

P R O J E C T
WIPEOUT

HOAG MEMORIAL HOSPITAL PRESBYTERIAN
NEWPORT BEACH, CALIFORNIA



ACTiViTY BOOK

CONGRATULATIONS TO KRISTINE MILLER, 2004 CSLSA CONTEST WINNER



Congratulations to Kristine Miller, Division A, Newport Beach Junior Guards, for her winning poster entry. Each summer, the California Surf Lifesaving Association (CSLSA) Junior Guards host a contest awarding one \$500 savings bond to the winning entry in each of its A, B and C divisions.

Junior Lifeguards

Junior Lifeguard programs provide a sound aquatic background in beach and water safety training for girls and boys. Programs provide education and experience in ocean safety, first aid, rescue techniques, beach activities, physical fitness and marine safety operations. The programs also emphasize courtesy, respect, discipline and good sportsmanship.

For more information about Junior Lifeguard programs, contact your community's lifeguard headquarters or visit the CSLSA Web site at: www.cslsa.org.

California Surf Lifesaving Association

The California Surf Lifesaving Association's mission is to promote beach safety awareness and professional open-water lifesaving standards. Our members include lifeguards, junior lifeguards and open water rescue professionals from California (Santa Cruz south to the Mexican border), Hawaii and Arizona.

The CSLSA accomplishes its mission through public education, junior lifeguard programs, training programs, exchange programs, competition and other means. The CSLSA works to prevent and reduce aquatic injuries, accidents and fatalities at open-water beaches.

- Learn to Swim
- Respect the Beach
- Lifeguards for Life

For more information about the CSLSA, visit their Web site at: www.cslsa.org.

This activity book was funded in part by a grant from the California Surf Lifesaving Association. Project Wipeout says "thank you" to the members of CSLSA and all lifeguards who risk their lives daily to save the lives of others.

DEAR PARENT,

The beach is a wonderful place to spend time with your child. Yet, there are many dangers that can turn a fun day into a tragic one. That's why Hoag Hospital created Project Wipeout® more than 25 years ago.

Project Wipeout's mission is to save lives and prevent injuries at our beaches, both locally and nationwide, by developing and disseminating beach safety information.

As part of our mission, we've created this interactive and informative activity book. It's a fun resource for you and your child - containing information on everything from rip currents and sun protection, to practical tips on how to avoid serious injury.

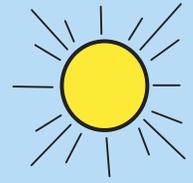
A parent resource guide at the back of the book provides detailed information to help you discuss these important safety issues with your child. In addition, Project Wipeout's beach safety tips are located on the back cover for quick, easy reference.

For more information about Hoag Hospital's Project Wipeout program, please visit our Web site at: www.hoaghospital.org/projectwipeout.html or contact 949/764-5921.

Have a safe and fun day at the beach!



A DAY AT THE BEACH



Mia is 11 years old. She lives near the ocean in sunny Southern California. She is very excited, because her cousin Claudia is visiting for the whole summer. To celebrate, Mia has invited her friends to a welcoming party at the beach. Claudia is excited too! Today, she will make new friends and see the ocean for the first time!

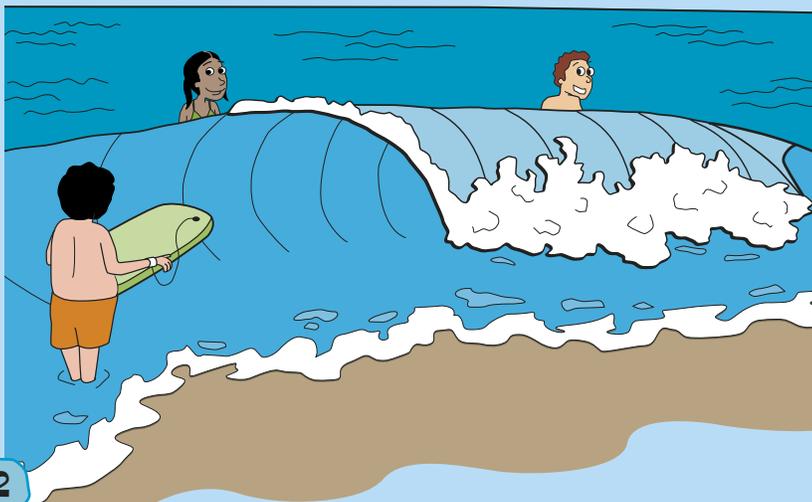


READY FOR FUN IN THE SUN!

Before heading to the beach, Mia, her little brother Henry, and Claudia packed all the things they would need - big beach towels, boogie boards and a yummy picnic lunch. "Don't forget a hat, sunglasses and especially your sunscreen," Mia told Claudia. "But, I want to get a tan," replied Claudia. "Oh no you don't!" said Mia. "The sun burns and damages your skin. It can even cause skin cancer." "Yeah," exclaimed Henry. "It'll make your skin look like leather, like my mom's old leather purse!" They all laughed, but Claudia did pack extra sunscreen - SPF 30!

LEARNING ABOUT SHORE BREAKING WAVES

Soon, they arrived at the beach. It was a beautiful day. The beach was crowded with people enjoying the warm sun and cool ocean water. The kids headed straight to their favorite meeting spot near the lifeguard station. "Hi, Kim! Hi, Billy! Hi, Jenny!" called Mia. "This is my cousin Claudia. It's her first time at the beach, so let's show her how to have fun and stay safe." They all agreed and excitedly laid out their beach towels and put on



their sunscreen. "What a great day for a beach party!" said Billy. "Yeah, look at those waves!" Henry exclaimed. "We'd better check the conditions with the lifeguard before we go into the water."

The lifeguard told them a storm out in the sea was causing rip currents and big waves, called

shore breaks (strong waves that break directly onto the shore). "Never dive into a shore breaking wave," warned the lifeguard. "The force of the wave can lift you up and crash you headfirst into the sand, causing serious neck and spinal cord injuries." The lifeguard also told them to always swim with a buddy and never turn their backs on the ocean. "It can be calm one minute," he explained, "then suddenly, a large wave can catch you off guard and knock you down." The kids thanked him for his advice and headed for the water.

A LESSON IN RIP CURRENTS

As they raced down to the ocean, Mia called out, "Remember, don't swim alone. Stay with your buddy." The kids laughed and splashed as they played in the water. They all knew how to swim, but as Claudia and Kim swam away from the others, Claudia realized that the ocean was very different from the community pool at home.

"The current is getting stronger," Mia said to Billy. "Do you think that Claudia and Kim are too far out?" "Maybe," Billy said. He looked worried. "Hey Claudia! Kim!" Billy yelled. But the waves were crashing so loudly that the girls couldn't hear him.

Claudia began to get scared. No matter how hard she tried to swim back to shore, she wasn't getting anywhere. Kim realized they were caught in a rip current. "Follow me, follow me!" she yelled to Claudia. But Claudia couldn't hear her. Because Kim knew to swim parallel to the shore, she was soon out of the rip current and swimming back to shore, but Claudia was being pulled further and further away from the beach. Claudia was getting very tired, and very scared! She began to wave her arms and call for help.



Mia and the others saw that Claudia was in trouble. They started to run to the lifeguard tower for help, but the lifeguard had been watching the girls too, and was already on his way. Soon, he reached Claudia and brought her safely back to shore. "Thank you! You saved my life!" said Claudia to the lifeguard. He smiled and said, "You're lucky your friends and I were watching you. Next time, check for rip currents before you go into the water. Look for a narrow strip of choppy brown water. The brown color is caused by sand agitated by the powerful movement of the water. A rip current will pull you away from shore, but it won't pull you under, so don't panic. Just swim parallel to the shore, until you are out of the strong current and then you can swim in to shore."

LOOK BEFORE YOU LEAP

As they were listening to the lifeguard, Mia noticed a young boy climbing on a nearby rock jetty. He was getting ready to jump into the water when she called out, "Stop! Don't jump! The water is really shallow there!" The boy shouted back, "It looks OK to me!" The kids followed the lifeguard as he ran over to the rocks. "Stay there!" he shouted. The lifeguard waded into the water to the spot where the boy was about to jump. The boy's jaw dropped, as he realized that the water only came up to the lifeguard's knees.



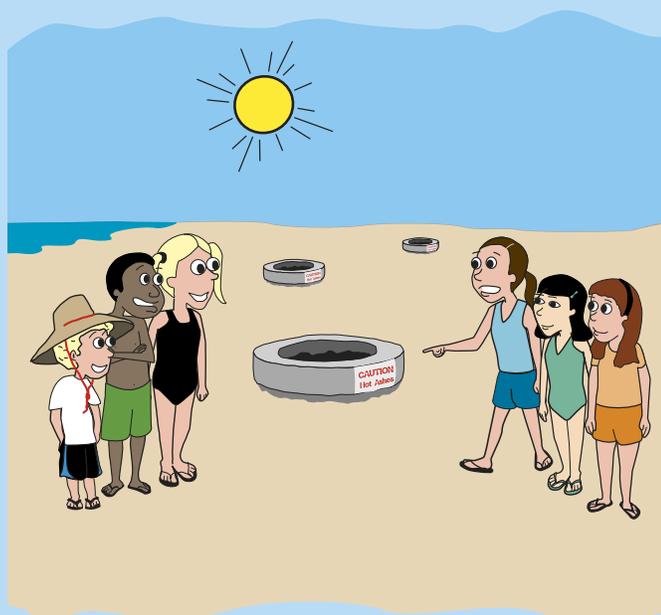
"If you had jumped, you could have broken a leg, or even worse, your neck," explained the lifeguard. "You should never jump or dive off of a rock jetty or a pier, or dive headfirst into the waves. The only way to truly know the depth of the water is to check it first with your feet and not your head."

"Besides that," continued the lifeguard. "Wet rocks are slippery. You could have fallen and gotten hurt."

"Thanks," said the boy in a shaky voice. "I won't think about doing that again!"

LEARNING ABOUT FIRE PIT SAFETY

The kids decided they had had enough excitement and headed back to their beach towels for lunch. Along the way, Claudia saw something that looked like a big cement tub. "Hey, what's that?" she asked her new friends. "Oh, that's a fire pit," replied Mia. "People build fires in them and have barbecues, and beach parties."



"But it's very dangerous to play near a fire pit," added Jenny. "Because some people think they can put the fire out by piling sand on the coals - but that only creates a hidden oven. The hot coals are still burning, but are hidden under the sand. So if a kid or adult steps in the fire pit, they might get seriously burned."

"That's why the safest way to put out a fire in a fire pit is to completely cover the flames and coals with water, not sand," explained Mia. "That way, no one will get hurt."

CREATURES OF THE SEA

When they finally made it back to their beach towels, everyone was famished. "Break open the jellyfish sandwiches," joked Henry. Everyone laughed. "Henry went on a tidepool exploration with his class last week, so he has sea creatures on the brain," Mia explained.

"What's a tidepool?" asked Claudia.

"Tidepools are formed when water is trapped in between the rocks along the shore at low tide," replied Henry. "A lot of neat animals and plants live there, like sea urchins and crabs, but you have to be careful. You don't want to disturb them by touching them or moving any rocks or shells. You should always walk around a tidepool never inside it. Tidepools are a very delicate habitat."

"That means environment," added Kim. "And be sure to wear your beach shoes, because the rocks are sharp."

Billy told Claudia about jellyfish that sometimes like to swim near the shore. "Jellyfish can sting you with their tentacles," he explained. "If you see dead jellyfish on the shore, there are probably more in the water. So tell the lifeguard, and stay out of the water."

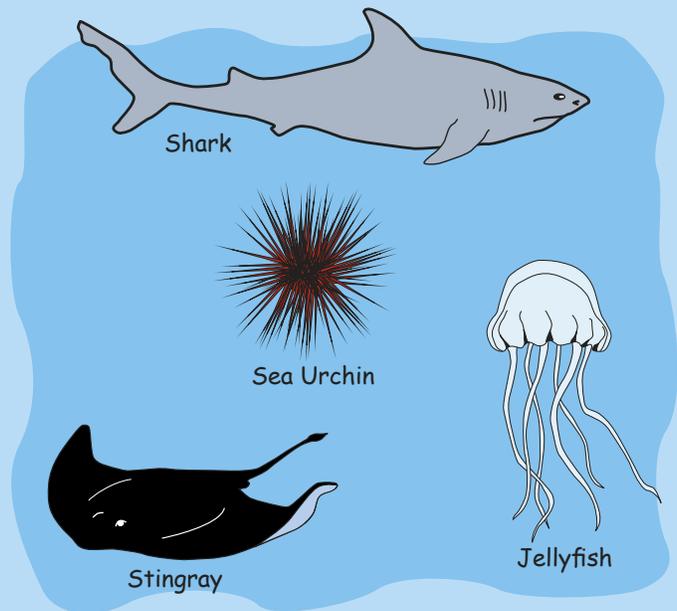
"Stingrays also like to hang out near the shore," added Jenny. "They have sharp poisonous tails. To avoid stepping on one, shuffle your feet when you walk in shallow, sandy water. And if you do see a stingray, tell the lifeguard and stay away!"

"That goes for sharks too!" yelled Henry.

A GREAT DAY AT THE BEACH!

As the evening grew cooler, people began leaving the beach. The kids were lying on their towels, talking about all of the fun and adventures of the day. "This was the best welcome party ever!" said Claudia. "I've had so much fun and I've learned a lot too. Let's go home and I'll make you all some sea urchin burgers." Everyone laughed as they gathered their beach gear and headed home.

It truly had been a great day at the beach!

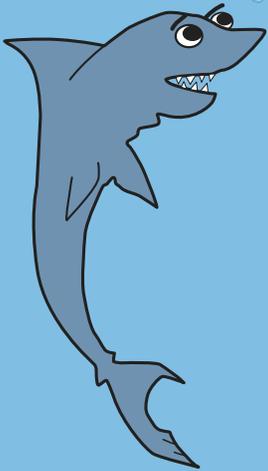


WATER SAFETY SCRAMBLE

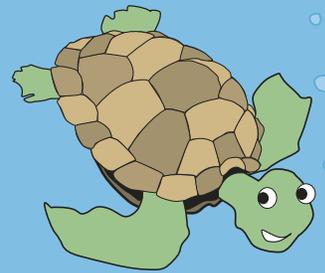
Unscramble the words below to reveal some water safety messages.

1. Never dive headfirst into **GNIBERAKHORES VSEWA**. _____
2. When boogie boarding, keep your **RMSA** out in front of you. _____
3. Don't **MUJP** or **EIVD** from a pier or rock jetty. _____
4. Always swim near a **ELFIGRUDA**. _____
5. Swim with a **FINRDE**, never alone. _____

WIPEOUT WORD SEARCH



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



DIRECTIONS

Find and circle the words of things you see at the beach.



Surfboard

Fish

Diver

Sun

Beachball

Tide

Fins

Volleyball

Sunscreen

Shells

Float

Seagull

Sand

Ocean

Pier

Lifeguard

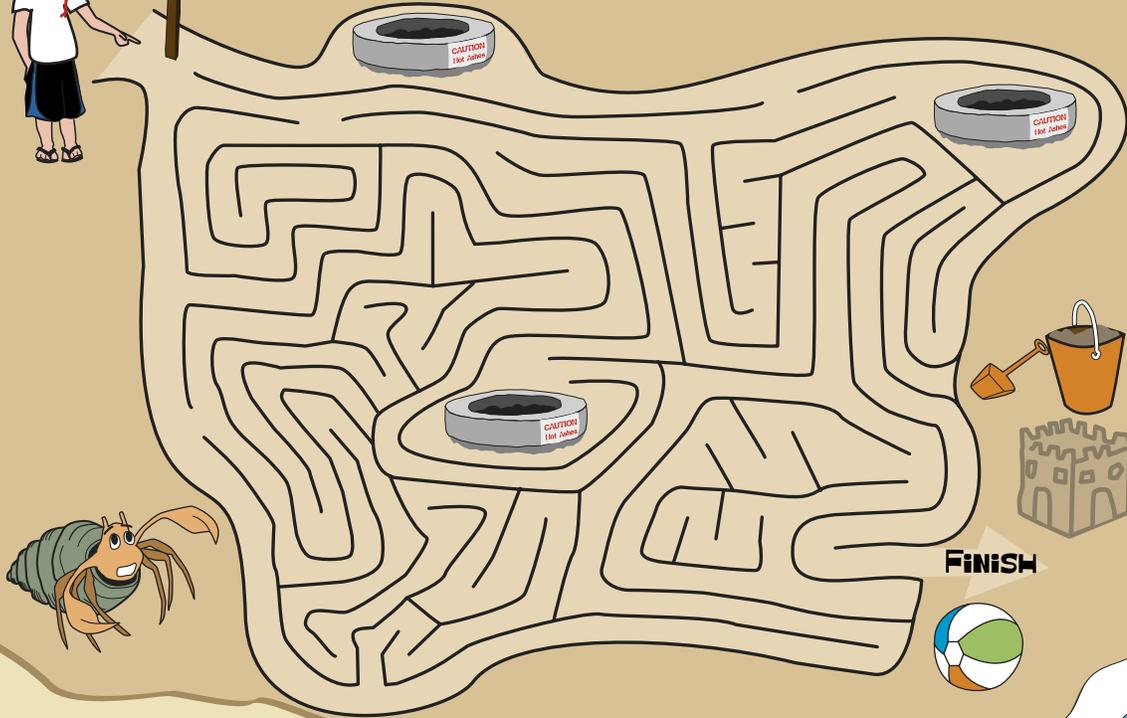


FIRE PIT SAFETY MAZE

Help Henry avoid the fire pits and get to the shoreline safely.



START



FUN IN THE SUN

Fill in the missing letters, then place each letter in the blanks below to reveal the safety message.

- ___ W I M
- S ___ R F B O A R D
- F I ___ S
- F I ___ H
- R I P ___ U R R E N T
- F I ___ E P I T
- W I P ___ O U T
- L I F ___ G U A R D
- S A ___ D C A S T L E

DID YOU KNOW?

- Hot coals may be hidden in or around the outside of fire pits.
- Hot coals can cause bad burns - OUCH!
- Kids, tell your parents to use water to completely extinguish the flames in a fire pit. Never, ever, cover hot coals with sand!

Safety Message = DON'T FORGET TO WEAR

_____.

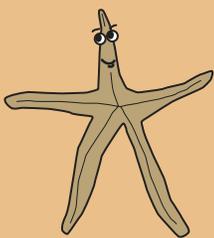


FIND THE HIDDEN SAFETY MESSAGES!

C	L	E	A	R	N	C	P	T	O
P	P	S	W	I	M	X	Z	C	P
Z	C	P	X	Z	X	Z	C	X	C
N	E	V	E	R	C	S	W	I	M
P	C	X	A	L	O	N	E	Z	C
X	P	Z	P	C	Z	X	C	P	X
S	W	I	M	X	N	E	A	R	Z
C	A	Z	X	P	C	X	Z	X	C
X	L	I	F	E	G	U	A	R	D
P	C	P	Z	X	C	Z	X	C	X

Follow the directions. Then read the words that are left.

1. Color the C boxes red
2. Color the P boxes blue
3. Color the X boxes yellow
4. Color the Z boxes green



Write the words. Show the messages to someone.

PROJECT WIPEOUT "FILL-IN FUN"

DIRECTIONS

Fill in the list below. Then copy your answers into the numbered blanks in the story below. Read your completed story out loud to a friend for fun.

Word list:

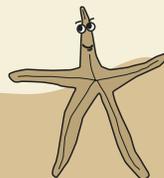
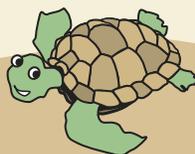
- | | |
|--|--|
| 1. Family member _____ | 8. Verb (action word) _____ |
| 2. Thing _____ | 9. Body part _____ |
| 3. Family member _____ | 10. Adjective
(word used to describe) _____ |
| 4. Thing _____ | 11. Type of sports equipment _____ |
| 5. Animal _____ | 12. Vegetable _____ |
| 6. Color _____ | 13. Fruit _____ |
| 7. Someone you see
at the beach _____ | 14. Favorite place to visit _____ |

I'm so excited! "Today, we are going to the beach," I told my _____₁.

Be sure you bring the _____₂, we don't want to get a sunburn.

My little _____₃ grabbed our beach bucket and _____₄ to make sandcastles. I grabbed my boogie board and said "goodbye" to our pet _____₅. When we finally got to the beach, we saw lots of big _____₆ waves crashing on the shore. A _____₇ told us to be careful of the waves. "Don't _____₈ headfirst into the waves!" I put my _____₉ into the water to test the temperature. It was _____₁₀!

I surfed on my _____₁₁ for nearly an hour. Then it was time for lunch. We had _____₁₂ sandwiches with _____₁₃ jelly. I just love the beach! It's more fun than _____₁₄.



PARENT RESOURCE GUIDE:

PROJECT WIPEOUT

Given its oceanfront location, Hoag Memorial Hospital Presbyterian knows first hand that serious injuries happen at the beach each day - the most serious of which are drowning, and neck and spinal cord injuries.

That's why in 1979, Hoag Hospital developed Project Wipeout - an educational beach safety program. Through school presentations and community events, Project Wipeout teaches young people about the potential dangers of the beach, the types of injuries that occur and how to prevent them. Project Wipeout also works collaboratively with lifeguard departments and other community agencies to further spread the word about beach safety.

COMMON BEACH INJURIES

Cuts, abrasions and fractures

The most common injuries at the beach are cuts or abrasions, and fractured or dislocated shoulders, wrists and ankles. These injuries frequently occur from inappropriate use of sports equipment such as surfboards and boogie boards.

To avoid these types of accidents, familiarize yourself with your equipment. Make sure it is the appropriate type and size for you, and know your limitations when using it.

Also, please don't bring glass to the beach. Broken glass, hidden in the sand, also causes injuries.

Sunburn

By following these "sun safe" tips courtesy of Hoag Cancer Center's Project Sun Safe program, you and your child can enjoy some "fun in the sun," while greatly reducing your risk of sunburn and more importantly, skin cancer:

- Apply sunscreen with a minimum of SPF 30, thirty minutes before going outdoors.

- If you or your child is surfing or swimming, make sure your sunscreen is waterproof.
- Reapply sunscreen every two hours or more, especially if you're sweating or swimming. There's no such thing as all-day protection, even if your sunscreen is waterproof.

Burns due to fire pits

Fire pit burns occur when a child or an adult comes into contact with hot coals that have been covered up with sand. The sand acts like an oven, allowing the coals to remain red hot for as long as 24 hours. Anyone who walks or falls on the coals can be severely burned, and a small child may sustain life-threatening burns.

The best prevention is to steer clear of fire pits. Parents should always keep an eye on toddlers and children, making sure that they remain a safe distance away from fire pits, whether they are in use or not.

When you use a fire pit, please be sure you extinguish it completely with water - not sand!

DROWNING AND NEAR-DROWNING INCIDENTS

Supervise your children

Drowning is the leading cause of unintentional injury-related death to children ages one to four, and the second leading cause of unintentional injury-related death to children ages 14 and under. For every child who drowns, four more are hospitalized for near-drowning. And as many as 20 percent of near-drowning survivors suffer severe, permanent neurological disabilities.

Childhood drownings happen quickly and silently - usually as a result of a child being left unattended, or during a short lapse in adult supervision. The key to drowning prevention is constant, attentive adult supervision.

"Supervision" means watching your child at all times, not occasionally glancing while reading, talking or napping. Most parents carefully monitor their children while they are swimming, but please don't forget to also supervise your children when they are near buckets, fish ponds, lakes and bathtubs.

Surviving rip currents

Eighty percent of all beach rescues are related to rip currents. Rip currents are terrifying because they catch you off guard. One minute you are swimming peacefully, the next minute you are being pulled out to sea. The key to surviving a rip current is do not panic!

A rip current is a narrow, powerful current of water that runs perpendicular to the beach, out to the ocean. A rip current will pull you away from the shore, but it will not pull you under water.

When caught in a rip current, swim parallel to the shore, until you are out of the rip current. Then, swim in to shore.

If you don't think you can swim back to the beach, don't panic - calmly tread water and signal to the lifeguard and/or people on the beach for help.

NECK AND SPINAL CORD INJURIES

Most beach-related neck and spinal cord injuries are caused by the tremendous strength of the ocean's waves forcing a person's neck and spine into harmful, unnatural positions.

These injuries occur in a variety of ways. When your body tumbles in the waves, gets thrown by the waves to the ocean floor or when your head spears into the sand; your head can be forced down onto your shoulders, pushed forward into your chest or pushed backward further than it can naturally extend. And once spinal

cord damage is sustained, little can be done to medically repair it. The result is severe pain, paralysis, the inability to breathe on your own or even death.

Dangerous activities that may result in neck and spinal cord injury include, but are not limited to:

- Diving head first into waves or the water,
- Jumping off of piers, rocks, jetties or surf boards; and
- Any activity that puts you at risk for trauma to the head or neck.

Beach safety tips

For a quick and easy reference, check out Project Wipeout's beach safety tips on the back cover. These tips are the perfect tool to teach your child how to stay safe at the beach!

Help Spread the Word

Project Wipeout would like to ask for your help. Please share Project Wipeout's safety message with others. By doing so, you may help save someone from serious injury, paralysis or even death.

We hope you and your child enjoy sharing the many fun activities in this booklet, while learning more about beach and water safety.



PROJECT WIPEOUT® SAFETY TIPS

By following these beach and water safety tips, you and your child can enjoy a fun and **SAFE** day at the beach.

- Learn to swim. If you can't swim an overhead stroke for at least 15 minutes you should not be in the ocean.
- Never swim alone. Always swim with a buddy, and swim near a lifeguard whenever possible.
- Stay out of the "surf zone" where the waves break at the shoreline. Waves are at their greatest force here, and even a small wave can lift you up and throw you headfirst into the sand.
- Never run from the beach into the water and dive headfirst into the waves. Sandbars that cannot be seen from the surface may be present and/or the water may be too shallow.
- Don't jump or dive into the water from a pier or rock jetty. From the viewpoint of a pier or jetty, water appears much deeper than it really is. What looks like 10 to 20 feet of water may only be two to three feet deep. Diving in could be fatal.
- The same applies for jumping headfirst into the ocean or a wave from a surfboard - don't do it! It's not a risk worth taking.
- If you are bodysurfing or boogie boarding, always keep your arms out in front of you to protect your head and neck.
- Remember: A rip current will pull you away from the shore, but it will not pull you under water. When caught in a rip current, do not swim toward the shore! Instead, swim parallel to the shore, until you are out of the rip current. Then, swim in to shore.
- Always apply sunscreen with a minimum of SPF 30, a half hour before going outdoors and don't forget to reapply sunscreen every two hours or more, especially if you're sweating or swimming.
- Avoid walking or playing near fire pits. Hot coals may be hidden under the sand, which can cause severe burns.
- Never drink alcohol or use drugs at the beach. It clouds your ability to make wise decisions, and that could be fatal!

