THE OFFICIAL MERSEA COAST RANGER PLEDGE

By signing my name below, I promise to respect the water, never go onto the sandbanks without a grown-up, and always share my local safety knowledge to keep others safe!

Official Ranger Signature: _____

Date: _____

RANGER BONUS PAGE: COASTAL SAFETY WORD SEARCH

Can you track down all 10 secret ranger words hidden inside the puzzle grid below? Words can go across (left to right) or down (top to bottom)!

C	O	A	S	T	G	U	A	R	D	X	Y
S	U	M	M	E	R	V	A	P	W	Z	Q
T	I	D	E	B	E	A	C	H	F	L	M
A	K	L	O	G	R	O	W	N	U	P	B
R	X	C	U	R	R	E	N	T	S	V	N
F	M	U	D	F	L	A	T	S	O	J	P
I	S	L	A	N	D	P	H	K	L	M	W
S	A	F	E	T	Y	N	I	N	E	N	N
H	O	L	I	D	A	Y	B	U	C	K	T

YOUR SECRET WORD LIST TO FIND:

COASTGUARD (The sea superhero team!)

GROWNUP (Your essential sandbank partner)

STARFISH (The shape to make if you meet deep mud)

CURRENTS (The fast racing cars under the water)

MUDFLATS (The sticky chocolate pudding zones)

ISLAND (What our beautiful home is!)

SAFETY (The top rule for every single ranger)

BEACH (The best place to stay when the tide rolls in)

TIDE (The water that moves in and out daily)

SUMMER (The ultimate season for coastal adventures)

WELL DONE, RANGER!

You have completed the Mersea Coast Ranger Challenge!
You are now an official Coast Ranger. Stay safe and keep others safe too!



ANSWER KEY

(For parents and teachers only!)

Level 1: B) Never go onto the sandbanks without a grown-up, and stay on the main beach when the tide is coming in.

Level 2: B) Because strong winds and hidden racing-car currents can sweep them away very quickly.

Level 3: C) Lean your head back, put your ears under water, relax, and float on your back like an otter.

Level 4: B) Stay calm, spread your weight out wide like a starfish, and wait for a grown-up to call the Coastguard.

Level 5: B) Stay safe on the path, call the dog from the dry shore, and have a grown-up dial 999 for the Coastguard immediately.

Level 6: C) Dial 999 and ask strictly for the Coastguard.