

P R O J E C T ®

WIPEOUT

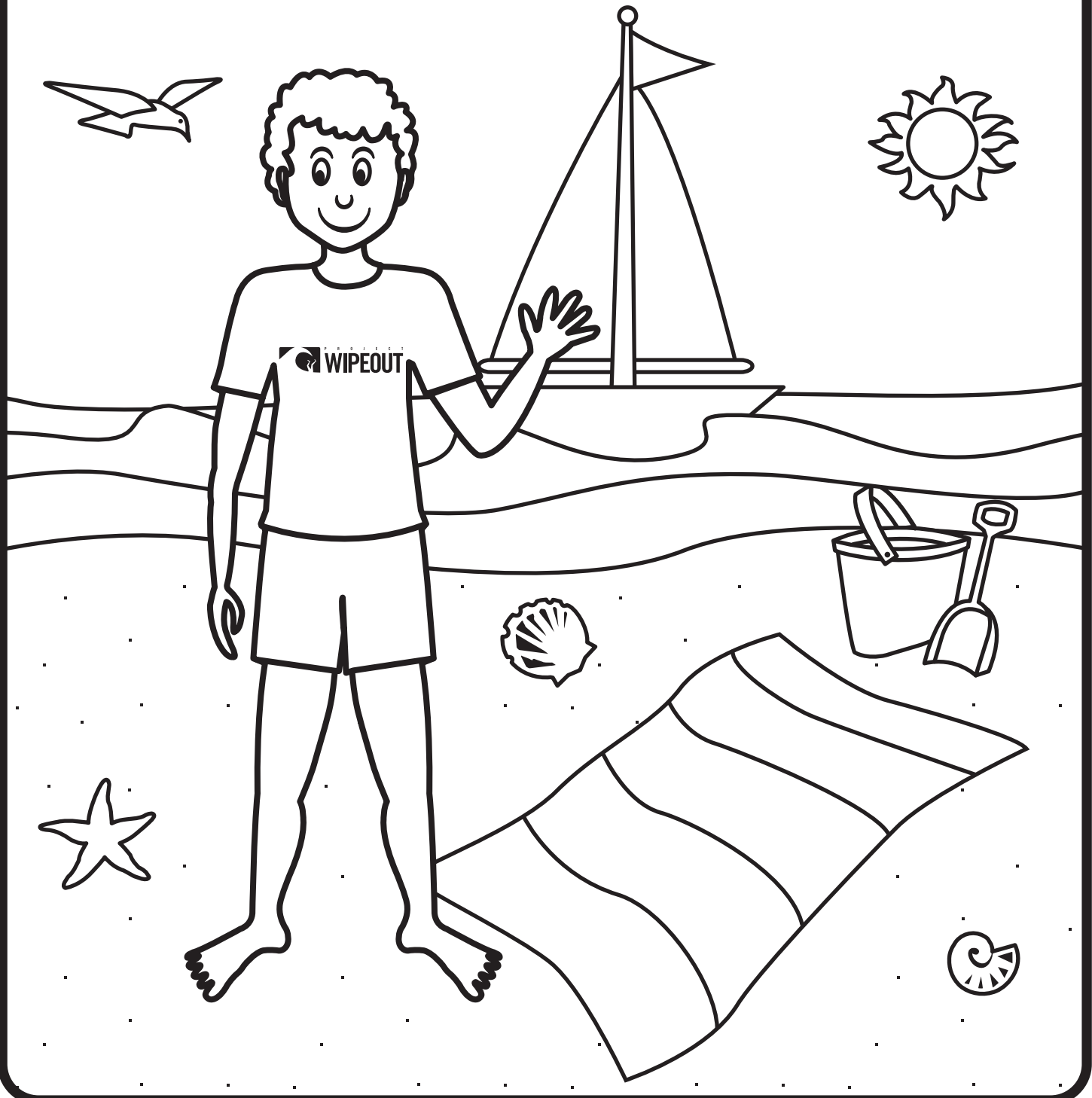
H O A G M E M O R I A L H O S P I T A L P R E S B Y T E R I A N
N E W P O R T B E A C H , C A L I F O R N I A



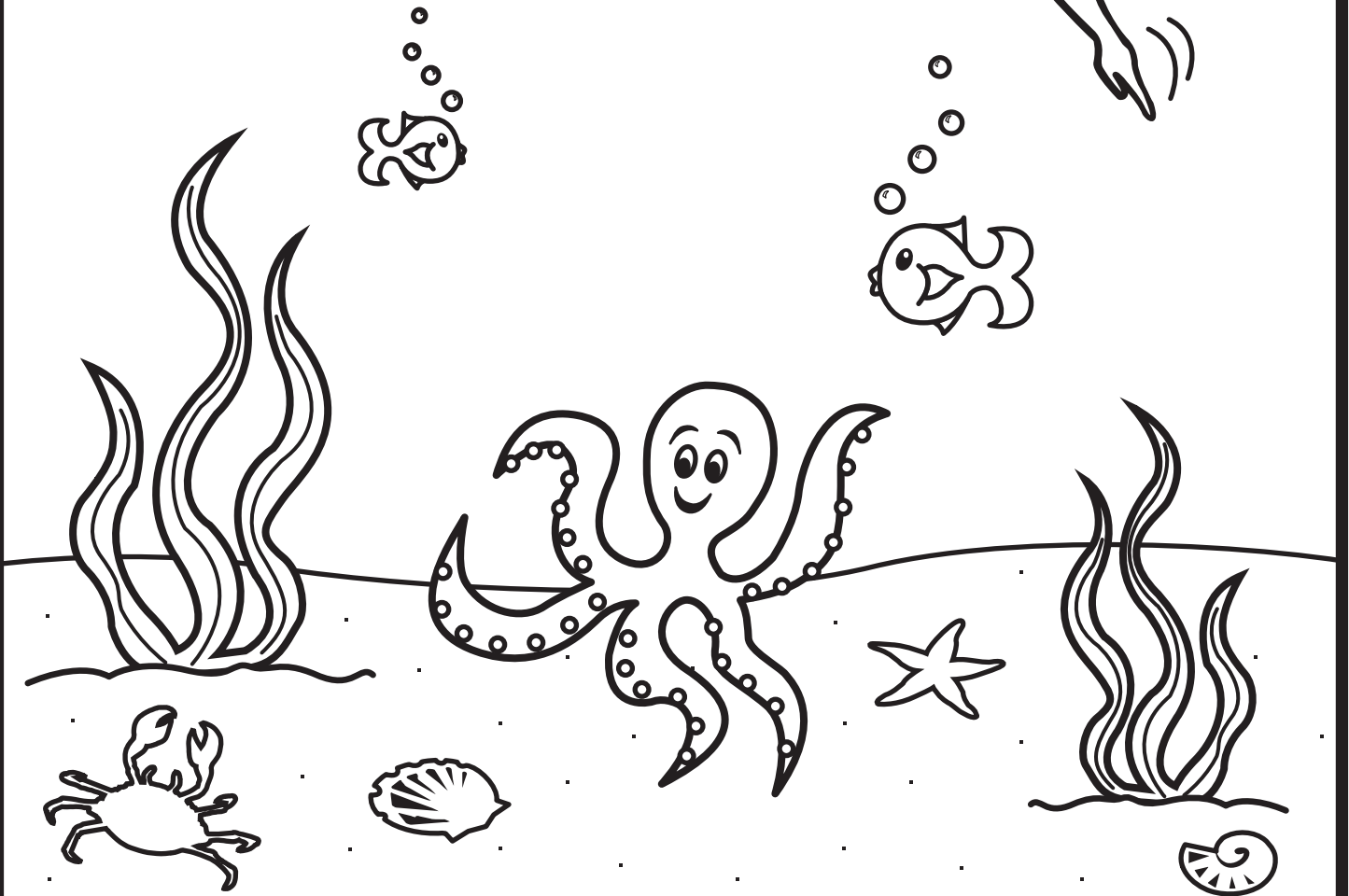
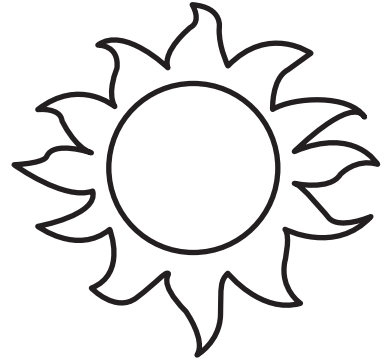
COLORING BOOK

**Hi! Going to the beach is lots of fun,
but it can also be dangerous.**

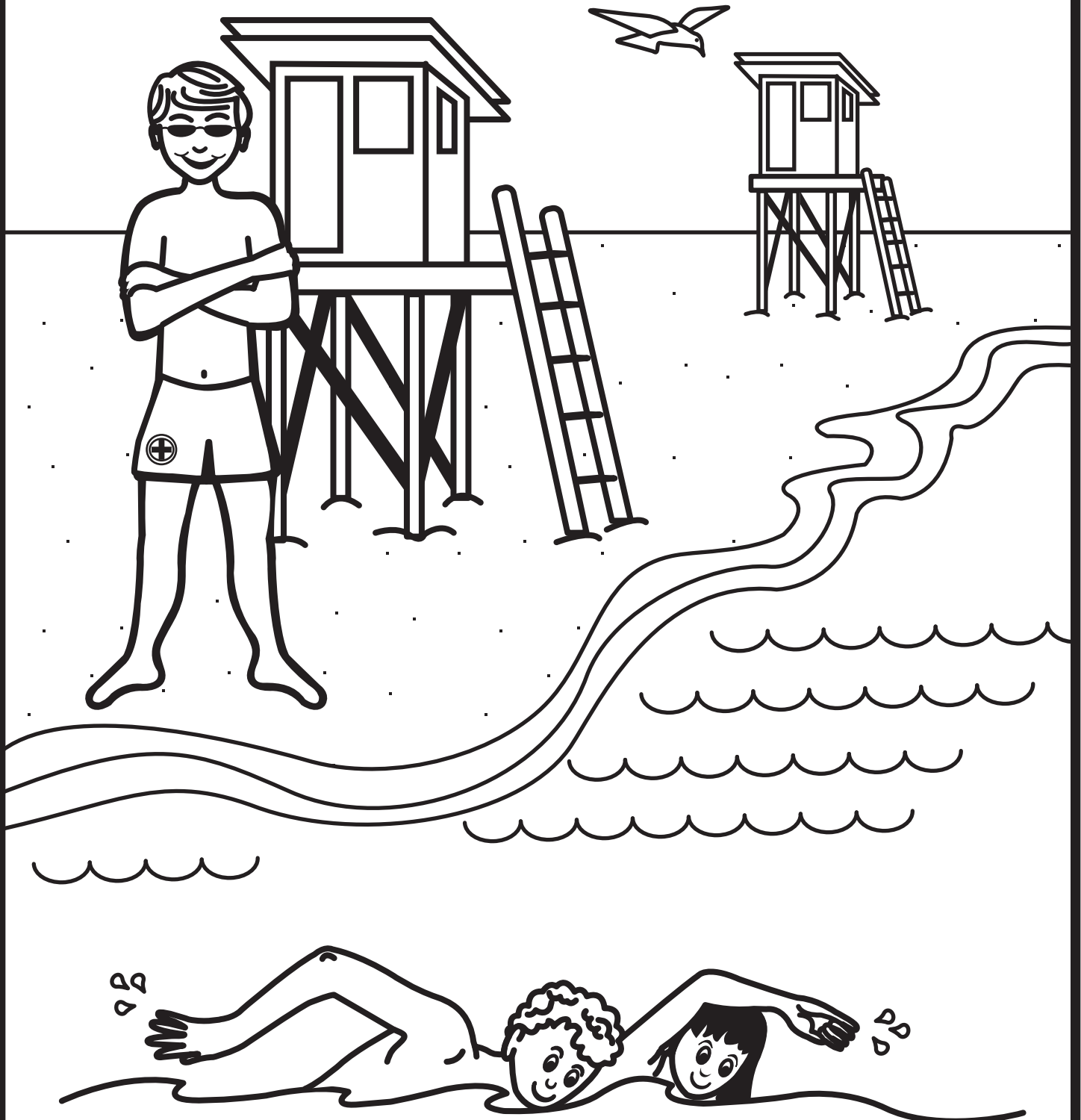
**To stay safe, follow these tips from
Hoag Hospital's Project Wipeout®**



**Learn to swim.
If you don't know
how, don't go
in the water.**

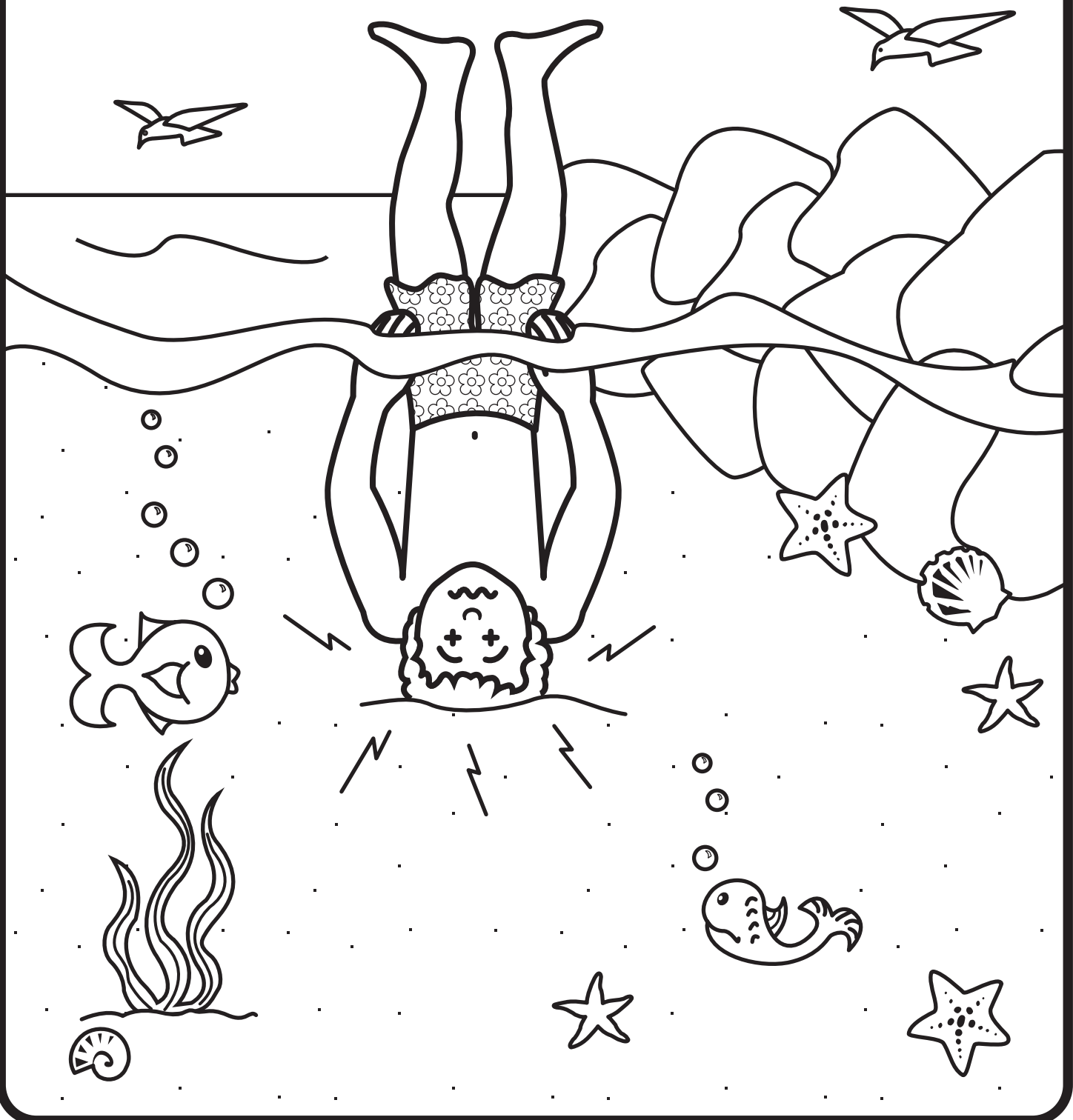


Always swim with a friend and stay near a lifeguard. They keep you safe.

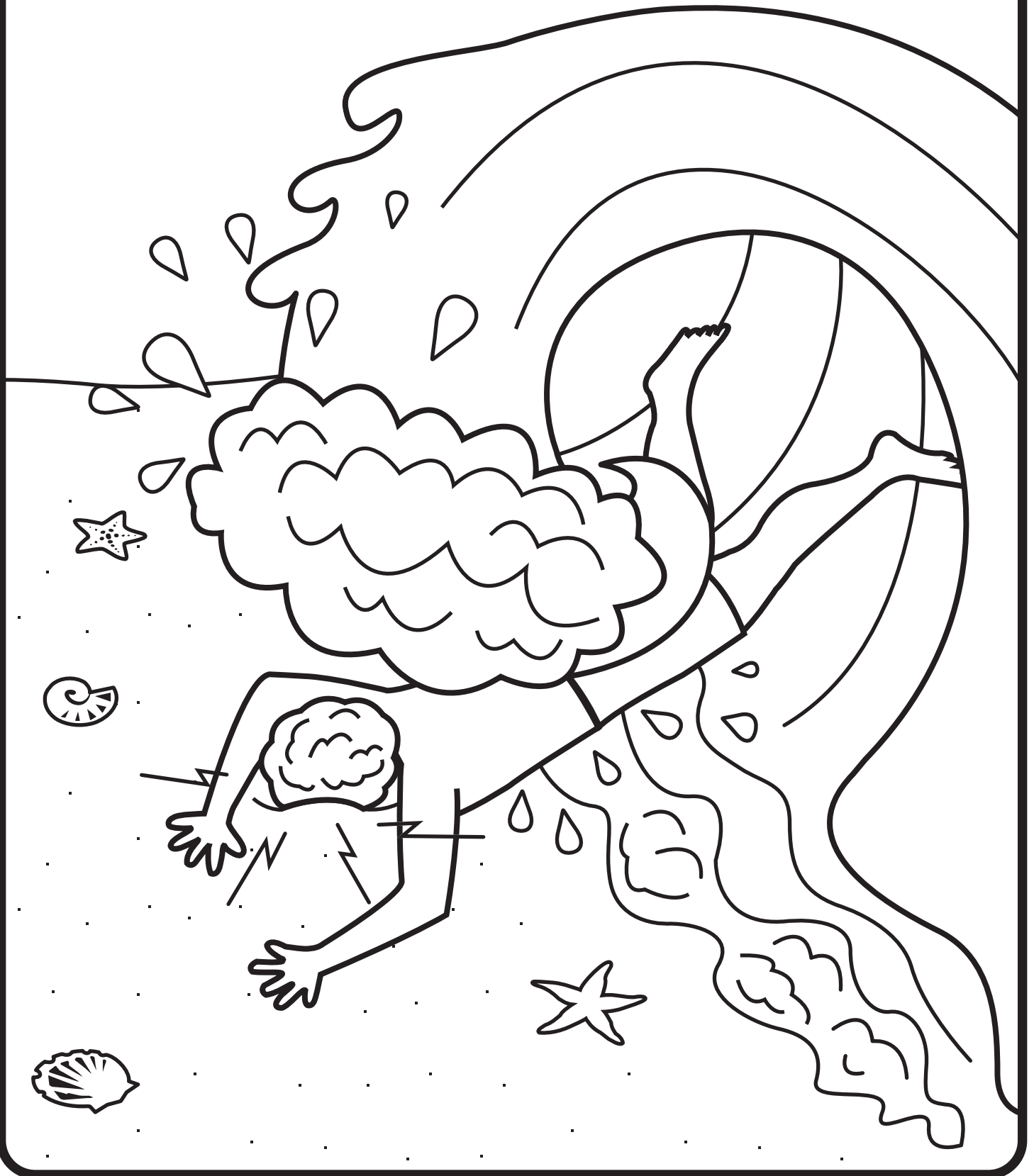


**Never dive head first into the water!
The water isn't as deep as it looks.**

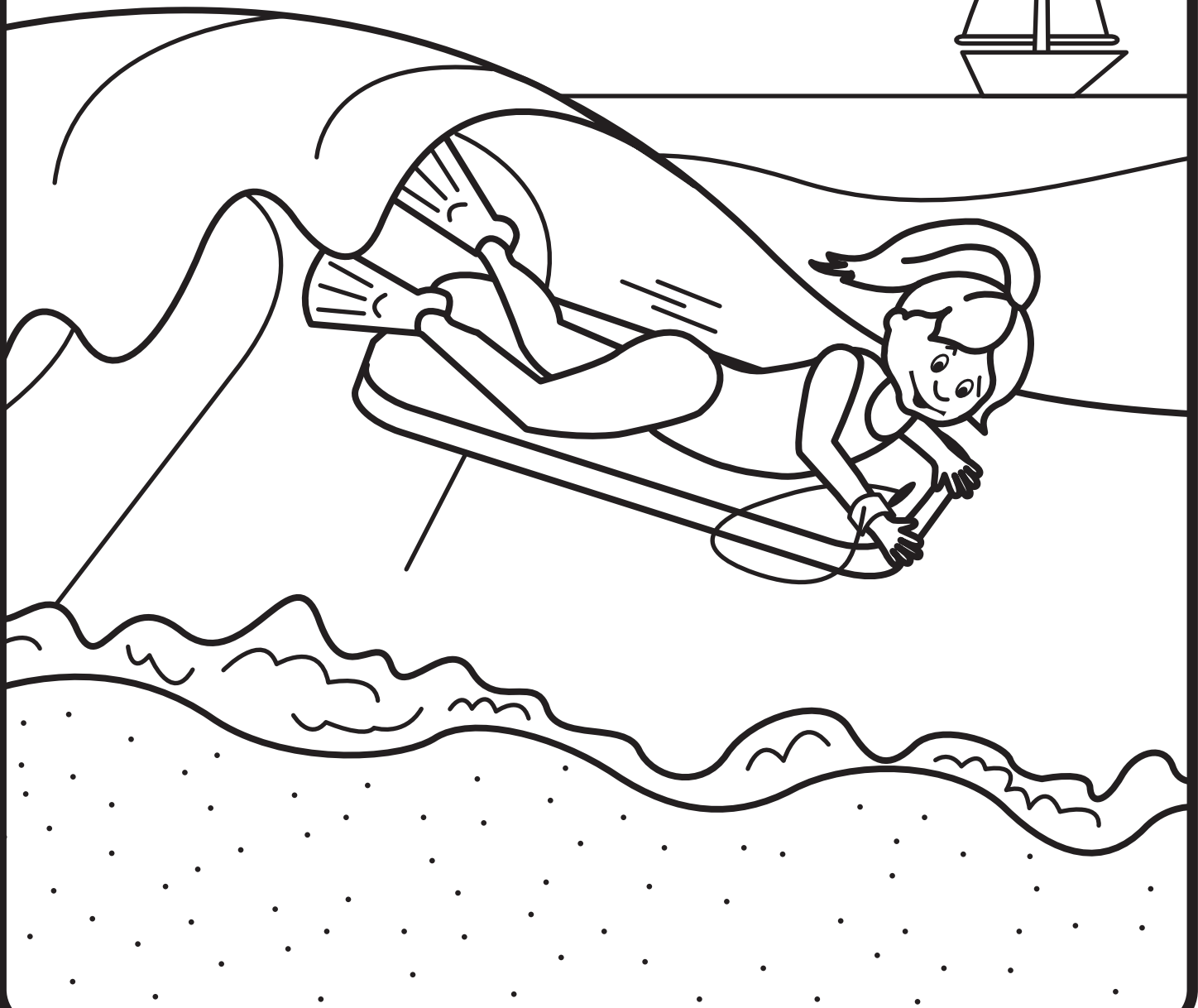
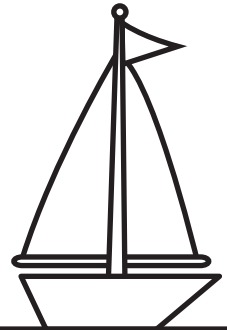
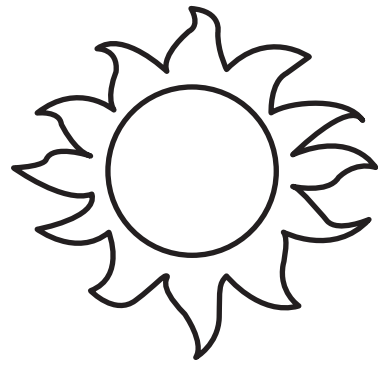
**And never dive off of piers,
rock jetties or surfboards.**



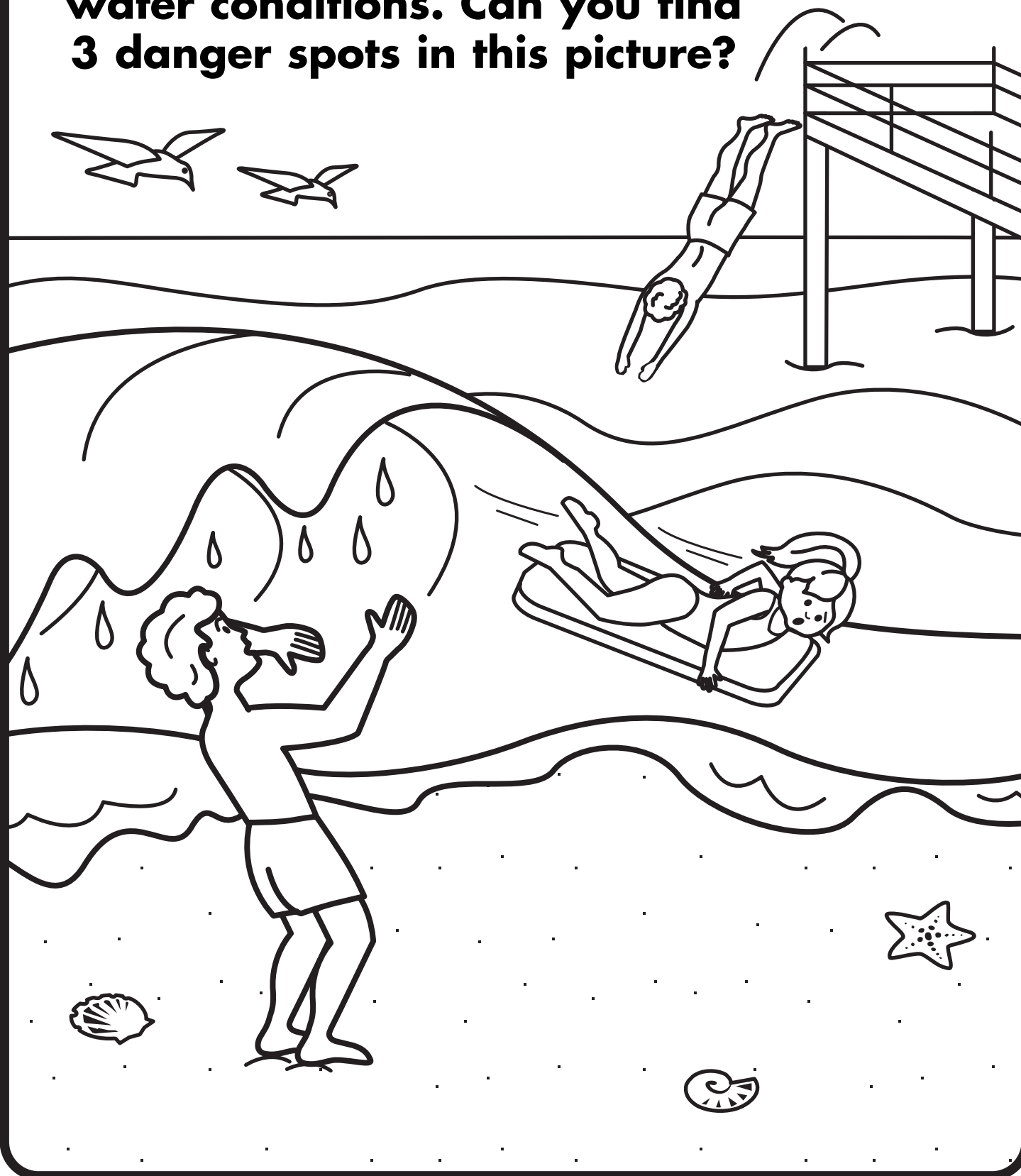
**Stay away from the big waves
that crash onto the shore.
They can hurt you.**



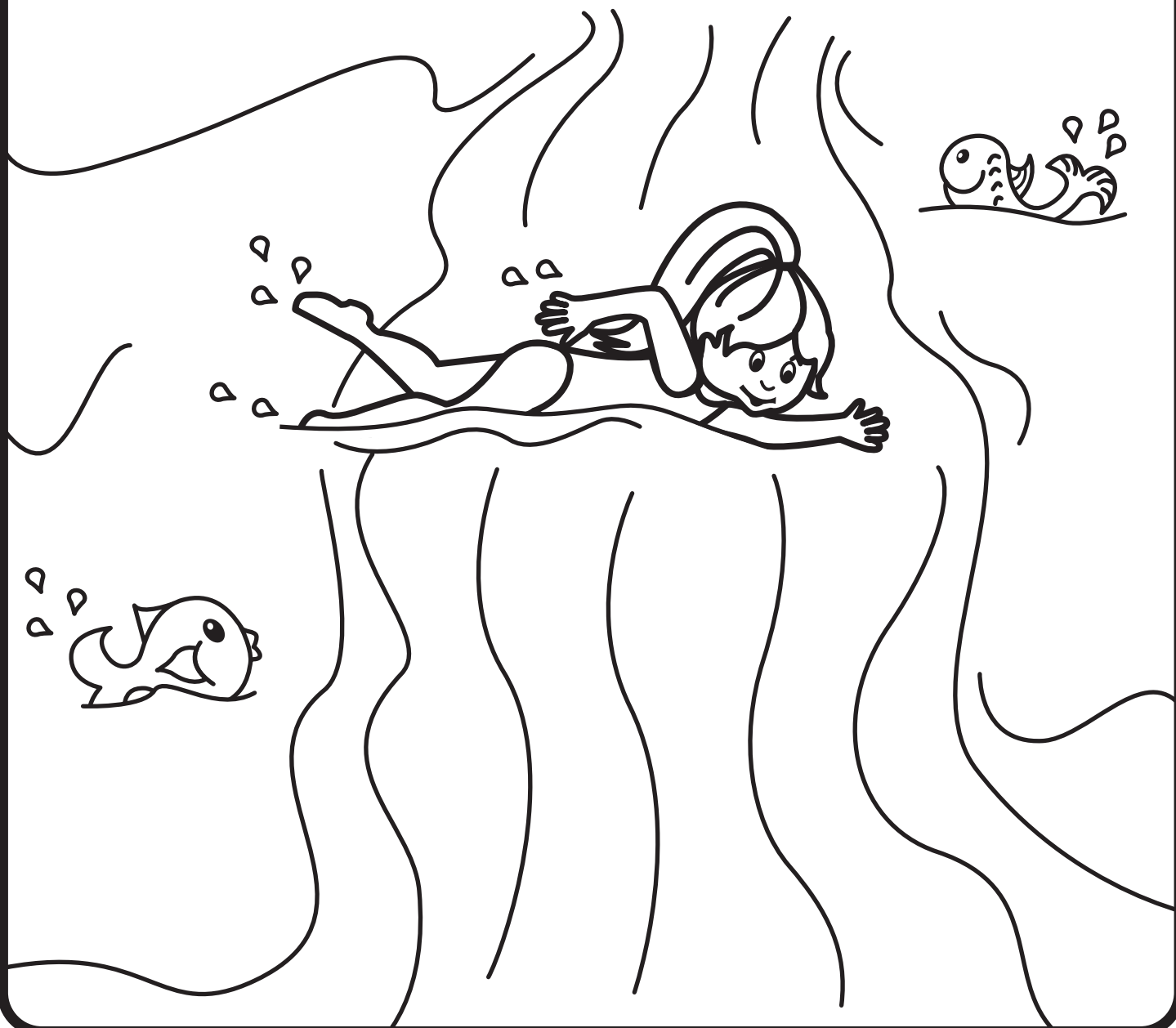
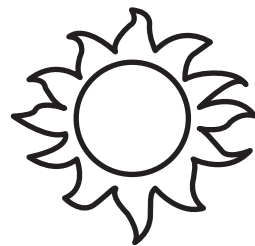
**When bodyboarding
or bodysurfing,
keep your arms out
in front and don't
forget your fins and
board leash.**



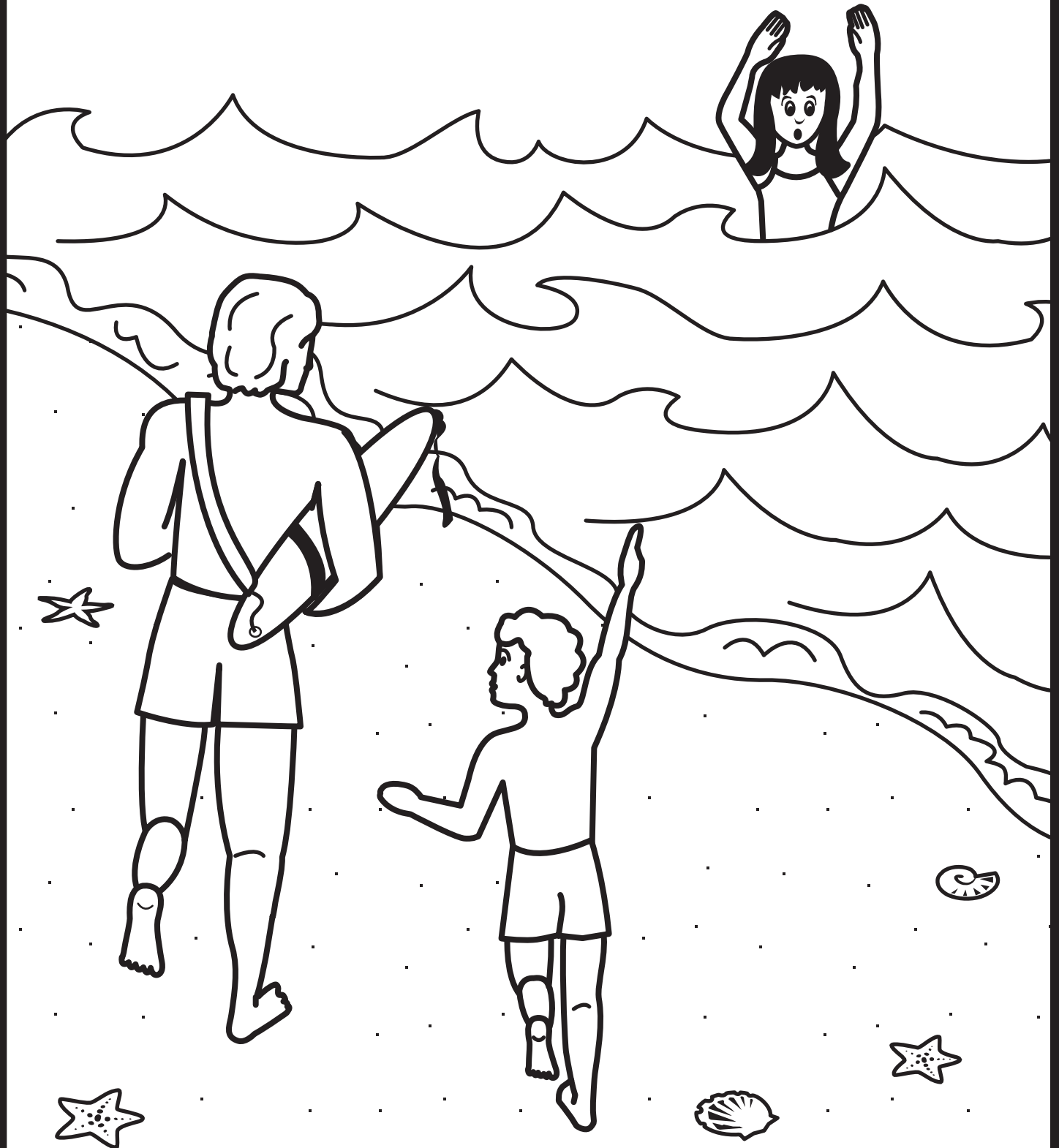
**The lifeguard is your friend.
Ask him about dangerous
water conditions. Can you find
3 danger spots in this picture?**



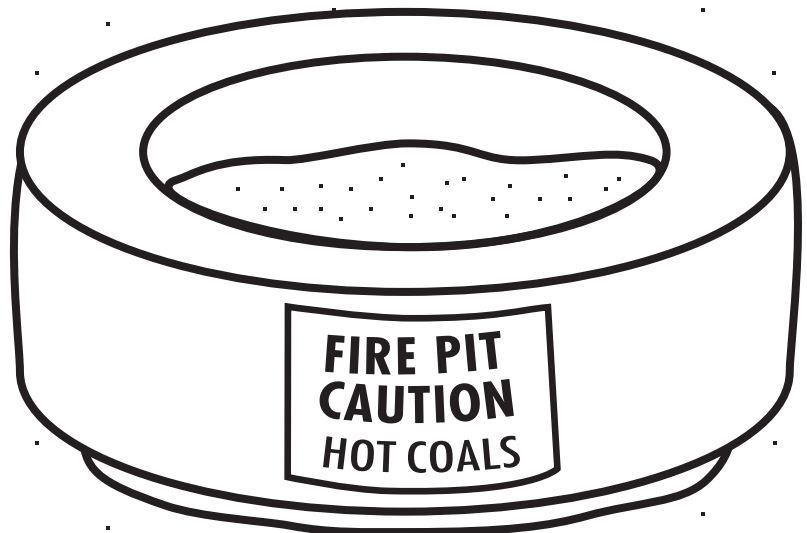
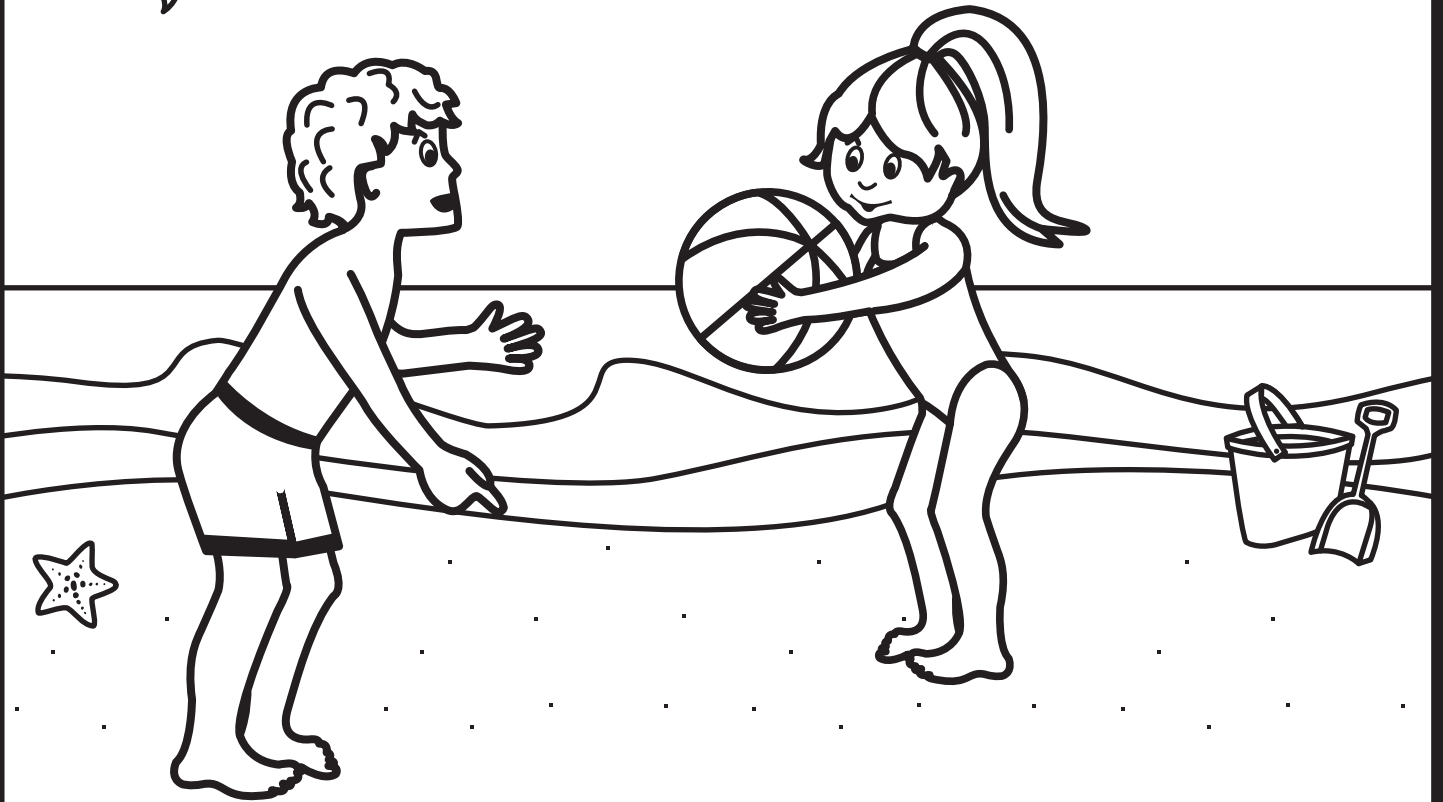
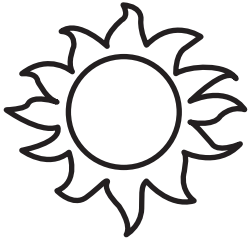
**If caught in a rip current,
swim parallel to the shore
until you are out of the current.
Then swim at an angle away
from the current toward the shore.**



**If you see someone in trouble,
tell the lifeguard right away.**



**Stay away from fire pits!
Hot coals may be
hidden under the sand,
and you could get burned.**

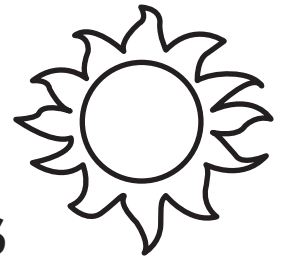
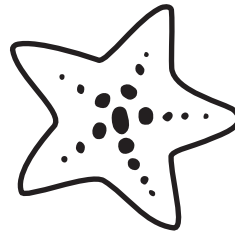
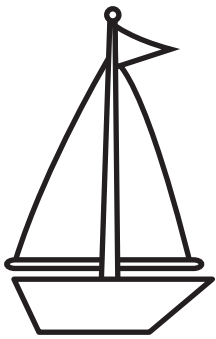


**Remember to apply sunscreen
(SPF 30 or greater) before going
outdoors and again every two hours.
Also, after playing in the water.**



Have fun at the beach!

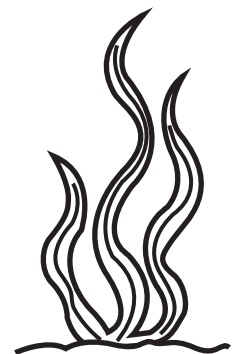
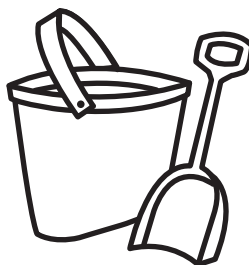
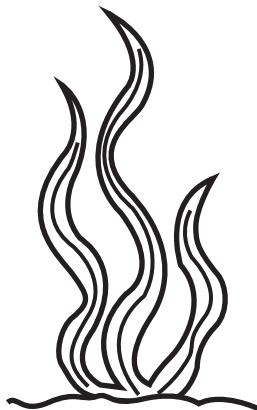




PROJECT WIPEOUT® SAFETY TIPS

By following these safety tips, you and your family can enjoy a fun and safe day at the beach.

- Learn to swim.
- Never swim alone, and always swim near a lifeguard.
- Ask the lifeguard about water conditions.
- Stay away from the big waves that crash onto the shore.
- Never dive head first into the waves. And never jump or dive into the water from a pier or rock jetty.
- Keep your arms out in front of you when bodyboarding or bodysurfing.
- If caught in a rip current, swim parallel to the shore until you are out of the current. Then swim at an angle away from the current toward the shore.
- If you are in trouble, call or wave for help. If you see someone else in trouble, tell the lifeguard right away.
- Stay away from fire pits! Hot coals may be hidden under the sand and you could get burned.
- Remember to apply sunscreen (SPF 30 or greater) before going outdoors and don't forget to reapply sunscreen every two hours or more frequently, especially if swimming.
- Never drink alcohol or use drugs - they cloud your ability to make smart decisions.



For more about Project Wipeout please call 949/764-5921 or
visit our Web site at www.hoaghospital.org/projectwipeout.html.



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