PROJECT

WIPEOUT

HOAG MEMORIAL HOSPITAL PRESBYTERIAN
NEWPORT BEACH, CALIFORNIA

Activity Book

Dear Parent/Teacher,

The beach is a wonderful place to relax and spend time with our children. Yet, there are many dangers that can turn a fun day into a tragic one. That's why Hoag Hospital created Project Wipeout in 1979.

Project Wipeout's mission is to save lives and prevent injuries at our beaches, both locally and nationwide, by developing and distributing beach safety information. To help us meet that goal, we've created this activity book containing information on everything from rip currents and sun protection to practical tips on how to avoid serious neck and spinal cord injury.

At the back of the book you will find detailed information that will help you discuss these important safety issues with your students and children.

For more information about Hoag Hospital's Project Wipeout program, please visit our website at www.hoaghospital.org/projectwipeout or call 949/764-5921.

Additional information can be found at California Surf Lifesaving Association's website www.cslsa.org and United States Lifesaving Association's website www.usla.org.

HAVE A FUN AND SAFE DAY AT THE BEACH!

PROJECT® WIPEOUT

HOAG MEMORIAL HOSPITAL PRESBYTERIAN • NEWPORT BEACH, CALIFORNIA

Hoag Memorial Hospital Presbyterian • One Hoag Drive PO Box 6100 • Newport Beach CA 92658

LEARN TO SWIM

Learning to swim is your best defense against drowning. If you cannot swim, you should not be in the water. Contact your local YMCA, community pool or check out www.swim.com for available swimming classes in your area.

GET READY 'CAUSE HERE COMES THE SUN!

The sun keeps us warm, gives us light and makes all living things grow. Our planet would not exist without the sun. But the sun also sends out harmful ultra-violet radiation (UVA and UVB rays), that can cause blistering sunburns, wrinkled skin, eye damage and even skin cancer. Keep your skin healthy by following these skin protection tips:

- Apply sunscreen 15 minutes before you go outdoors and every 2 hours. Reapply every time you get out of the water. Your sunscreen should have a **Sun Protection Factor (SPF) of 30 or higher and UVA/UVB (broad-spectrum) protection**.
- UV rays are stronger from 10:00 a.m. to 4:00 p.m. Stay out of the sun and in the shade as much as possible during this time of day.
- Wear a wide-brimmed hat that shadows your face and neck.
- Wear sunglasses that provide UVA and UVB protection.

ALWAYS SWIM NEAR A LIFEGUARD

The lifeguard is a water professional and your resource for information about oceans, lakes, rivers and pools. When you swim at a beach without lifeguard protection, your chance of drowning is 5 times greater than drowning at a beach with lifeguards. Many drownings involve people who are swimming alone. So always swim near a lifeguard and with a buddy. Then if one of you has a problem, the other may be able to help or signal for assistance.

HOW DEEP IS THE WATER?

Serious neck and spinal cord injuries and deaths occur every year when people dive headfirst into unknown water and hit their heads on the bottom. You can't tell how deep the water is or see underwater rocks or sandbars from the surface. Check ocean conditions with the lifeguard before you enter the water, then check the depth of the water with your feet first and not your head. Protect your head and neck by keeping your arms out in front of you when bodysurfing and boogie boarding.

RIP CURRENTS

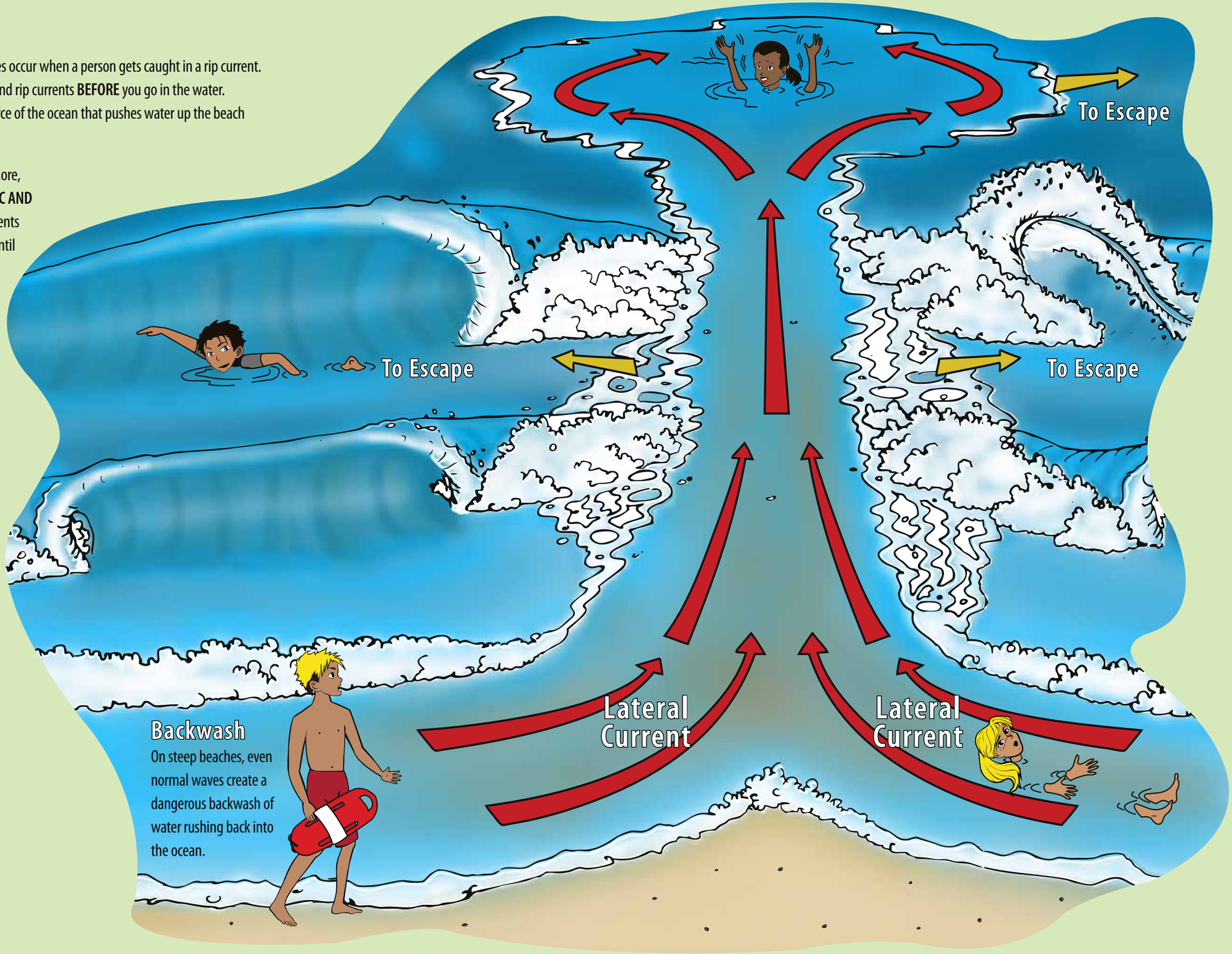
Most rescues by lifeguards at ocean beaches occur when a person gets caught in a rip current. Ask the lifeguard about ocean conditions and rip currents **BEFORE** you go in the water. Rip currents are caused by the powerful force of the ocean that pushes water up the beach and gravity that pulls the water back.

A rip current will pull you away from the shore, but it won't pull you under, so **DON'T PANIC AND DON'T FIGHT THE CURRENT**. Most rip currents are narrow, so swim parallel to the shore until you feel the current release you, then you can swim back to shore. If you cannot get out of the rip current, wave your arms and yell for help.

Rip currents are the return flow of water moving from shore back to sea. **To escape from a rip current, swim parallel to the shore until you are out of the seaward moving current.** Then, swim in. If you are having trouble, wave for help. Remember, rip currents will pull you away from the shoreline, but never under water.

Identifying Features:

1. Calm patches in the surf with waves breaking on either side
2. Rippled or criss-crossed water
3. Discolored, brownish water
4. Foamy water
5. Adjacent sand bars.



TIDEPOOLS AND CREATURES OF THE SEA

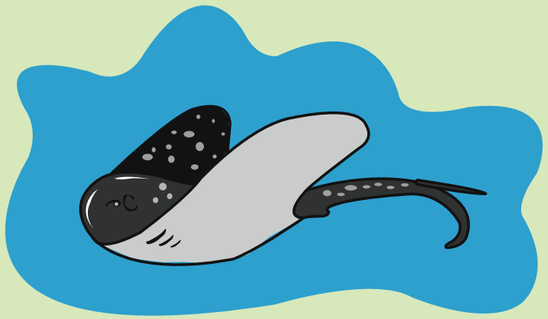
Tide pools are formed at low tide when seawater is trapped in rocks along the shore. Tide pools are very fragile ecosystems that are home to an amazing variety of plants and animals. Protect the tide pools by following these simple rules.

- Walk gently on the dry rocks only, taking care not to step on the plants or animals.
- Don't touch them, poke them with a stick or pull them from the rocks.
- Never remove animals, shells or rocks from tide pools.
- Observe them where they live.

Jellyfish and stingrays are creatures of the sea that sometimes like to swim near the shore. Both can sting you if you're not careful.

If you see a dead jellyfish on the beach, there are probably more in the water, so stay out of the water until you have checked the conditions with the lifeguard.

The stingray has a sharp, poisonous barb on its tail that it uses when it feels threatened. Scare them away and avoid stepping on a ray by shuffling your feet when you walk in shallow, sandy water. If you see a stingray, stay away.



PICNICS AND FIRE PITS

Keep our beaches safe and clean by using only plastic, aluminum and paper products on your picnics. Never take glass to the beach. Cuts are a common injury at the beach, usually caused by broken glass hidden in the sand.

Please use the trash and recycling bins. When you go home, leave nothing behind but your footprints in the sand.

Never play near a fire pit. Hot coals may be hidden under the sand. You could accidently fall in and get seriously burned. **EXTINGUISH FIRES WITH WATER, NEVER SAND.**

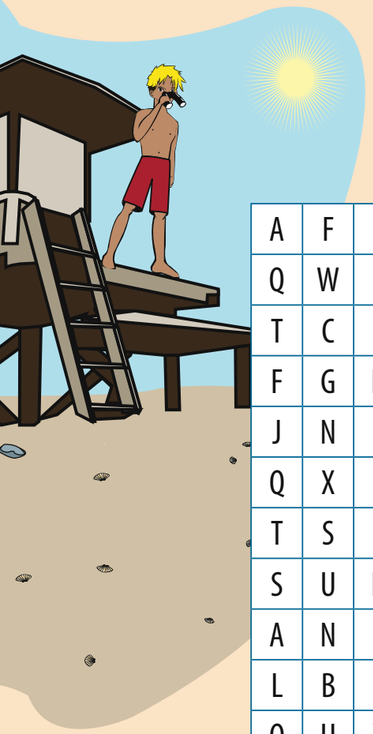
USE THE RIGHT EQUIPMENT

Use the right board for the activity and in the right size for you. Check online or with a local surf shop for advice.

Fins: Using surf fins when body surfing and boogie boarding gives you more power and helps you catch waves and get out of rip currents.

Leash your board: Always use a leash with your board. The leash attaches you to the board at your ankle or wrist. Not only will the leash keep you connected with your flotation device, but you will spend more time surfing or boogie boarding and less time swimming after your board. Buy a leash that is the exact length of your board.

Example: 6 ft. board = 6 ft. leash.

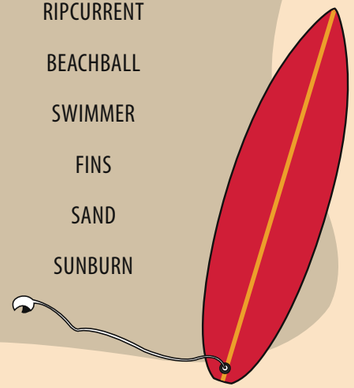


WIPEOUT WORD SEARCH

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

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

FISH	PICNIC	RIPCURRENT
SURFBOARD	LIFEGUARD	BEACHBALL
RECYCLE	FIREPIT	SWIMMER
SUNSCREEN	JELLYFISH	FINS
TIDEPOOL	BEACH	SAND
LEASH	STINGRAY	SUNBURN



BEACH PARTY

Carefully read each problem as some problems have multiple steps. Write the steps in order.

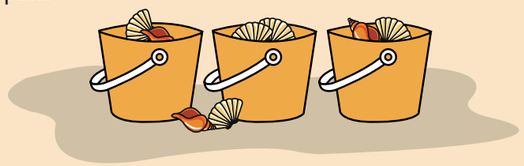
1. Tina bought sand pails for 3 of her friends. Each pail contains 5 seashells.

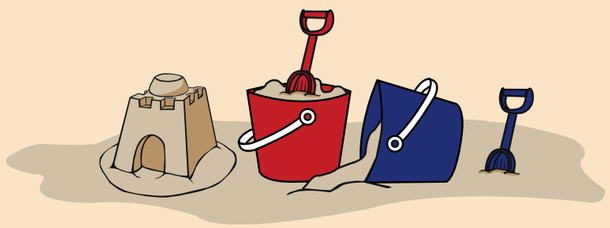
   If each seashell costs 25 cents, how much money did Tina spend?

   Step 1: _____

   Step 2: _____

   Answer: _____





2. Chloe used $\frac{1}{5}$ of her bucket of sand to build the sandcastle.

   Ramon used $\frac{6}{20}$ of his bucket of sand.

   Who used more sand?

   Step 1: _____

   Step 2: _____

   Answer: _____

3. Charlie spent 5 times more minutes surfing than Teresa.

   Teresa spent half as many minutes surfing as Ramon.

   Ramon spent 90 minutes surfing.

   Who surfed the longest?

   Step 1: _____

   Step 2: _____

   Answer: _____

A DAY AT THE BEACH

Tina, Chloe, Ramon, Charlie and Teresa are using a different beach item.
Use the clues to match the person with the item being used.

1. Tina keeps her flotation device close to her by using this item when she surfs.

2. Ramon is a lifeguard. He uses this item when he rescues swimmers from a rip current.

3. Teresa applies this every time she gets out of the water.

4. Chloe uses this item to give her more power and control when body surfing and boogie boarding.

5. Charlie keeps his arms out in front when he is using this.

CATCH THE WAVE

Charlie, Chloe, Teresa, Ramon and Tina are going surfing. Use the clues to determine the order in which each person catches a wave.

Tina is paddling right in front of Ramon

Charlie is between Teresa and Ramon

Chloe is looking ahead at Ramon who is next in line to catch the wave

Three people are paddling between Chloe and Tina

Write the order the surfers are in, waiting to catch the wave.

1st _____

2nd _____

3rd _____

4th _____

5th _____

KEEP OUR BEACHES CLEAN

Read each main idea and the sentence beneath it. Cross out the sentence that does **not** go with the main idea.

1. **Main Idea: Recycling helps us reuse things and keep our planet, and our beaches clean by reducing trash.**
   a. When you leave the beach, don't leave anything behind.
   b. It's important to separate your trash from recyclables and place them in the proper containers.
   c. Take out the trash every day.

2. **Main Idea: You can recycle aluminum cans, glass bottles and plastic bottles.**
   a. Aluminum cans and plastic bottles should be placed in recycle bins.
   b. It's ok to throw aluminum cans in the sand if you can't find a recycle bin.
   c. Aluminum cans, glass and plastic bottles can be recycled and reused in many ways.

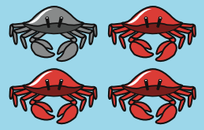
3. **Main Idea: It is not safe to take glass to the beach.**
   a. People get cut by broken glass that is hidden in the sand.
   b. Glass bottles are good for making sand castles.
   c. Never take glass to the beach.

SEA CREATURES

Change the fractions into decimals by dividing the numerator by the denominator. Use the pictures if you get stuck.

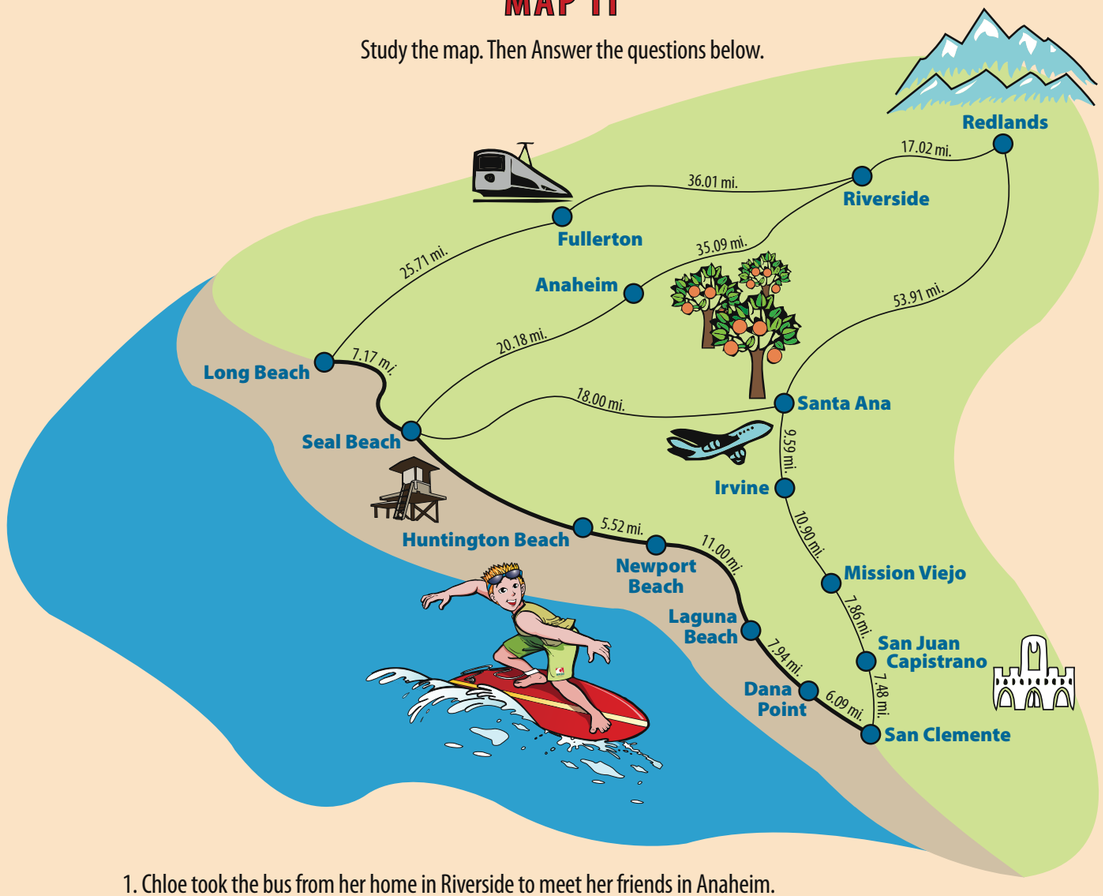
1. 
   a. What fraction of the seashells are shaded? _____
   b. Divide the numerator by the denominator.
   c. What is the decimal form of $\frac{3}{5}$? _____

2. 
   a. What fraction of the kelp are shaded? _____
   b. Divide the numerator by the denominator.
   c. What is the decimal form of $\frac{5}{10}$? _____

3. 
   a. What fraction of the crabs are shaded? _____
   b. Divide the numerator by the denominator.
   c. What is the decimal form of $\frac{1}{4}$? _____

MAP IT

Study the map. Then Answer the questions below.



1. Chloe took the bus from her home in Riverside to meet her friends in Anaheim.
   Then they took the bus to Seal Beach.
   a. How many total miles did Chloe travel? _____

2. Ramon and Charlie are going to meet in San Clemente to go surfing.
   Ramon lives in Santa Ana and Charlie lives in Huntington Beach.
   Who traveled the shortest distance round trip? _____

3. Teresa took the train to visit her aunt in Redlands. Teresa lives in Long Beach.
   On the way to her aunt's house she went through Fullerton and Riverside.
   On the way back she went through Santa Ana and Seal Beach.
   a. Which way was longer, the way there or the way back? _____
   b. How many total miles did Teresa travel? _____

SEA BUBBLE MAZE

Draw a line through the bubble maze from the crab to the sea star.

PARENT/TEACHER RESOURCE GUIDE:

Common beach injuries

Sunburn

The most common injury at the beach is sunburn. Sunburns and suntans are the result of DNA damage that can lead to skin cancer. Children are especially vulnerable as their skin is less able to protect itself from injury. According to the Skin Cancer Foundation, one blistering sunburn in childhood or adolescence more than doubles a person's risk of developing melanoma, the deadliest form of skin cancer, later in life. Protect yourself and your children from the sun's damaging ultraviolet rays by following the sun safety tips on page 2. More detailed information is available online at www.skincancer.org/sunburn.

Cuts, abrasions and fractures

Other injuries seen at the beach are cuts, abrasions and fractured or dislocated shoulders, wrists and ankles. These injuries frequently occur from improper use of sports equipment, using the wrong equipment for the activity, lack of experience of the user and risky behavior.

To avoid these injuries, familiarize yourself and your children with the your sports equipment BEFORE you go to the beach. Make sure it is appropriate for the activity, experience and size of the user.

Using a board leash keeps you connected with your flotation device and reduces the risk of cuts to you and those around you from "runaway" surfboards.

Broken glass, hidden in the sand, is a frequent cause of cuts. Never take glass to the beach. Plastic, aluminum and paper are a much safer alternative.

Fire Pit Safety

Who doesn't enjoy gathering around a warm, glowing fire on a cool summer evening? But fire pits can be dangerous, especially for children. Follow these important safety tips and reduce the risk of serious burns to you and your family.

- Never allow children or animals near a fire pit, whether in use or not. Hot coals could be buried under the sand and an accidental fall into the pit could cause severe, life-threatening burns.
- Never extinguish a fire with sand. The sand acts like an oven, allowing coals to remain red hot for 24 hours or more.
- Always have a source of water or a fire extinguisher available before you start the fire.
- Start with a small fire. This will help you determine the direction of the wind and the effect on the flame.
- Keep the area around the fire pit clean and uncluttered. Maintain a considerable distance between people, objects and the fire pit.

Drowning and near-drowning

According to the National Drowning Prevention Alliance, drowning remains the second leading cause of unintentional injury-related death for children ages one to four in the United States. For every child who dies from drowning, another four are hospitalized for near-drowning, many suffering permanent brain injury.

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. Watch your child at all times when they are near water of any kind, whether it is the ocean, a fish pond, the bathtub or a bucket.

Surviving rip currents

A rip current is a powerful current of water that flows away from shore. They can occur on any beach with breaking waves. Rip current speeds are relatively slow under most conditions but speeds can quickly increase and become dangerous to anyone entering the surf, sweeping even the strongest swimmer out to sea.

The United States Lifesaving Association estimates that rip currents account for over eighty percent of beach rescues performed by lifeguards and over 100 deaths annually at our nation's beaches.

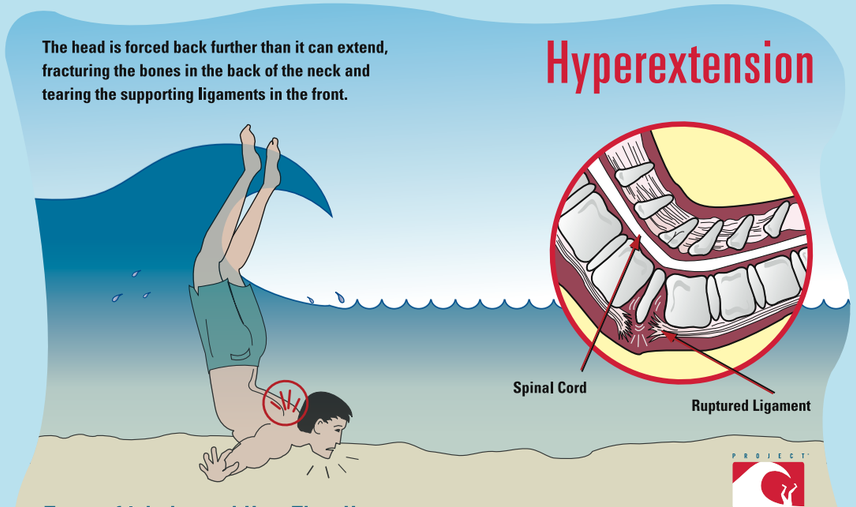
When caught

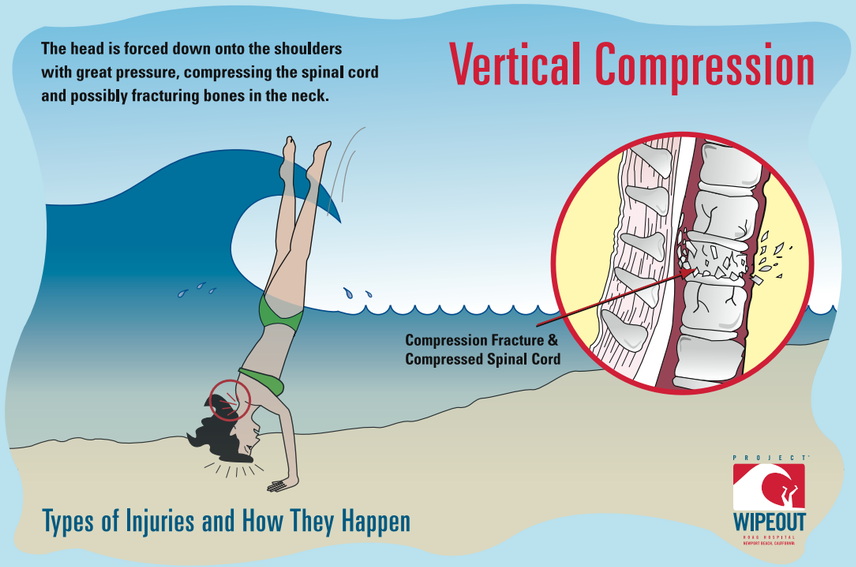
- Never swim alone.
- Whenever possible, swim at a lifeguard protected beach.
- Be cautious at all times, especially when swimming at unguarded beaches. If in doubt, don't go out!
- Obey all instructions and orders from lifeguards.
- If caught in a rip current, remain calm to conserve energy and think clearly.
- Don't fight the current. Swim out of the current in a direction following the shoreline. When out of the current, swim towards shore.
- If you are unable to swim out of the rip current, float or calmly tread water. When out of the current, swim towards shore.
- If you are still unable to reach shore, draw attention to yourself: face the shore, wave your arms, and yell for help.
- If you see someone in trouble, get help from a lifeguard. If a lifeguard is not available, have someone call 9-1-1. Throw the rip current victim something that floats and yell instructions on how to escape. Remember, many people drown while trying to save someone else from a rip current.

Neck and spinal cord injuries

The National Spinal Cord Injury Statistical Center estimates that 12,000 people suffer a spinal cord injury each year. Approximately 8% are suffered during a recreational sporting activity.

Spinal cord injuries occur at our nation's beaches every year, usually as the result of diving headfirst into the water or being tumbled in the waves by the tremendous force of the ocean. These injuries can result in complete or partial paralysis or even death.





WIPEOUT WORD SEARCH page 8

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

BEACH PARTY page 9

1. Step 1: Find out how many seashells Tina bought. 3 x 5 = 15
   Step 2: Multiply the total number of seashells by the cost of one. 15 x 25¢ = $3.75
   Answer: Tina spent $3.75

2. Step 1: Make equivalent fractions. 15 x 44 = 420.
   Step 2: Compare Chloe's fraction to Ramon's fraction. Chloe = 420. Ramon = 620.
   Answer: Ramon used more sand.

3. Step 1: Find out how many minutes Teresa surfed. 90 ÷ 2 = 45
   Step 2: Find out how many minutes Charlie surfed. 45 x 5 = 225
   Step 3: Compare Teresa's, Ramon's and Charlie's minutes.
   Teresa = 45, Ramon = 90, Charlie = 225.
   Answer: Charlie surfed the longest.

A DAY AT THE BEACH page 10

1. Leash
2. Rescue Buoy
3. Sunscreen
4. Fins
5. Boogie Board

CATCH THE WAVE page 10

Tina is first, Ramon is second, Charlie is third, Teresa is fourth and Chloe is fifth.

KEEP OUR BEACHES CLEAN page 11

1. c
2. b
3. b

SEA CREATURES page 11

1. a. 3 out of 5 shells are shaded = $\frac{3}{5}$
   c. To turn $\frac{3}{5}$ into a decimal add a decimal point and a zero after the numerator and divide by the denominator using long division. Include the decimal in your answer. (0.6)

2. a. 5 out of 10 pieces of kelp are shaded = $\frac{5}{10}$
   c. To turn $\frac{5}{10}$ into a decimal add a decimal point and a zero after the numerator and divide by the denominator using long division. Include the decimal in your answer. (0.5)

3. a. 1 out of 4 crabs are shaded = $\frac{1}{4}$
   c. To turn $\frac{1}{4}$ into a decimal add a decimal point and a zero after the numerator and divide by the denominator using long division. Include the decimal in your answer. (0.25)

MAP IT page 12

1. Riverside to Anaheim = 35.09 mi.
   Anaheim to Seal Beach = 20.18 mi.
   Total miles traveled = 55.27 mi.

2. Ramon's trip:
   Santa Ana to Irvine = 9.59 mi.
   Irvine to Mission Viejo = 10.90 mi.
   Mission Viejo to San Juan Capistrano = 7.86 mi.
   San Juan Capistrano to San Clemente = 7.48 mi.
   Total miles one way = 35.83 miles
   Round trip = 71.66 miles

   Charlie's trip:
   Huntington Beach to Newport Beach = 5.52 mi.
   Newport Beach to Laguna Beach = 11.00
   Laguna Beach to Dana Point = 7.94
   Dana Point to San Clemente = 6.09
   Total miles one way = 30.55
   Round trip = 61.10 miles

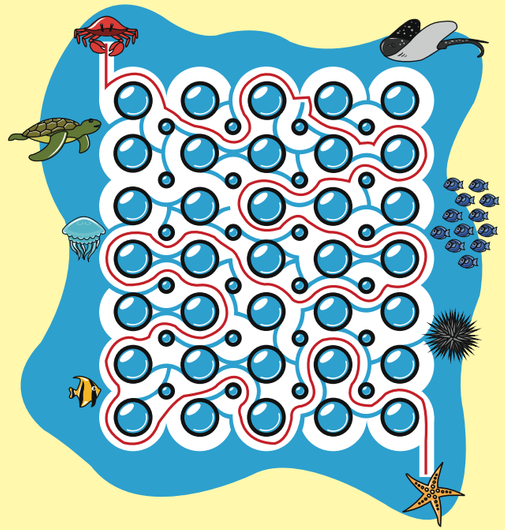
   Answer: Charlie's trip was shorter by 10.56 miles

3. Long Beach to Fullerton = 25.71mi.
   Fullerton to Riverside = 36.01 mi.
   Riverside to Redlands = 17.02 mi.
   Total miles traveled to destination = 78.74 mi.

   Redlands to Santa Ana = 53.91 mi.
   Santa Ana to Seal Beach = 18.00 mi.
   Seal Beach to Long Beach = 7.17 mi.

   Total miles traveled home = 79.08 mi.
   The trip home was longer than the trip to Redlands.
   Teresa traveled a total of 157.82 miles.

SEA BUBBLE MAZE page 13



PROJECT WIPEOUT® BEACH SAFETY TIPS

Reduce the risk of neck and spinal cord injury for you and your family by following these Project Wipeout® Beach Safety Tips.

- Learn to swim.
- Never swim alone. Always swim with a buddy and near a lifeguard.
- Never dive headfirst into the water from the beach, a pier or even your surfboard. Sandbars cannot be seen from the surface and the water may be too shallow.
- Stay out of the "surf zone" where the waves break at the shoreline. Waves are strongest here and even a small wave can lift you up and throw you headfirst into the sand.
- When bodysurfing or boogie boarding, keep your arms out in front of you to protect your head and neck.

PROJECT® WIPEOUT

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04/10-FP-25M-EA-AW | 9067-1