

P R O J E C T[®]

WIPEOUT

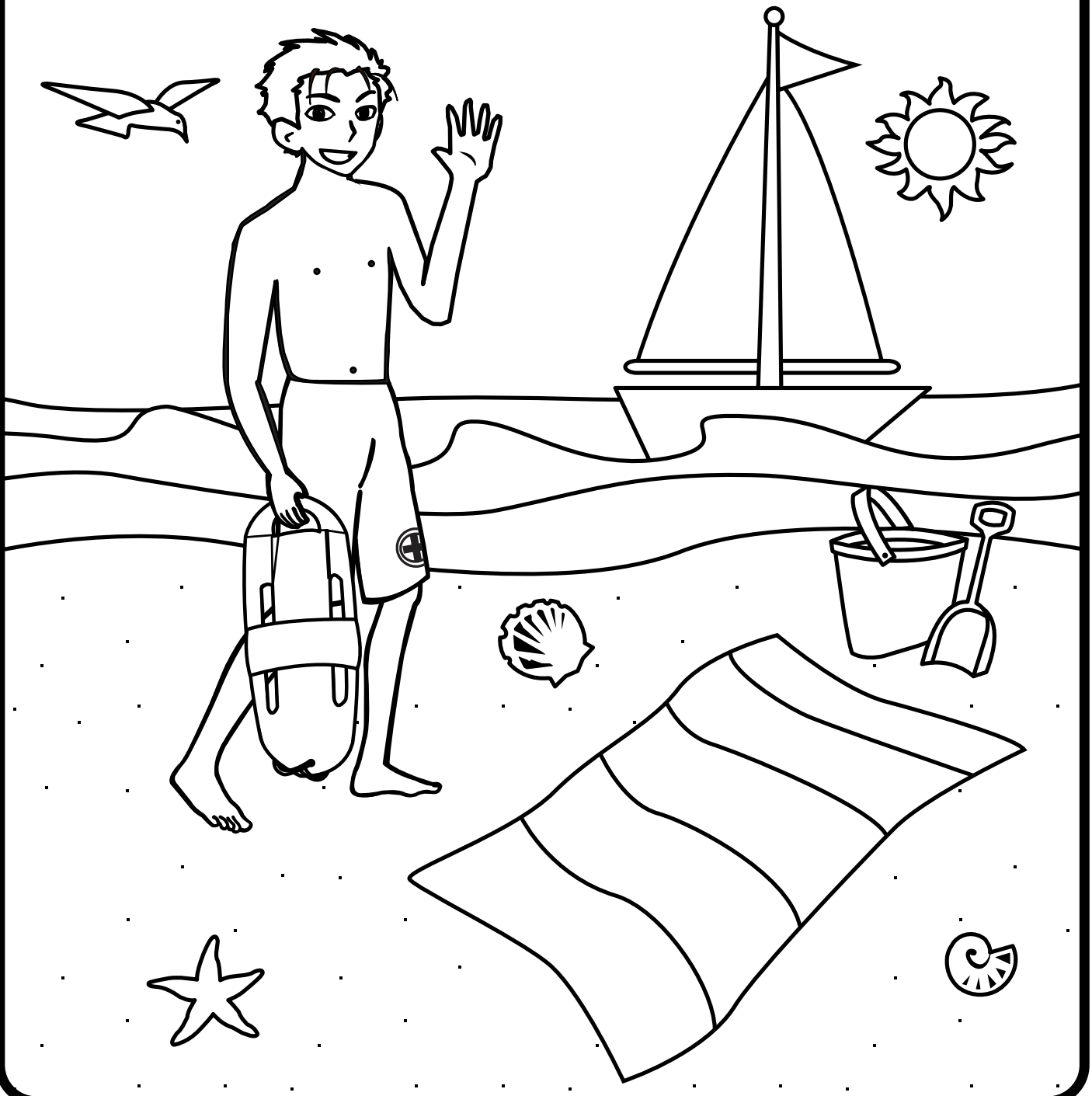
H O A G M E M O R I A L H O S P I T A L P R E S B Y T E R I A N



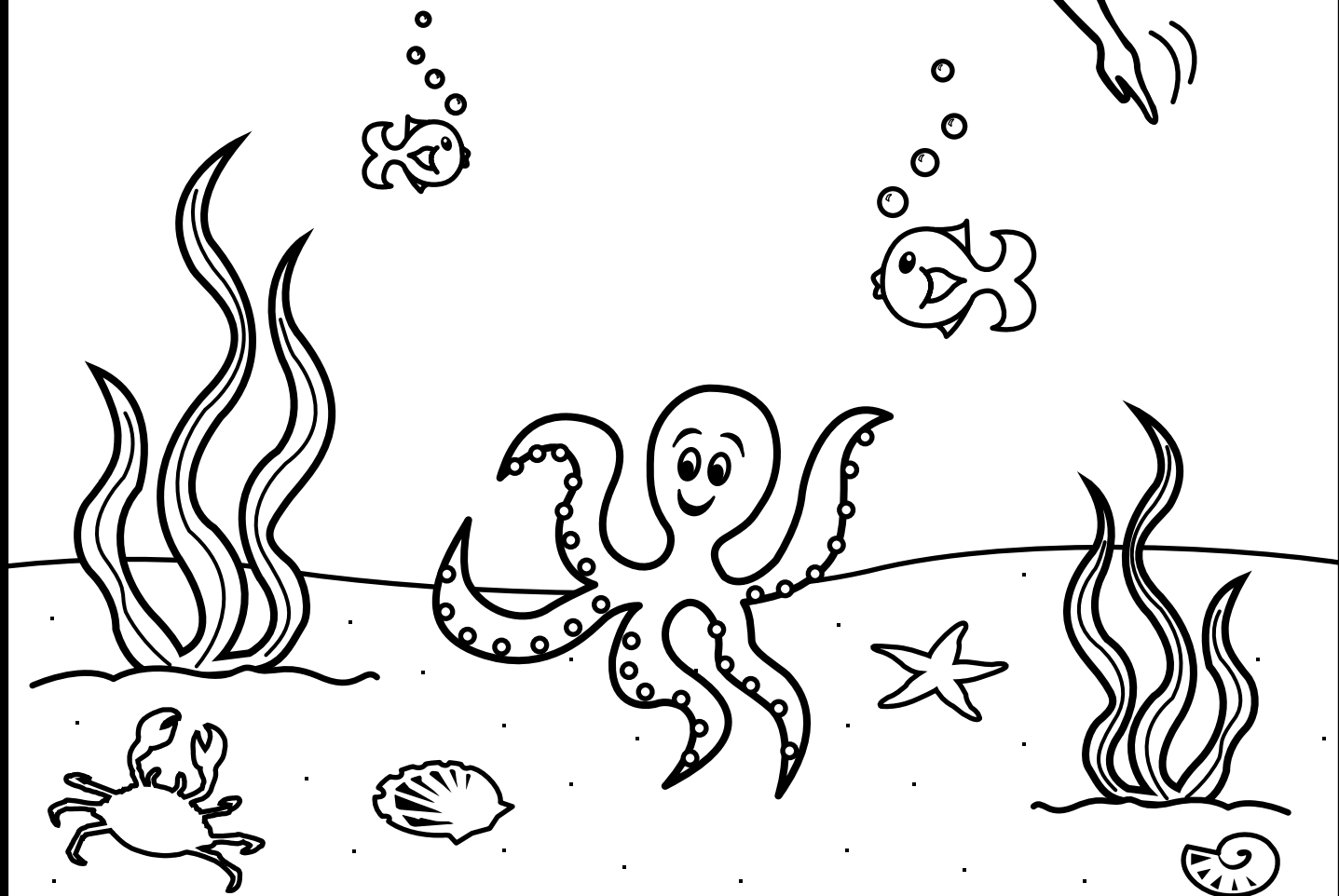
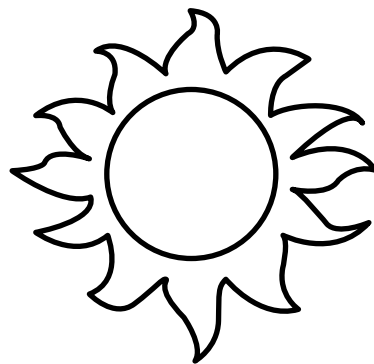
COLORING BOOK

**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.**

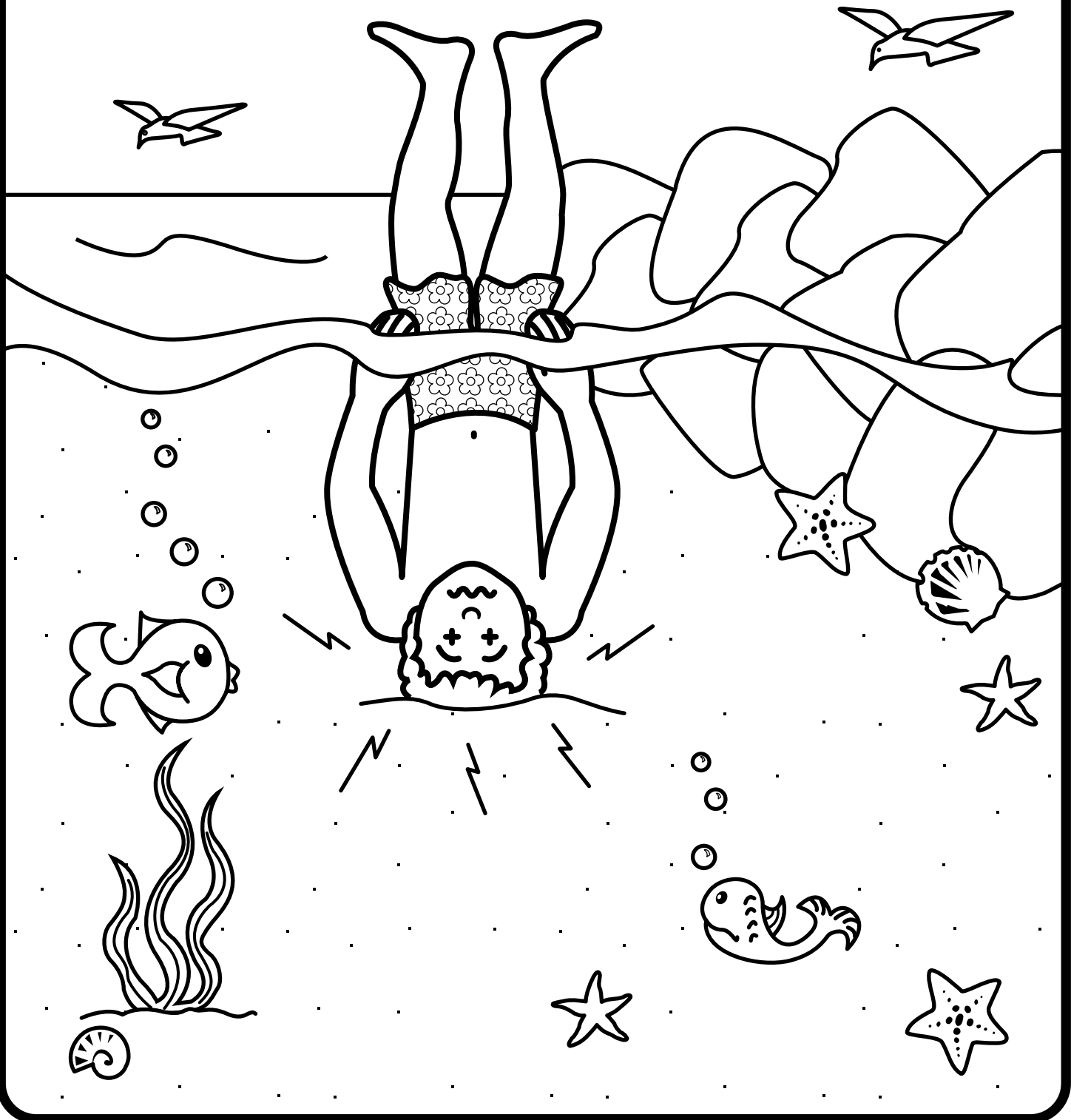


Always swim with a friend and stay near a lifeguard. They keep you safe.

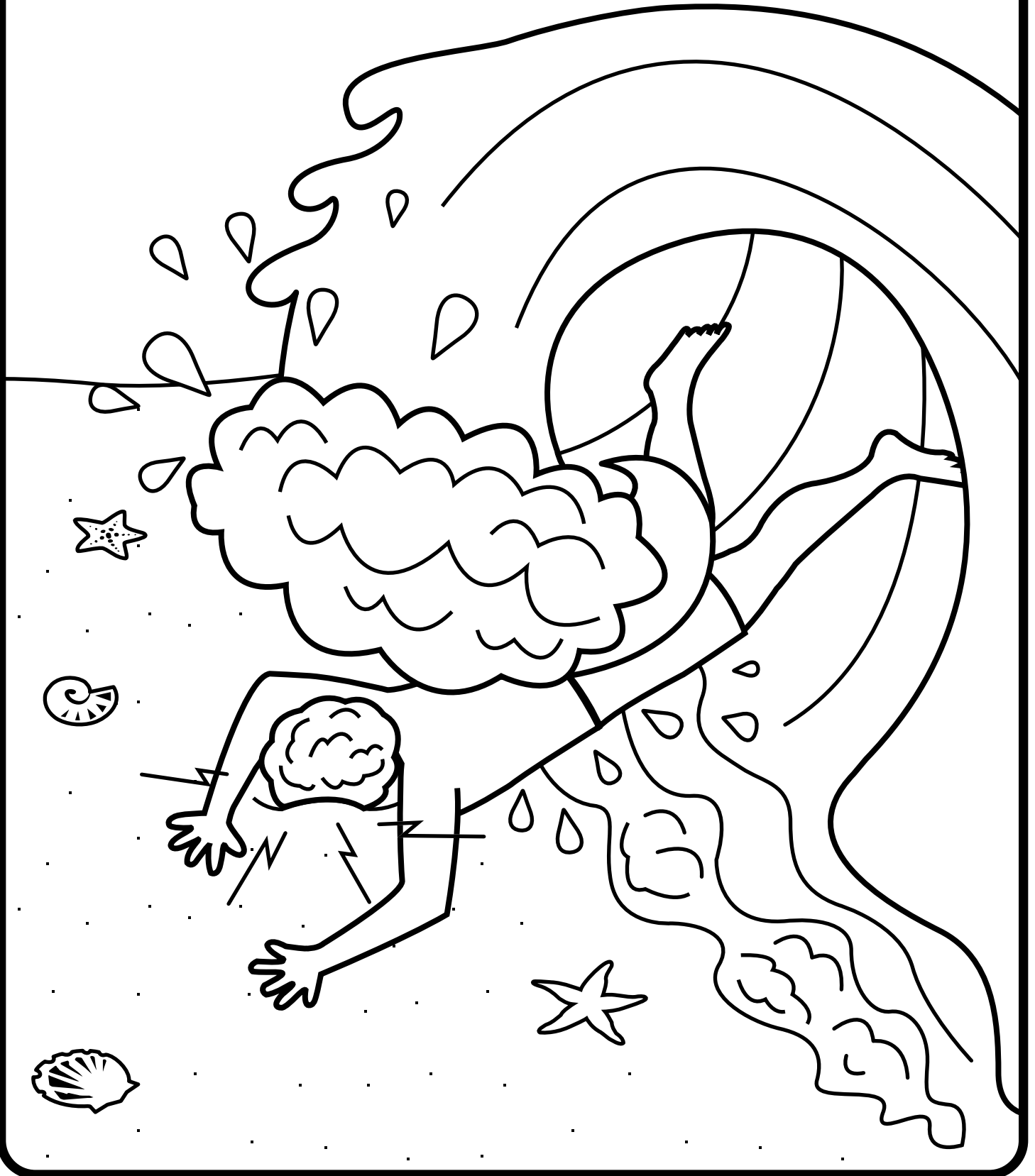


**Never dive head first into the water!
The water isn't as deep as it looks.**

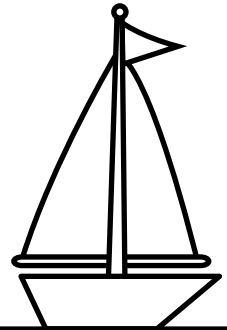
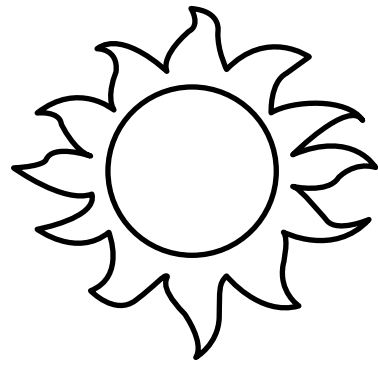
**And never dive off of piers,
rock jetties or surfboards.**



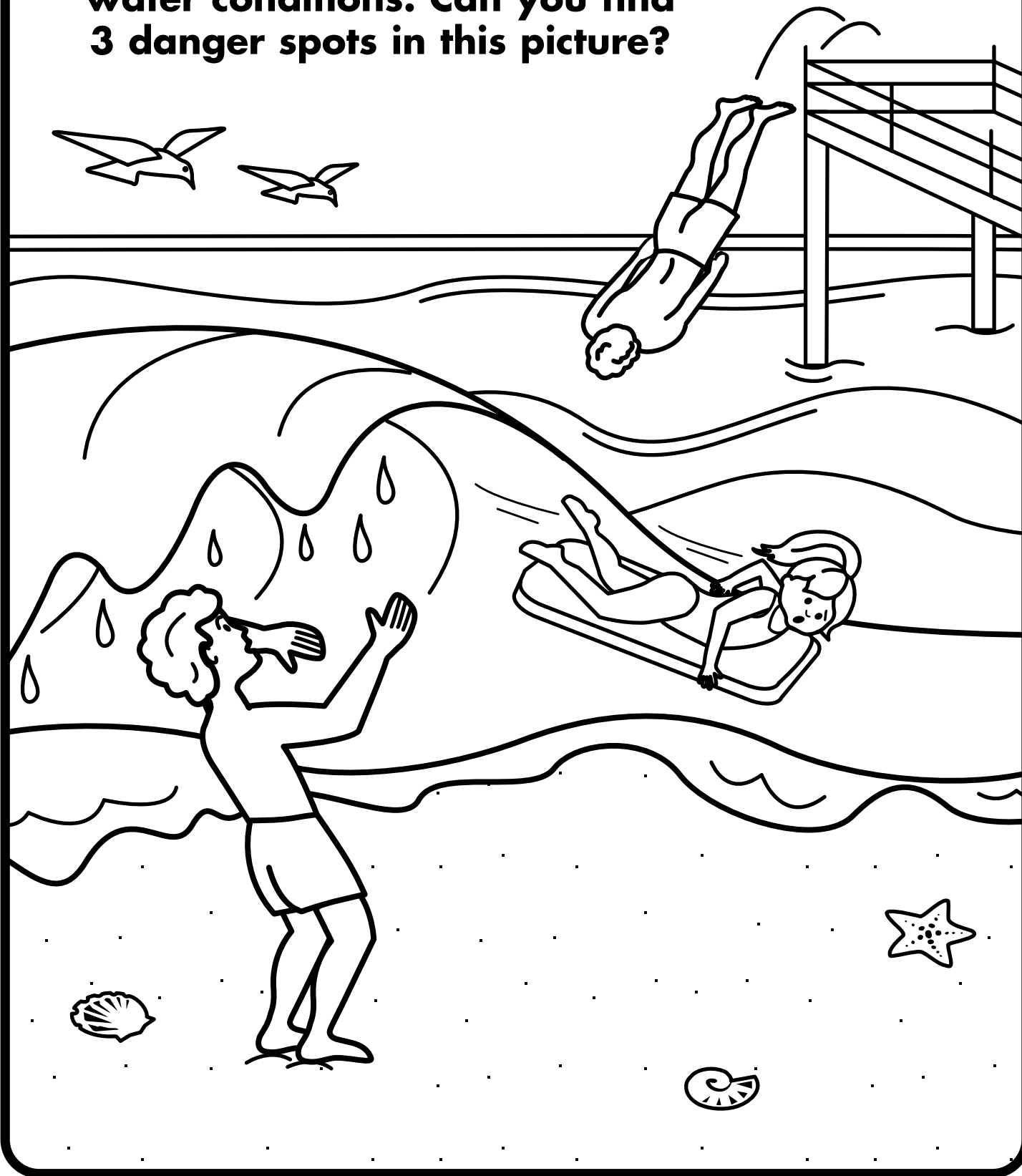
**Stay away from the big waves
that crash onto the shore.
They can hurt you.**



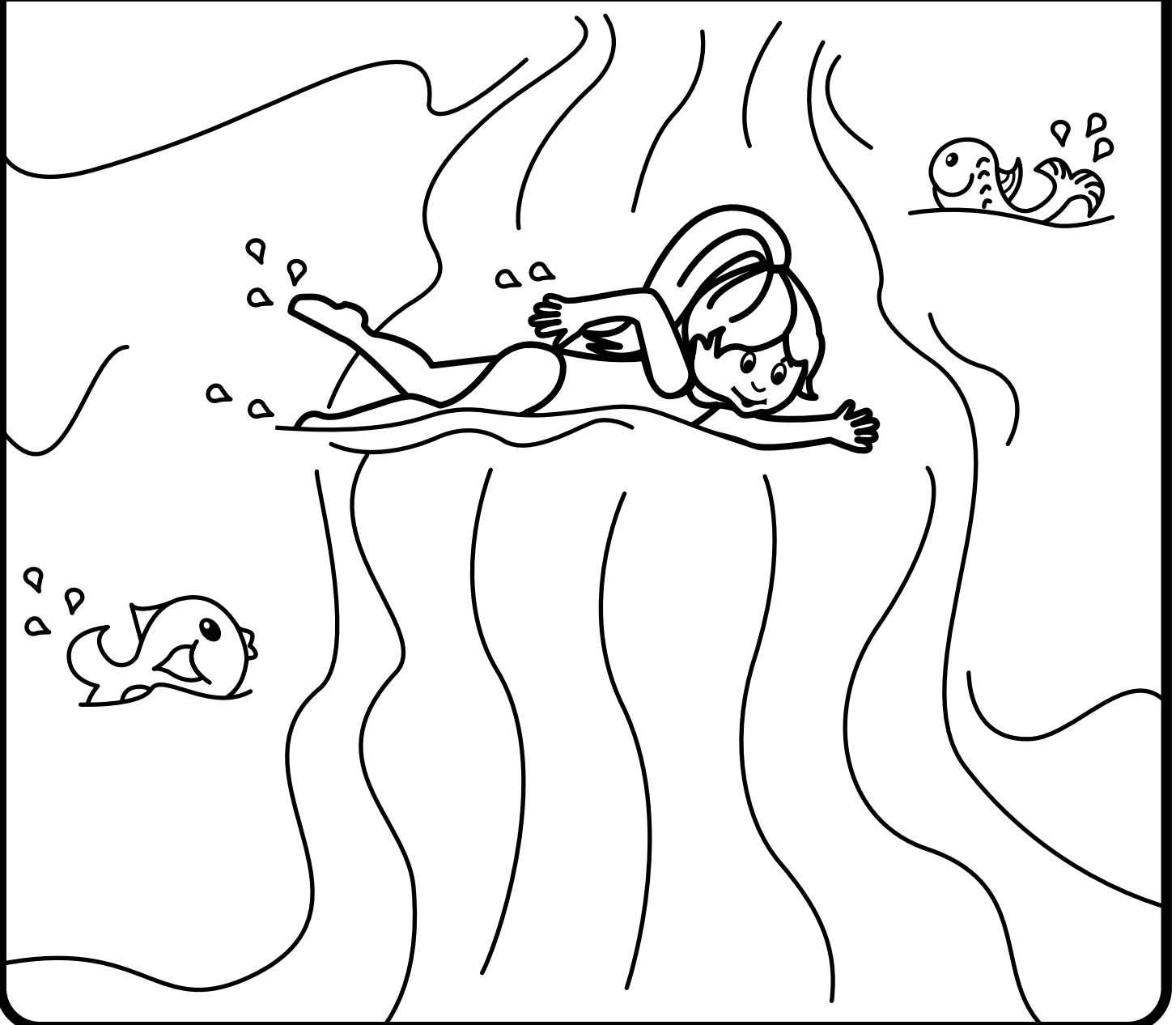
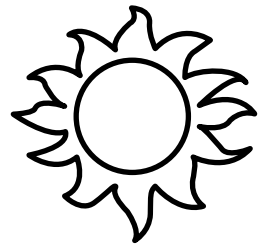
**When bodyboarding
or bodysurfing,
keep your arms out
in front and don't
forget your fins and
board leash.**



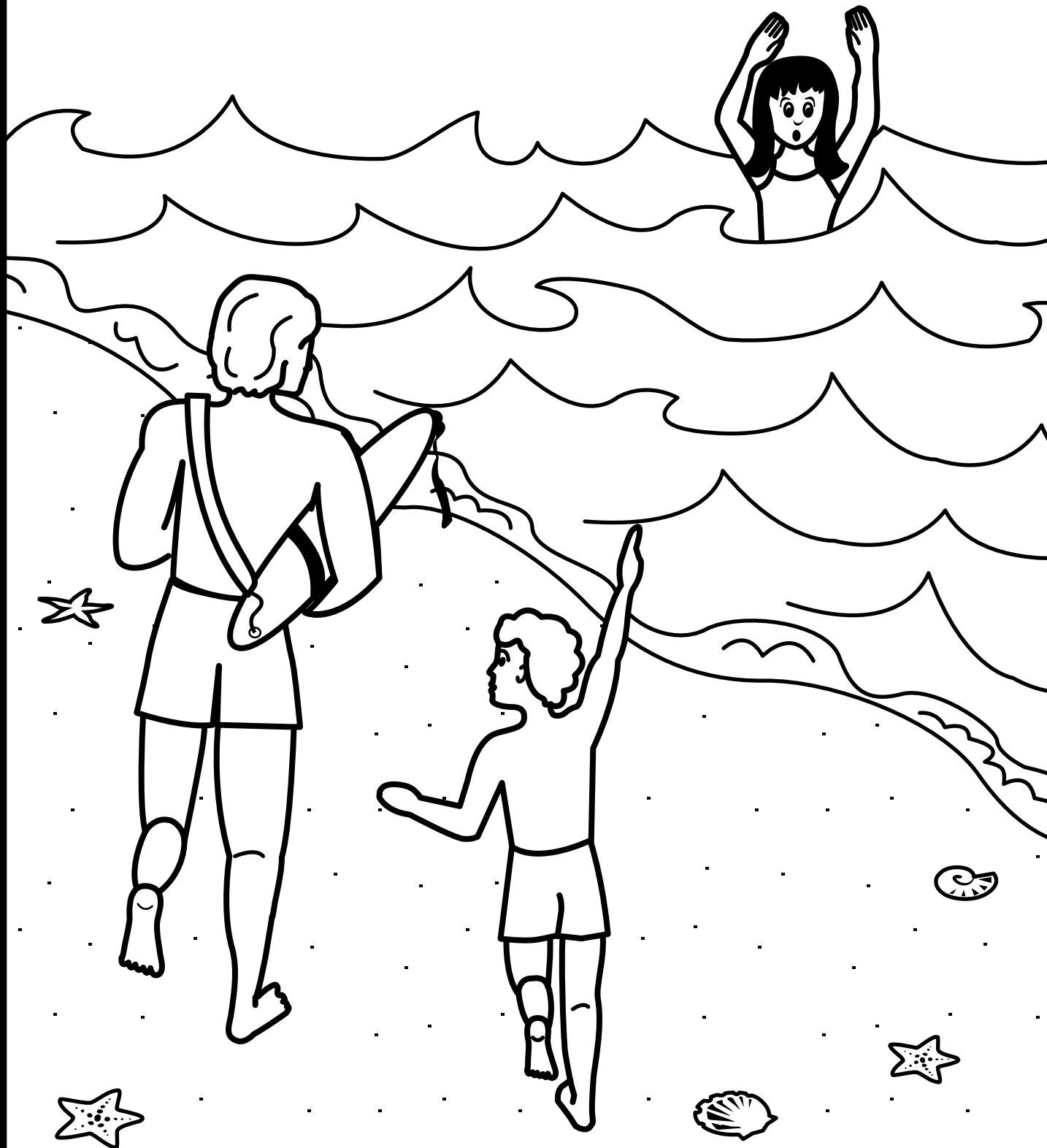
**Lifeguards are your friends.
Ask them about dangerous
water conditions. Can you find
3 danger spots in this picture?**



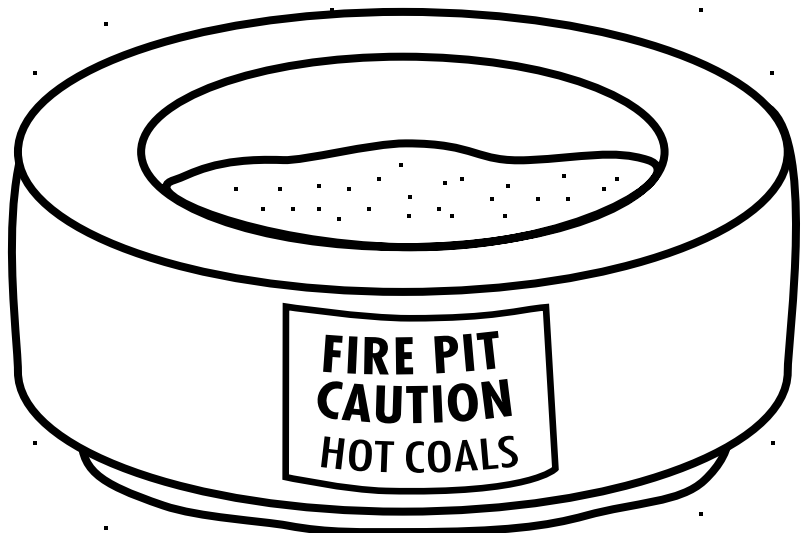
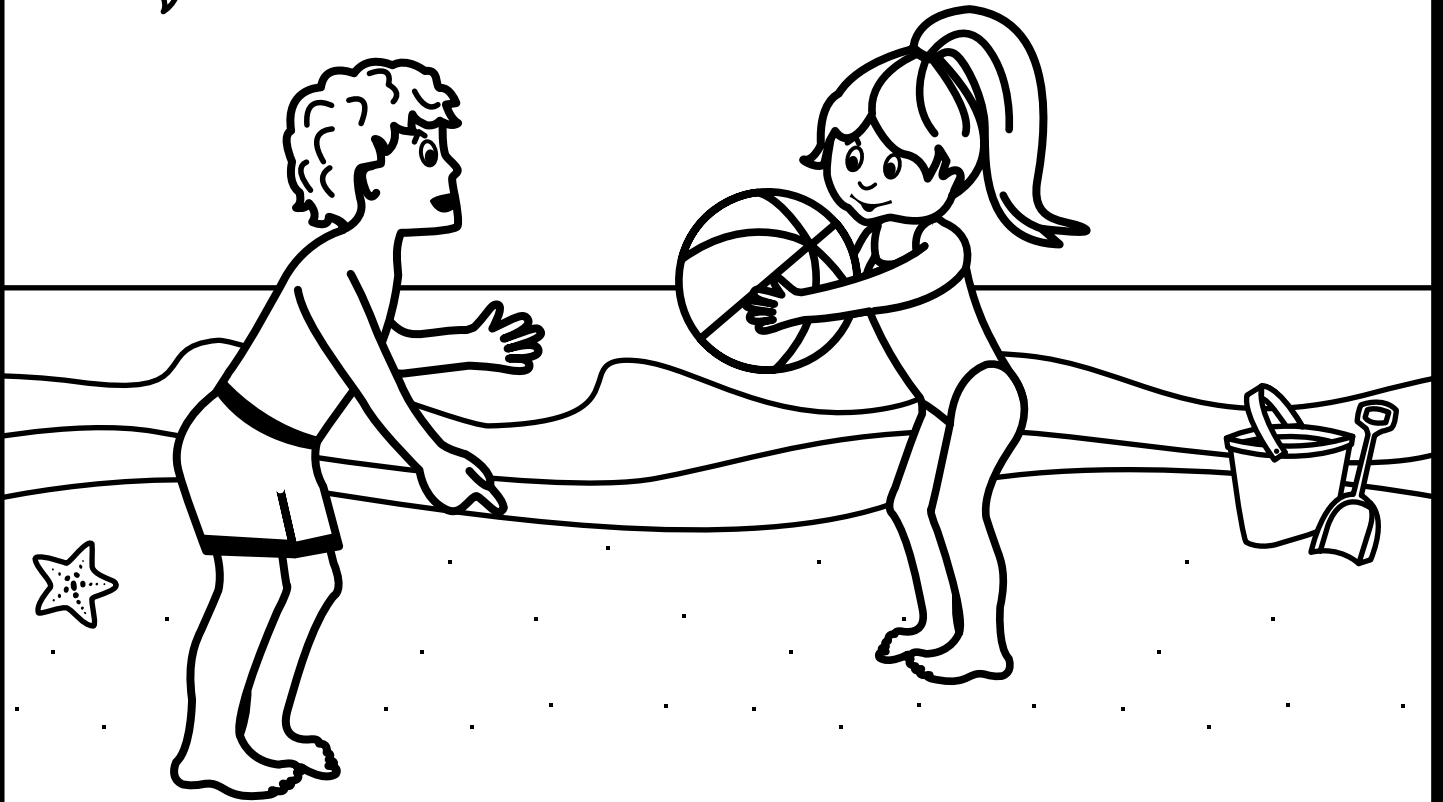
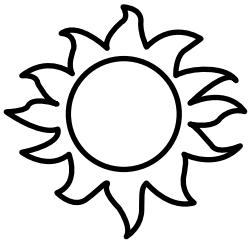
**If caught in a rip current,
swim parallel to the shore
until you are out of the current.
Then swim at an angle away
from the current toward the shore.**



**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.**

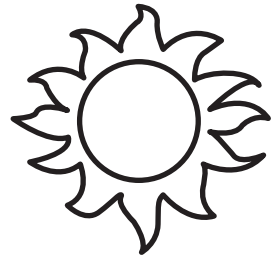
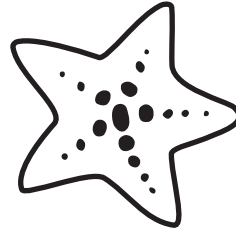
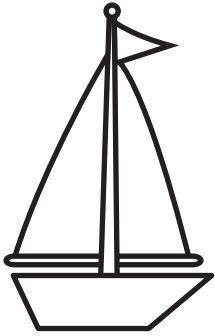


**Remember to apply sunscreen
(SPF 30 or greater) before going
outdoors and again every two hours.
Also, after playing in the water.**



Have fun at the beach!

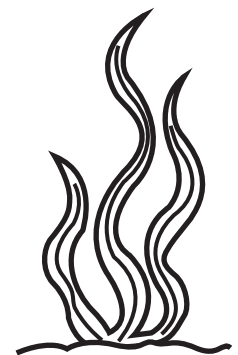
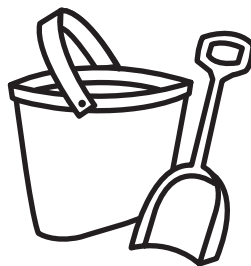
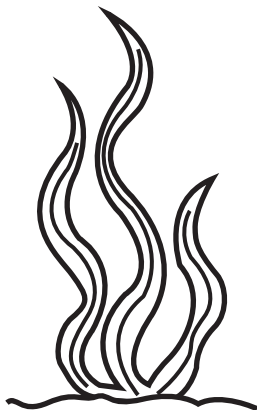
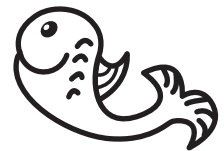




PROJECT WIPEOUT® SAFETY TIPS

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 before you go in.
- 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.





For more about Project Wipeout please call 949/764-5501 or
visit our Web site at www.hoag.org/projectwipeout

Printing made possible by a grant from the SIMA Humanitarian Fund. Project Wipeout thanks
the SIMA Humanitarian Fund Board of Directors and their donors for helping to spread the word
about beach safety.