

P R O J E C T[®]

WIPEOUT

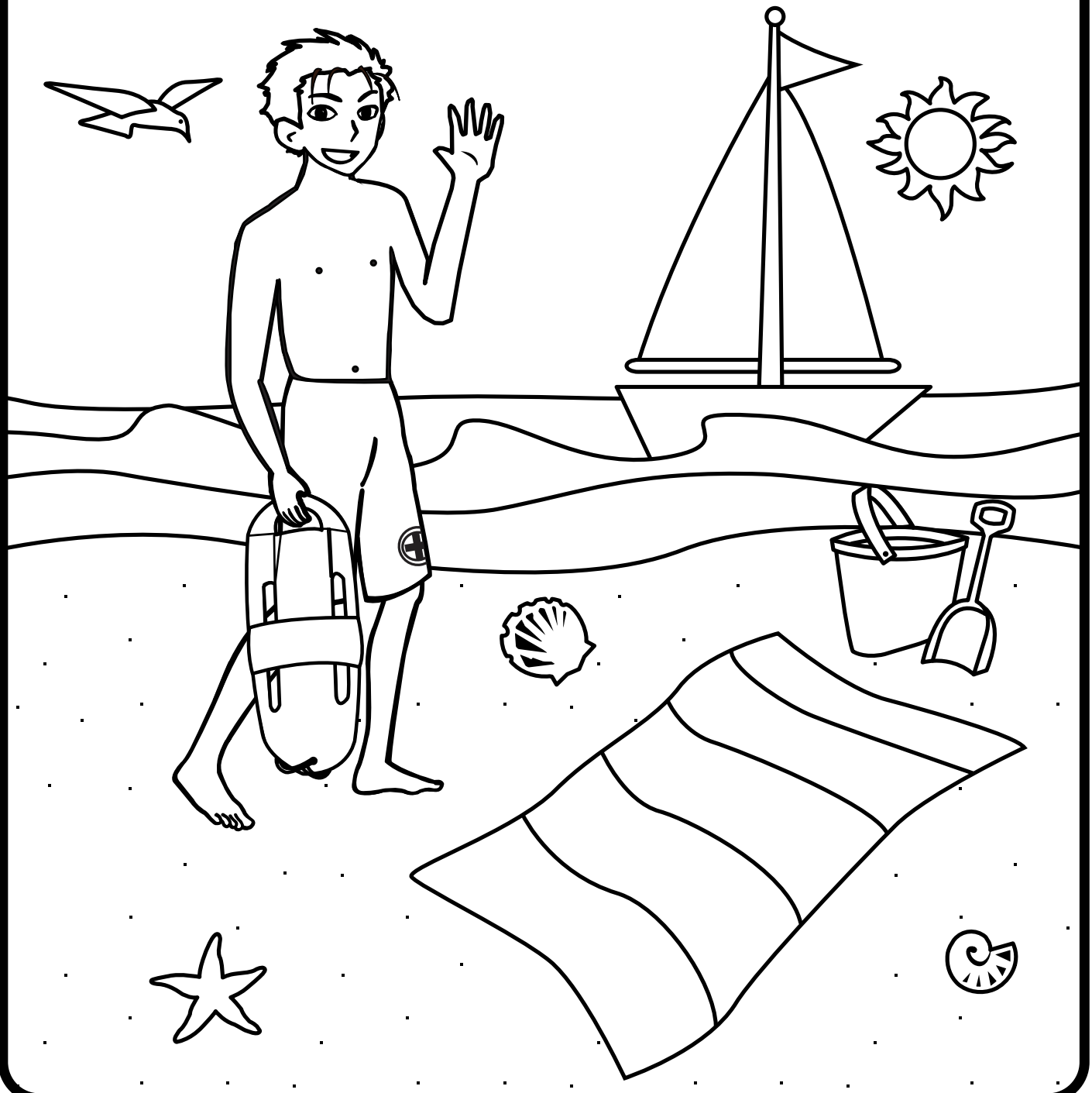
H O A G M E M O R I A L H O S P I T A L P R E S B Y T E R I A N



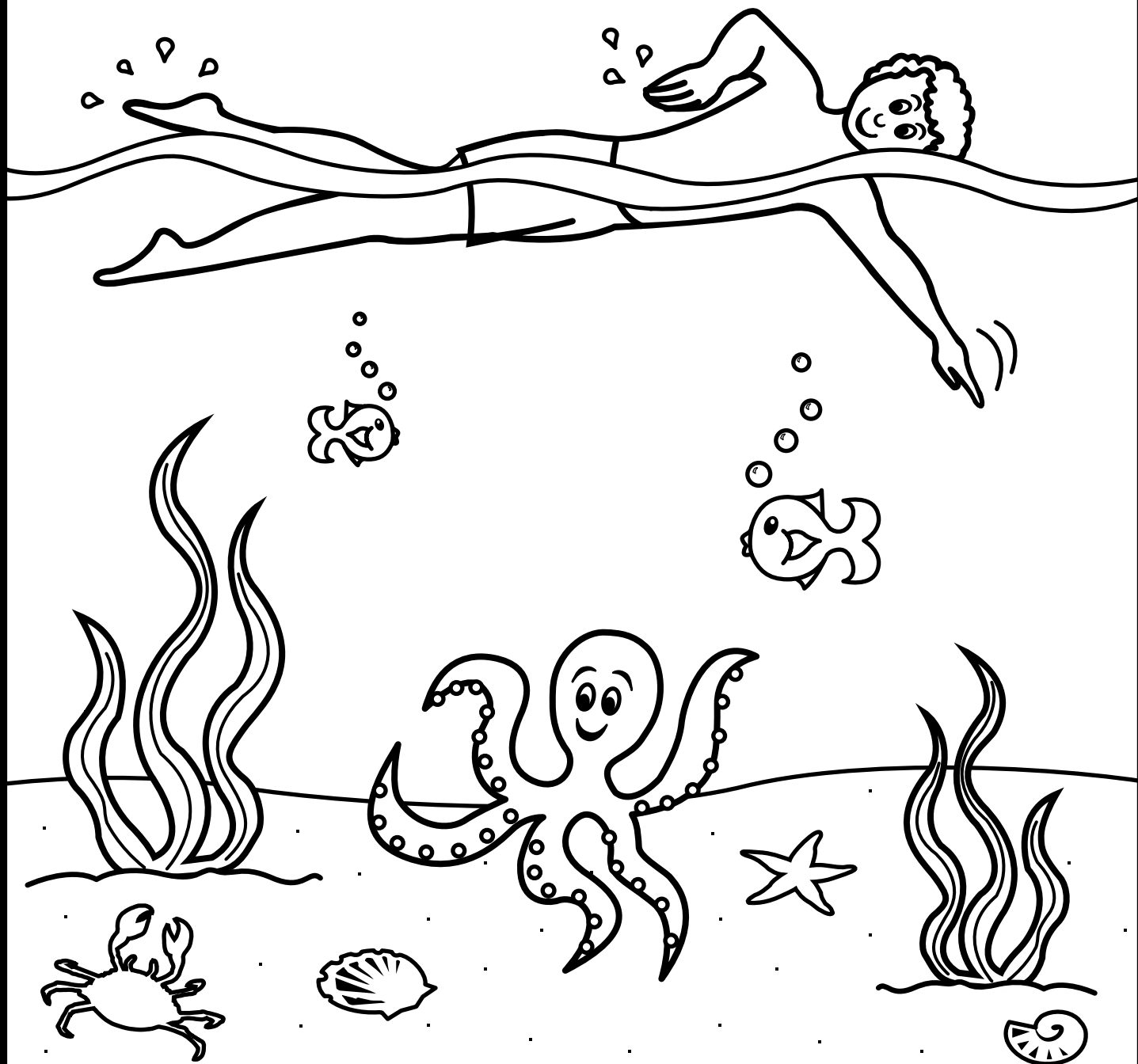
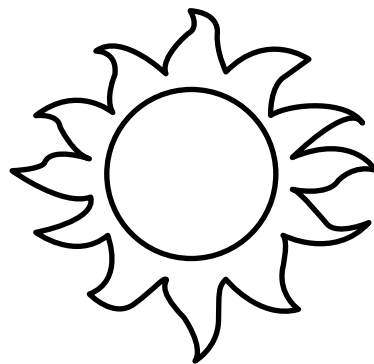
COLORING BOOK

**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.

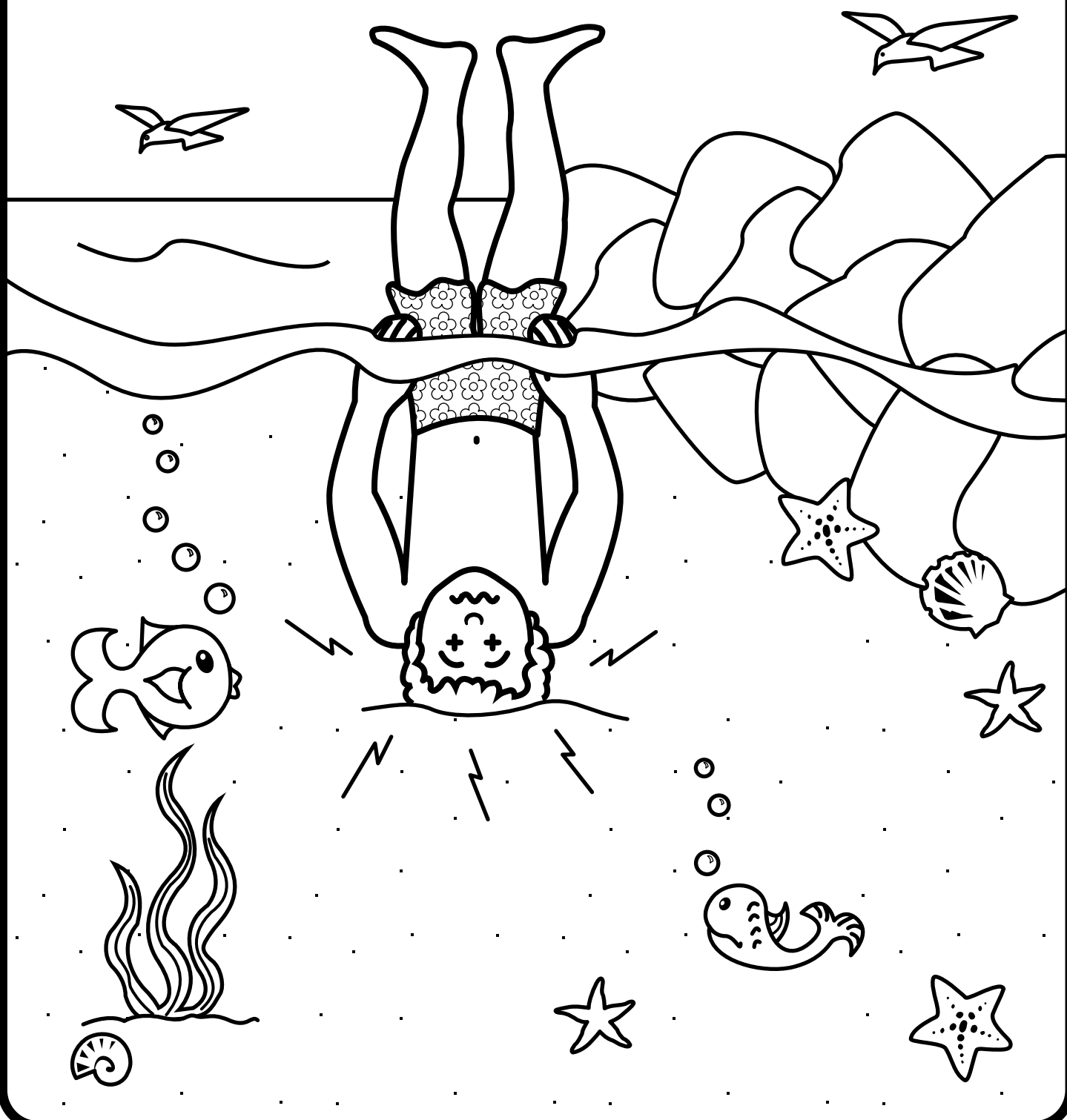


Always swim with a friend and stay near a lifeguard. They keep you safe.



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

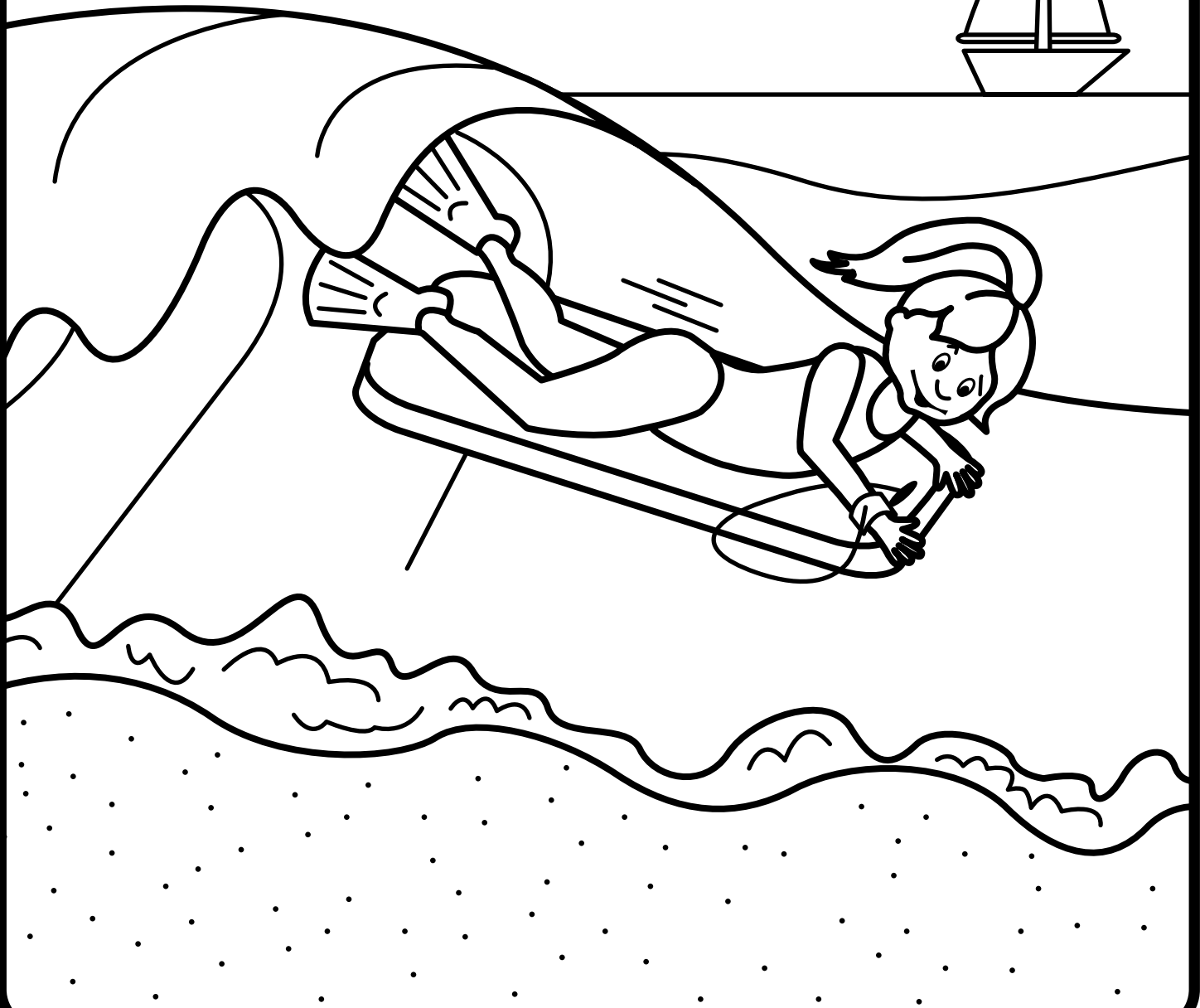
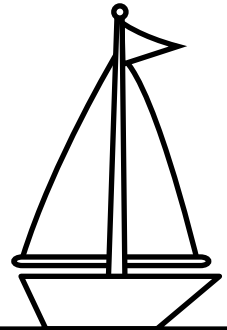
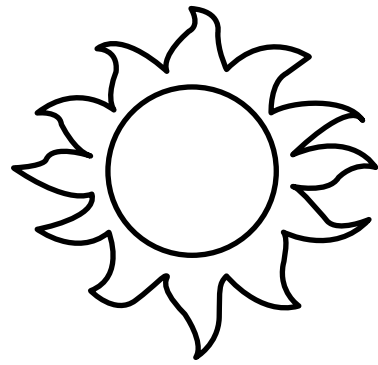
**And never dive off of piers,
rock jetties or surfboards.**



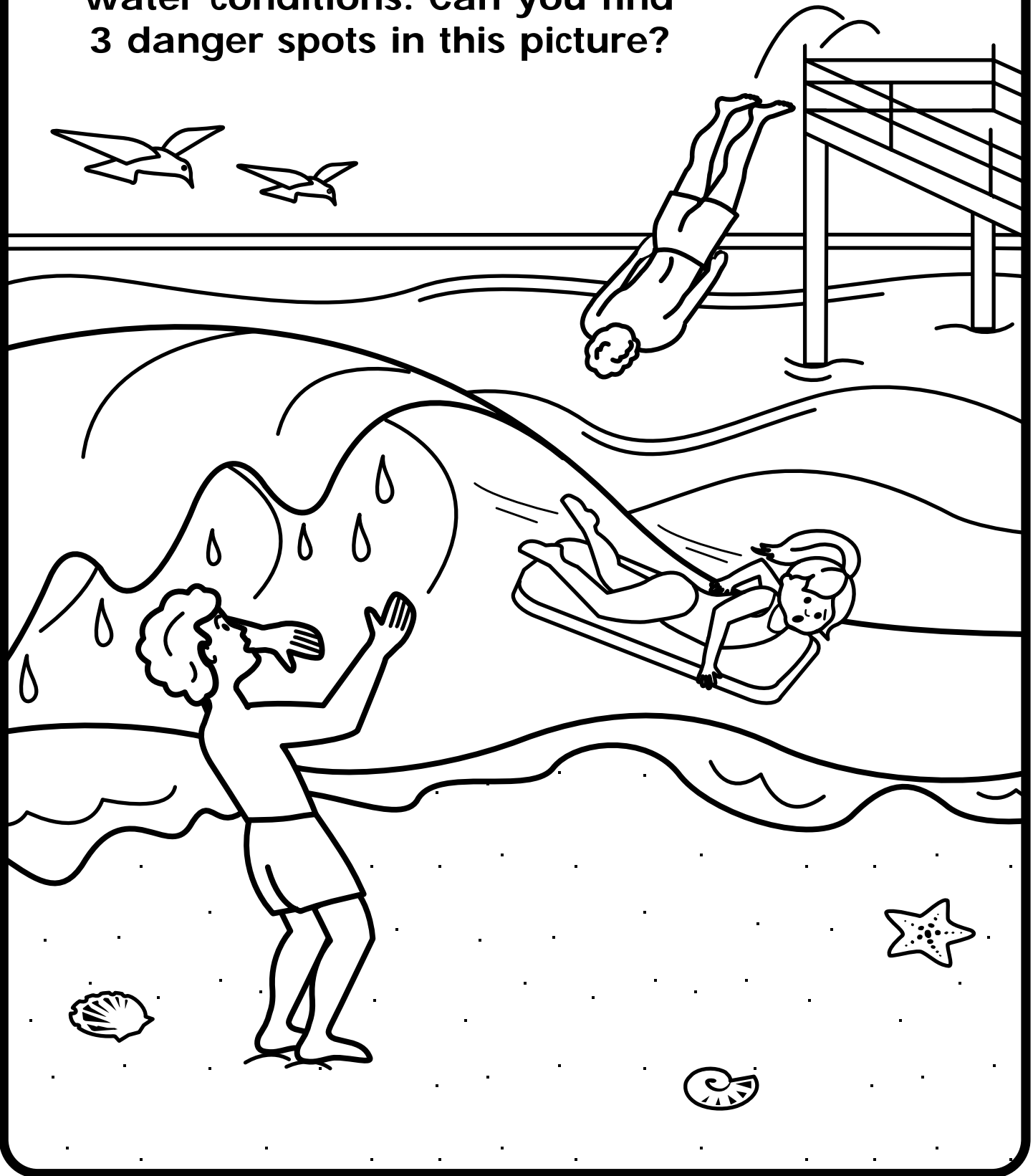
**Stay away from the big waves
that crash onto the shore.
They can hurt you.**



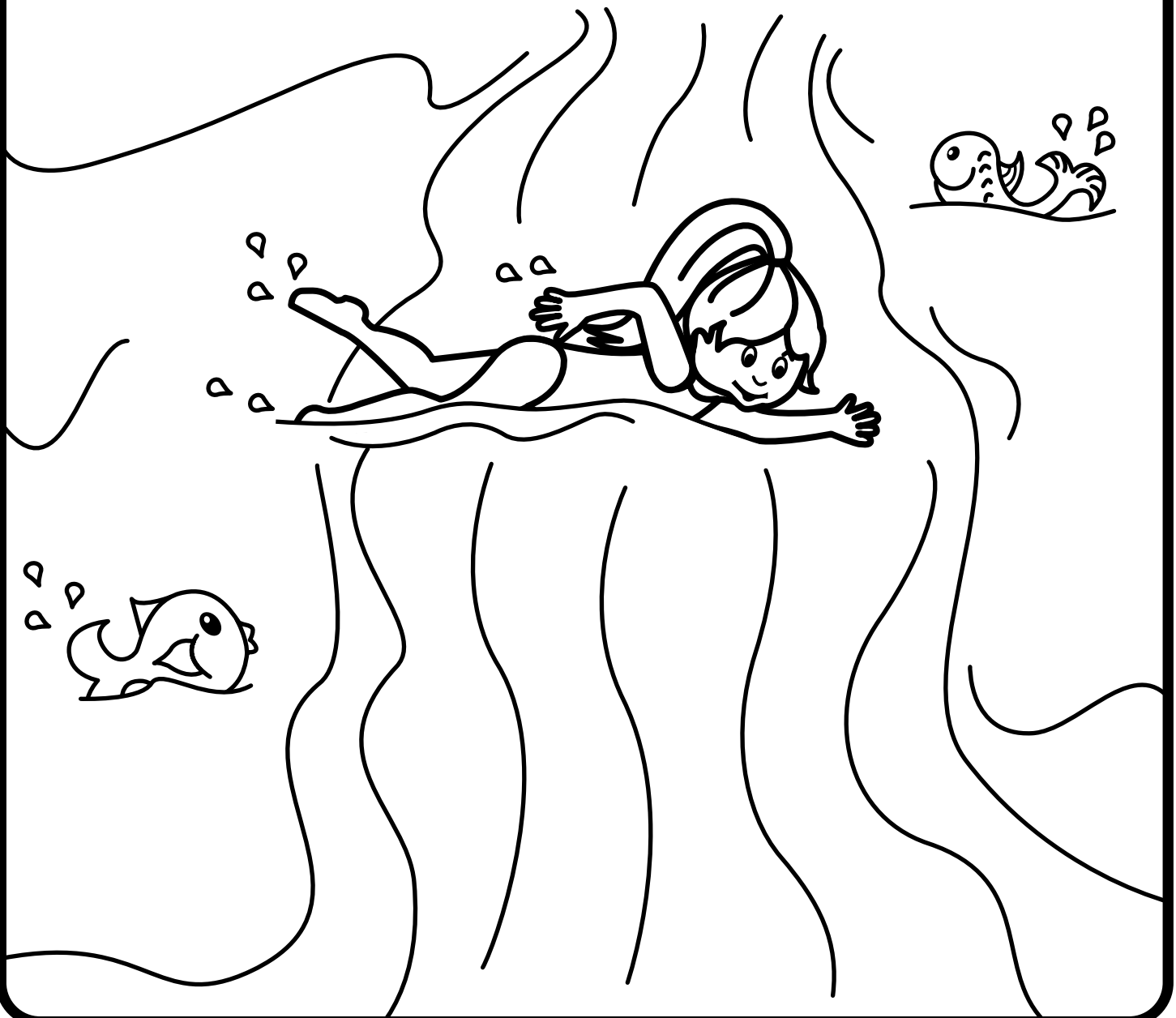
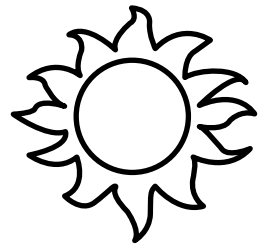
**When bodyboarding
or bodysurfing,
keep your arms out
in front and don't
forget your fins and
board leash.**



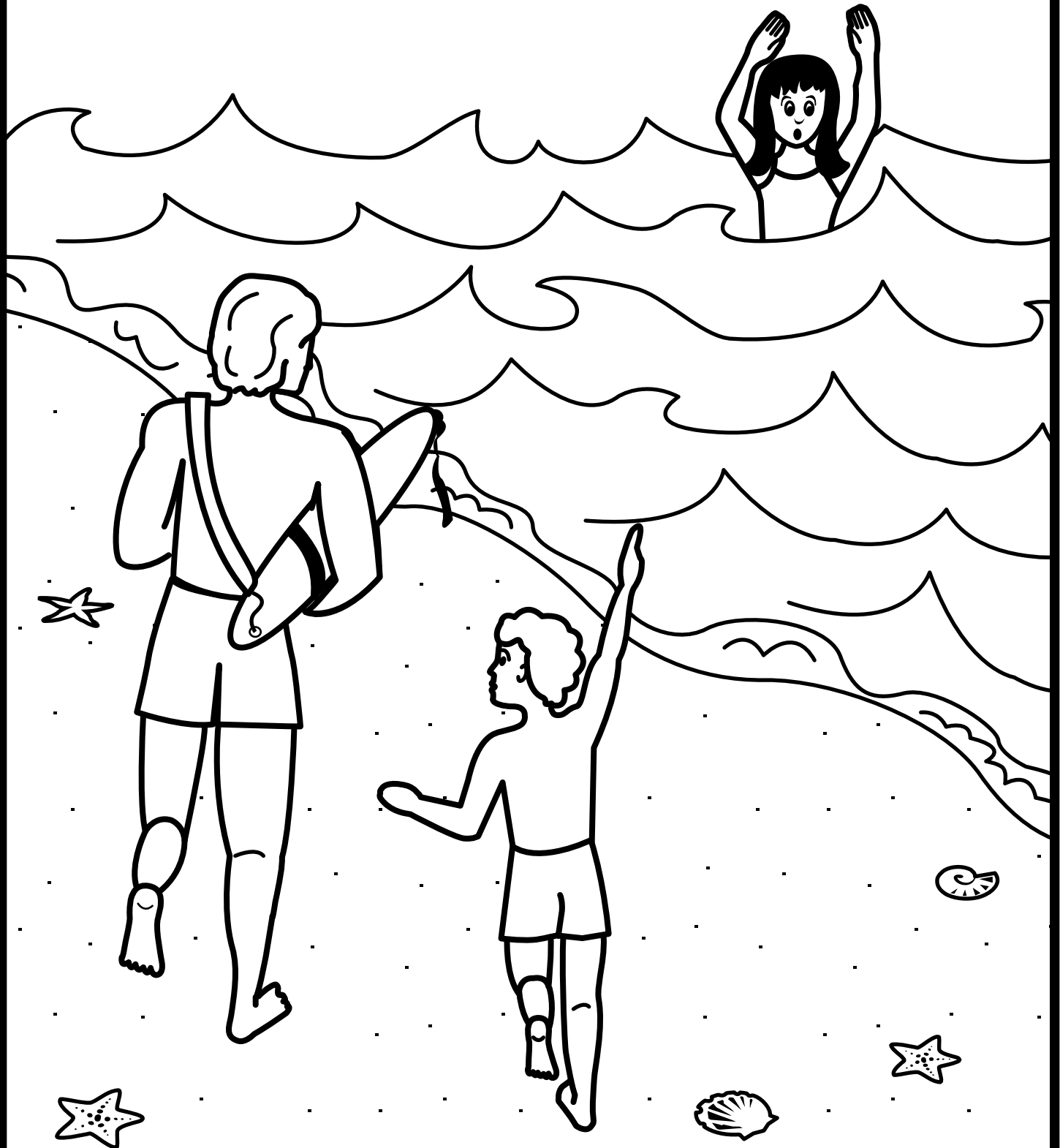
Lifeguards are your friends.
Ask them about dangerous
water conditions. Can you find
3 danger spots in this picture?



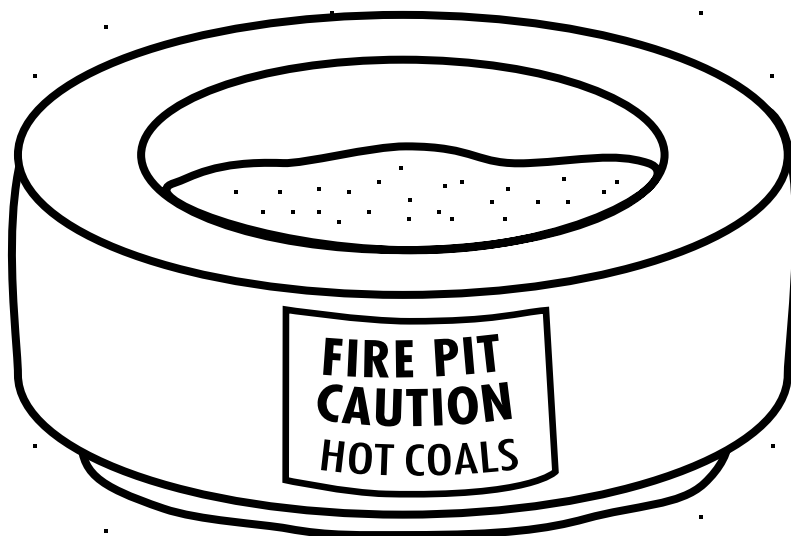
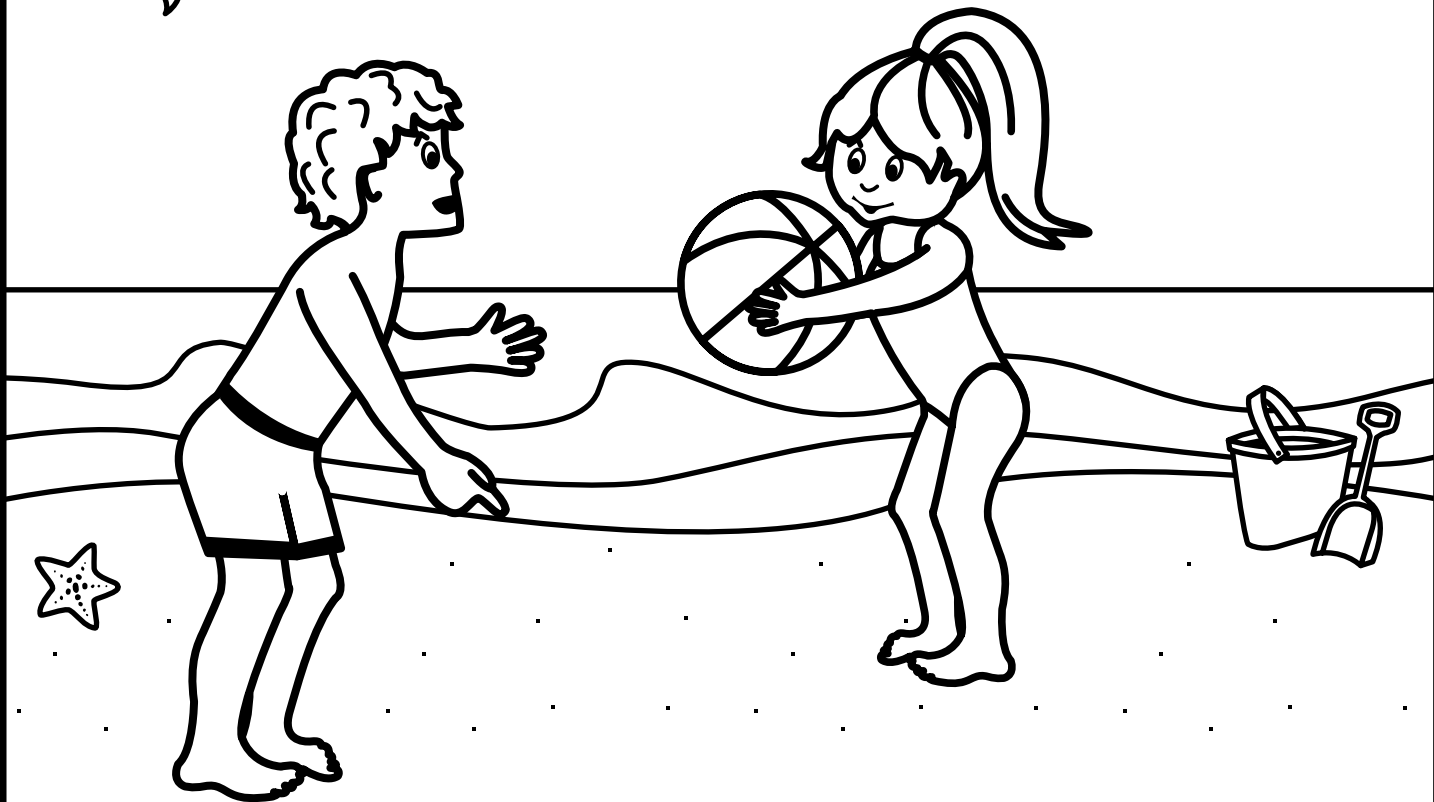
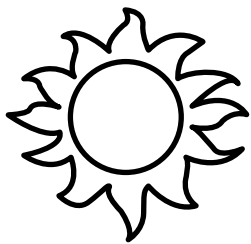
**If caught in a rip current,
swim parallel to the shore
until you are out of the current.
Then swim at an angle away
from the current toward the shore.**



**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.**

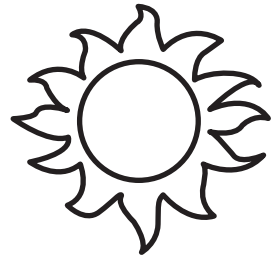
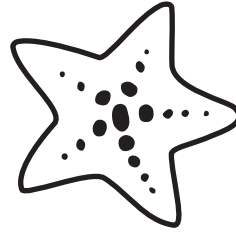
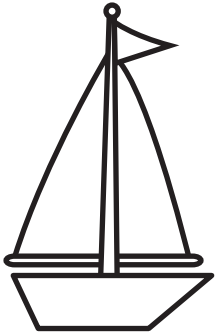


**Remember to apply sunscreen
(SPF 30 or greater) before going
outdoors and again every two hours.
Also, after playing in the water.**



Have fun at the beach!

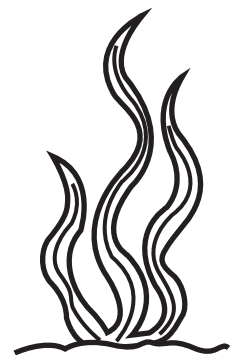




PROJECT WIPEOUT® SAFETY TIPS

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

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the SIMA Humanitarian Fund Board of Directors and their donors for helping to spread the word
about beach safety.