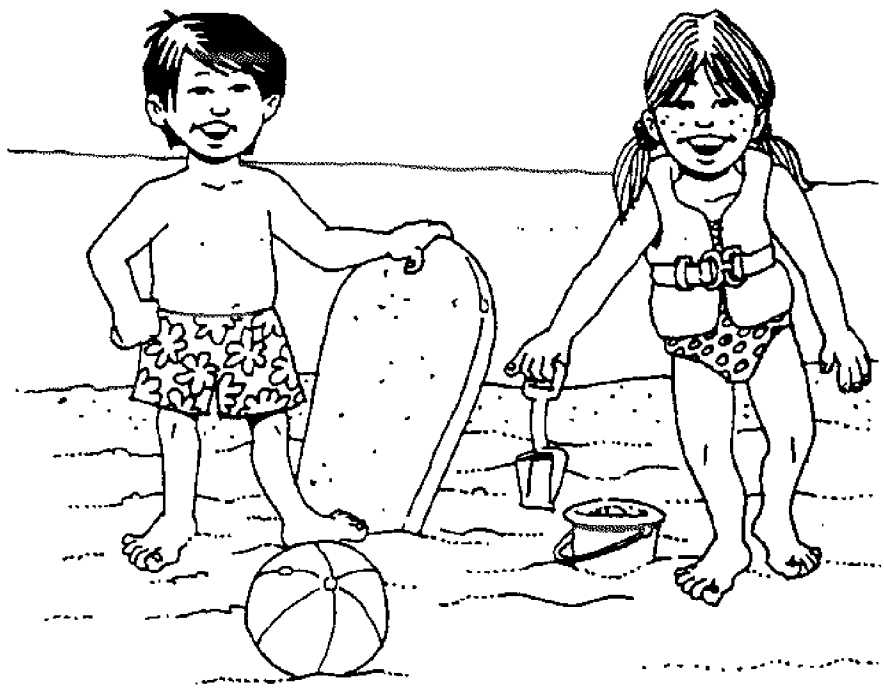
Hawaii
Boating & Water Safety Program

K-6 Workbook
Teacher's Manual

February 1994



State of Hawaii Department of Land & Natural Resources
Division of Boating and Ocean Recreation
University of Hawaii at Manoa
School of Ocean and Earth Science and Technology
Sea Grant Extension Service

To The Teacher

The Hawaii Boating and Water Safety Program K-6 Workbook and the Teacher's Manual were developed in 1991 by the State Harbors Division as part of the Harbor Division's Boating and Water Safety Program, in cooperation with the University of Hawaii Sea Grant Extension Service.

The K-6 Workbook is intended for use by students in Hawaii's elementary schools, both public and private. The Teacher's Manual is a companion to the workbook and offers teachers additional information about the boating and water safety messages in the workbook. This information is intended for use in supervised group discussions. The Teacher's Manual also provides a list of boating and water safety activities that can be practiced in the classroom or on the playground. These activities are intended to reinforce the safety messages in the workbook.

In addition to the Teacher's Manual, the Hawaii Boating and Water Safety Program has a Boating and Water Safety Resource Guide. The resource guide has a bibliography of boating and water safety education materials from other states, a list of audiovisual materials obtained from other states and programs, and a list of local boating and water safety organizations and their programs and activities. Information about the resource guide may be obtained by calling the University of Hawaii Sea Grant Extension Service at 956-2872 or 956-9661.

For children K-6, reach-and-throw rescue techniques are emphasized because they can be performed without going into the water or bringing the rescuer into physical contact with the victim. In-water rescues, in which the rescuer enters the water and either paddles or swims out to the victim, are not discussed and are intended only for older students who are advanced swimmers, trained in life-saving techniques. The element of risk to a rescuer in the water is greater than to a rescuer on land, especially if the victim is in a state of panic.

Some of the workbook's designs and concepts were obtained by reviewing materials from four states (California, Minnesota, Ohio, and Pennsylvania) and from the City and County of Honolulu Water Safety Division. Ideas from these materials were then modified for Hawaii with the assistance of a local artist.

Material in the K-6 Workbook and the Teacher's Manual may be reproduced or duplicated for non profit, educational purposes. For copies of these publications, contact the University of Hawaii Sea Grant Extension Service at 956-9661. For information on boating and ocean recreation safety, contact the Department of Land & Natural Resources, Division of Boating and Ocean Recreation at 587-1970. Additional water safety information may be obtained from:

Coast Guard Auxiliary
14th Coast Guard District
PJKK Federal Bldg.
300 Ala Moana Blvd.
Honolulu, HI 96850-4982
Ph. 541-2087

Department of Land & Natural Resources
Division of Boating and Ocean Recreation
333 Queen St., Ste. 300
Honolulu, HI 96813
Ph. 587-1970

American Red Cross
Hawaii State Chapter
4155 Diamond Head Road
Honolulu, HI 96816
Ph. 734-2101

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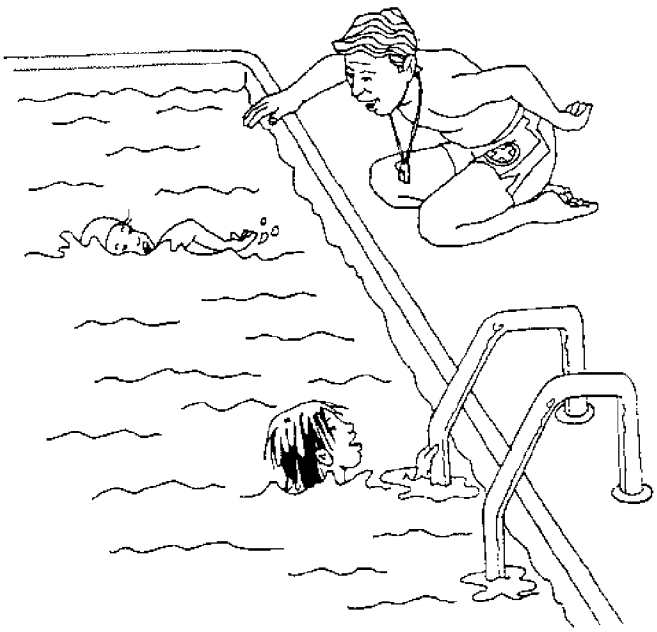
Part I:
Water Safety

First –
learn to swim!



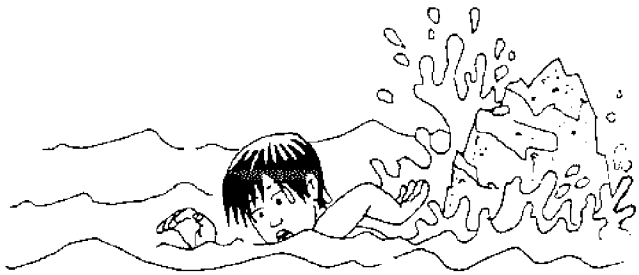
First – learn to swim!

Encourage students to take swimming lessons, not only for fun, exercise, or physical pleasure, but also as their own insurance policy for a longer life. The knowledge and skills they learn may also be of help to someone else.

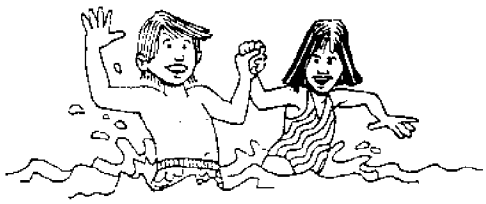
Ask students for evidence that they have taken a course in swimming, whether or not they received a certificate, and post their names on a "Special Credit" poster that remains on display for an extended period of time. It would also be appropriate to acknowledge them in the school newspaper.

Swimming classes are offered year-round in Hawaii at public swimming pools, YMCAs, YWCAs, and during the summer at Ala Moana Beach Park. The classes are conducted by American Red Cross instructors at little or no cost. Call the American Red Cross at 734-2101 for more information.

Never swim alone!



Use the buddy system!



Never swim alone! Use the buddy system!

Never, never swim alone, no matter how well you swim! Unexpected accidents may happen.

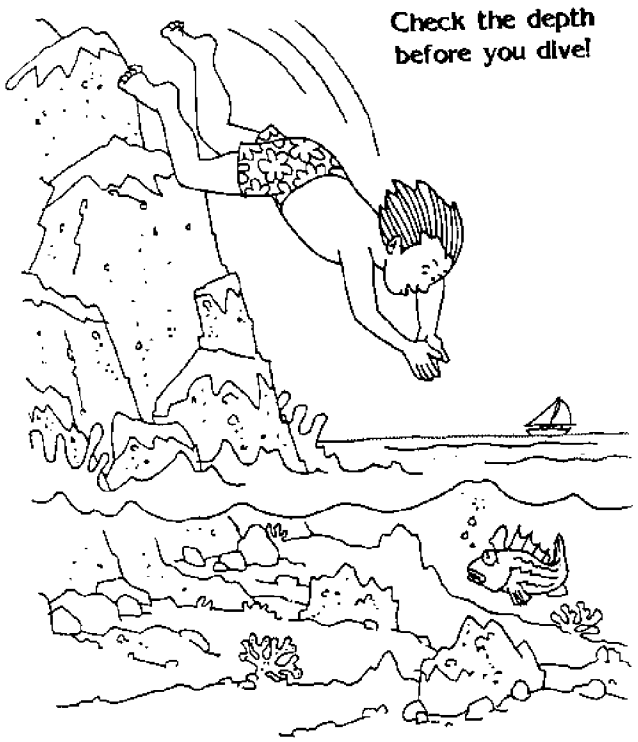
High surf or rip currents can pull even good swimmers away from the beach faster than they can swim back to shore.

It's possible for a Portuguese Man O' War sting to cause great pain and swelling and to create breathing problems, panic, and disorientation. This can be a life-threatening situation, so it's wise to have a buddy at hand.

Sometimes, for no apparent reason, a swimmer can experience a paralyzing leg cramp that makes it hard to continue swimming.

Using the buddy system means that you swim with a friend or buddy, and that each of you is responsible for the other. You must stay close together and always enter and leave the water together. Buddies are not responsible for the rescue of their partners in case of trouble, but they should know how to call for help and how to get assistance from an adult or a lifeguard.

Always swim with a "buddy," a friend who is at least as good a swimmer as you. Practice treading water together, or towing each other through the water. Don't forget your mom, dad, brother, or sister. They can be your buddy, too. Besides, it's always more fun to swim with a buddy.



Check the depth before you dive!

If you can't check the water depth or can't see the ocean bottom, don't dive. . . don't jump! Diving or jumping off a cliff is dangerous because the water depth often changes. Tides and surf can quickly change the depth of the water.

Waves can also stir up the sand on the bottom, which makes the water murky. This makes it hard to see what the bottom is like, or to guess the water depth.

Hawaii's sea cliffs almost always have waves breaking against them. Even small waves breaking against a cliff can push a swimmer into the rocks. Be careful jumping into waves.

Before you dive into the water at an unfamiliar beach, always walk or swim into the area where you want to dive. The water depth should be six feet or deeper for you to dive safely.

If you do not feel safe swimming in water depths over your head, do not go diving off of cliffs.

If you are in trouble, call for help!
If you see someone in trouble,
call for help!

If you are in trouble, call for help! If you see someone in trouble, call for help!

A non-swimmer inshore observing someone in distress should yell loudly, call for help and point to the victim. At the same time, if the victim is close to shore, look for anything nearby that could be held out for the victim to grab to pull him/her in. Calling for help, extending an object, and pulling a victim can be practiced on land.

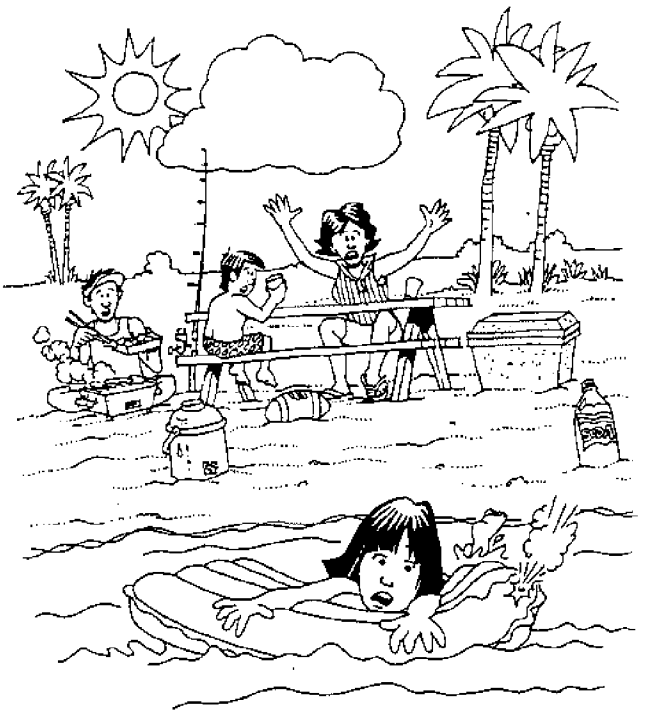
Children must understand that they should not attempt a swimming rescue unless they have been well trained and they are considerably larger than the person in trouble.

If children who don't know how to swim get into water over their heads, they should not panic. They should try to keep their heads 'floating' on the water as much as possible, by looking upward so the water supports part of the weight of the head. Their feet and legs should use the "pedal" or "ride a bike" movement rather than kick. The pedaling foot movement keeps the body lifting upwards to a near float position, especially when the head is tilted back.

Splashing hands are attempts to keep the head above water rather than swimming movements. If students reach forward, one hand at a time, and pull the water down, and toward their chest, then repeat the "dog paddling" sort of action with the other arm, they will move forward at the same time they are keeping themselves on the surface. This is a "reach out and pull-down" beginning swim technique.

Sometimes children call for help when they are not really in trouble. Even if you think the children are only playing, take a minute to check on them and make sure it is not really an emergency. Explain to the children that they should not play or tease by calling for help.

The odd object in the lifeguard's hand is a **rescue tube**. The lifeguard will slip it around the boy's waist to float him, then tow him to safety.



Circle the things that could be thrown in to help the girl float.

Throwing things that float to help rescue someone

Be sure you know what objects at hand will be helpful, and practice throwing techniques to improve your chances of rescuing someone. Have the children do an experiment to find out which common beach objects float best and if they can support a victim.

Let's assume the girl is about 15 feet from shore, that there are hardly any waves, and no current. Then, suddenly there's a leak in her inflatable mat. If no one on shore can swim, it's possible that some of their equipment might be thrown out to her so she can hang on until she can be pulled ashore. Items that might be thrown are the plastic soda bottle, the water cooler, the football, and the picnic cooler lid.

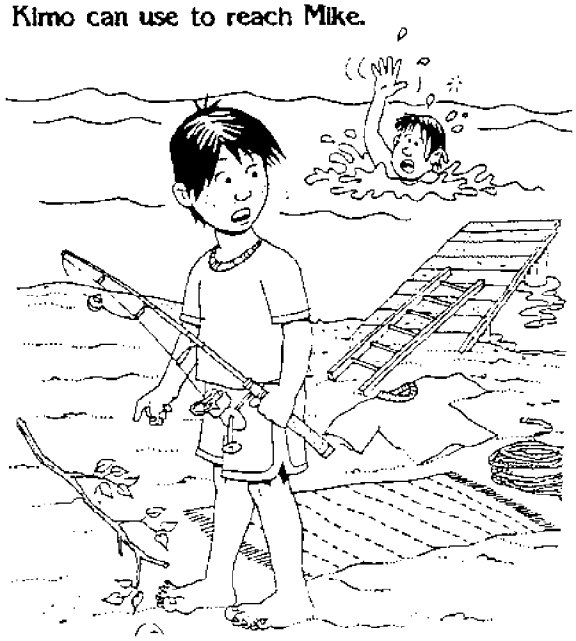
Even if no one can swim, the distance between the non-swimmers and the mat can be shortened by wading in the shallow area near shore to throw whatever will help her stay afloat until she can be reached and brought to safety.

How can she help herself? By turning the mat around and kicking toward shore.

Encourage students to explain or enact their favorite rescue technique and decide which option offers the safest choice for a quick rescue.

If time permits, thrown objects should have an attached line so the thrower can haul in the girl or get the object back for another throw if the first throw is not accurate. Canisters and plastic bottles are also useful if they can be thrown accurately and caught on the first try.

Kimo can save Mike
by pulling him to shore.
Circle and color six things
Kimo can use to reach Mike.



Kimo saves Mike by pulling him ashore.

All materials have potential lifesaving value.

The rope may reach farther than anything else, but is of little help unless Kimo knows how to throw a rope (a good learning activity . . . and fun). The rescue line should be thrown beyond the person in trouble so it will make body contact and allow the person to feel it and grab it. If the line is not close to the victim, he may not be able to get to it or reach it.

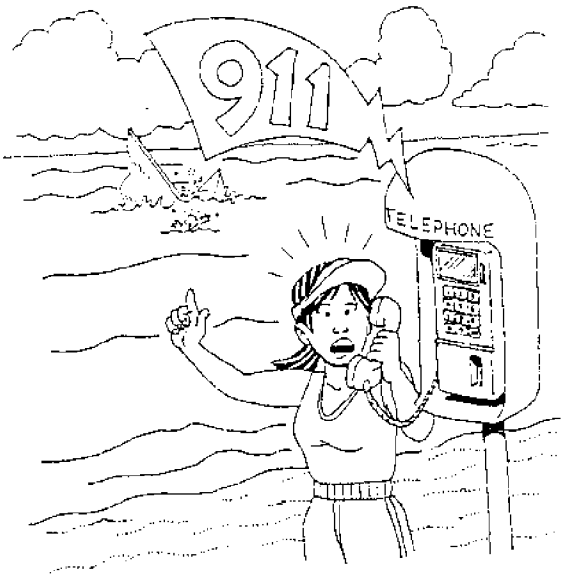
In order to throw a rope, it should first be coiled. Half of the coils are then cast out to the victim and the remainder is allowed to feed off the other hand. An adult should be able to throw a 1/4" or 3/8" line approximately 40-50 feet.

The ladder shown is about 6 feet long, and a bit unwieldy, but a possibility if Kimo can extend it in the water quickly and can hang onto it.

Both the fishing pole and branch are about the same length. If either is long enough to reach Mike, the branch may be the better choice because it may be easier to hold onto than the fishing pole. The slender end of a fishing pole may be harder to grasp and the flexibility of the rod may be a problem too.

The beach towel will work well if it's long enough and if Kimo manages to make direct contact with Mike, allowing Mike to grab the towel and be pulled in. The shirt will only be of use if Kimo can get fairly close to Mike.

Have a class discussion on other materials/things that may be used in water rescues. Your discussion ought to include a warning that Kimo should not fall or be pulled into the water while trying to help Mike. If Kimo cannot help Mike, he should call or run for help.



Call 911 to get help from the police, fire department, or ambulance.

Call 911 to get help from the police, fire department, or ambulance.

A 911 call is an excellent way to get professional help quickly if there is no lifeguard on duty. Locate the nearest working phone when you arrive at the beach.

The caller will be instructed to stay on the phone long enough to describe the accident and give its location. 911 calls are free (no coins are needed except on the Big Island).

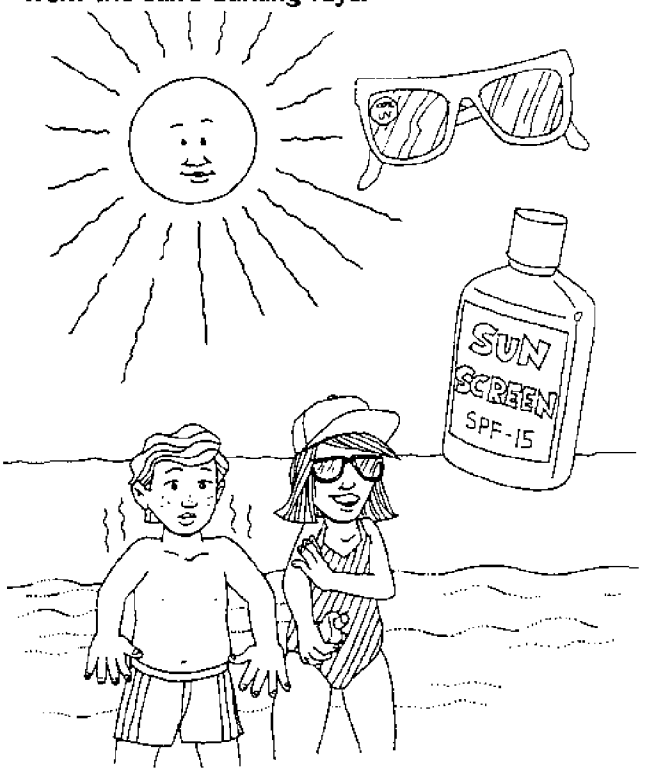
It is likely the phone is installed for the height of an adult. Children may have to ask for help in calling if they cannot reach the handset. If possible, the caller should try to keep an eye on the person in trouble.

A mock telephone call and response from an emergency operator would be beneficial for students so they would know what kind of information is needed and how to answer questions (or say "I don't understand"). Teachers can play the roles of the emergency operators. They would first be the 911 operator:

911 Operator: 911. May I help you?
Caller: I'd like to report a person drowning.
911 Operator: Stay on the line. I'll connect you to the Fire Department.
Fire Department Operator: Fire Department, may I help you?
Caller: (1st – describe emergency) I'd like to report a person drowning.
F.D. Operator: Where is this person?
Caller: (2nd – give location) He's in the water at _____ Beach Park near the boat ramp.
F.D. Operator: We're sending our rescue units right now. What is your name? (Caller gives name.) Thank you. Please return to the beach and wait for our rescue units and show them where you saw the person drowning.

Most lifeguards are now equipped with radio and/or phones so they can call for assistance immediately or receive important messages. If a lifeguard is on duty, he/she is the quickest source of help.

Protect your eyes and skin
from the sun's burning rays.



Protect your eyes and skin from the sun's burning rays.

Use of sunscreen with a high SPF is very important. It should be used on all parts of the body that are exposed. Even on overcast days, it is very important to protect yourself from harmful sun rays. Fair-complexioned people need extra protection from the rays, but dark-skinned people need protection also.

When you are on a boat you not only receive direct sunlight, but you get additional exposure from sunlight reflecting off the waves. The same thing happens on beaches. You absorb direct sun rays plus all those reflecting off sand and water.

Near the water, sunglasses that screen out UV rays should be worn on sunny and overcast days to reduce exposing the eyes to too much sun. You may want to put a headband on your sunglasses to prevent them from being blown off your face by a strong wind, or falling into the water when you lean over the side of a boat to look at something interesting. Overexposure to the sun can also be reduced by wearing a hat or additional clothing such as a long-sleeved shirt.

Keep our beaches clean and safe.
Put all trash in the rubbish can.

Keep our beaches safe and clean: put all trash in the rubbish can.

It is against the law to litter on the land or in the ocean.

Question: What kinds of trash left on beaches can be harmful to those who sit, lie, or walk on beaches?
Answer: Broken glass, hypodermic needles, tin can lids, cigarette butts, barbecue coals, and ashes.

Question: What kind of beach rubbish do students see most often?
Answer: Food wrappers, beer bottles, cigarette butts, and pieces of plastic.

Question: What is the most unusual beach trash that has ever been seen?
Answer: Rocket casing.

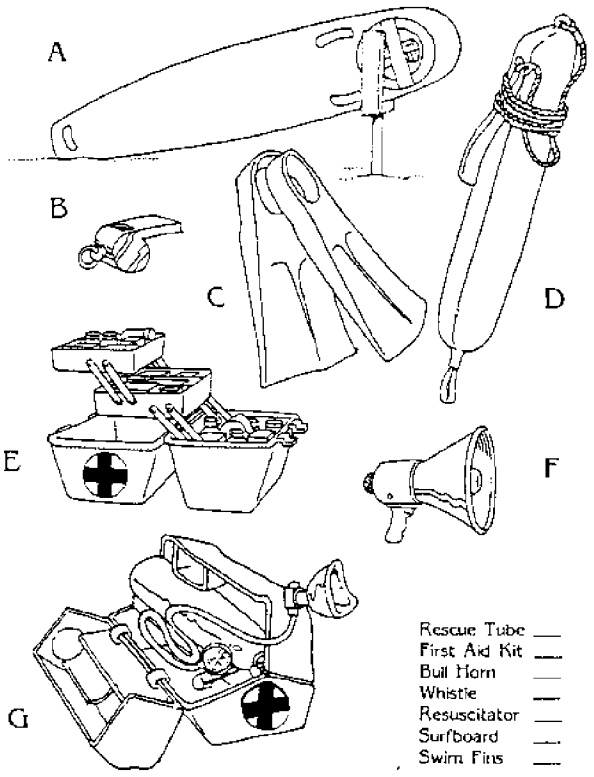
Question: Where might it have come from?
Answer: Weather rocket.

Question: What kinds of beach trash are considered treasures by some beachcombers?
Answer: Glass fishing floats (glass balls), driftwood.

Question: What marine animals sometimes appear on beaches in great numbers?
Answer: Crabs, seabirds, fish, and shells.

Question: What about sea plants that wash ashore? Are they useful?
Answer: Seaweed can be dried and used as mulch in gardens.

Standard water safety equipment



Standard water safety equipment

A. **Surfboard.** In Hawaii, surfboards are still one of the standard pieces of rescue equipment because of their speed and ease of use.

B. **Whistles.** A simple way to get people's attention and alert them to dangerous situations.

C. **Swim fins.** Swim fins give lifeguards added speed for nearshore rescues.

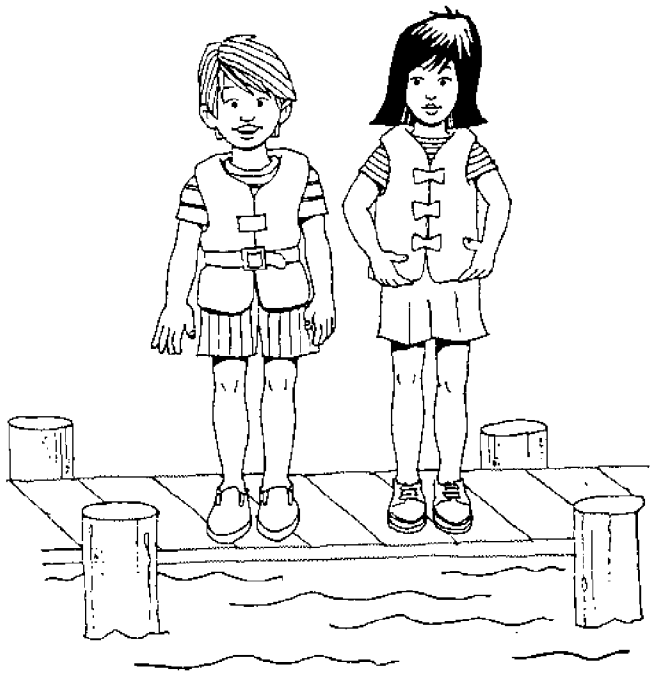
D. **Rescue tube.** A rescue tube is a foam tube with a shoulder strap. The lifeguard wraps the tube around the swimmers waist, then tows the swimmer back to shore using the shoulder strap.

E. **First aid kit.** This is used to give first aid for medical emergencies.

F. **Bull horn.** A bull horn is very useful when people on the beach or in the water must be quickly informed of possible danger, such as an approaching tsunami, a strong rip current, or a shark.

G. **Resuscitator.** A resuscitator is a piece of medical equipment that supplies oxygen through a face mask to people who are having difficulty breathing. (This discussion might also include a talk about artificial resuscitation, a simple procedure that has been learned by many junior and senior citizens. Resuscitation techniques, however, should only be practiced under the guidance of a certified instructor. Call the American Red Cross for more information.)

Part II:
Boating Safety



Color the life jackets.

It is better to use bright colors for the life jackets and to stay away from white and blue, which are harder to see in the water.

Jacket designs, outer coverings, and inner flotation materials have changed radically in the last ten years. Life jackets used to be just one color: standard international orange, which the military and Coast Guard continue to use. Jackets are now all colors of the rainbow, including fluorescent colors that stand out sharply in the water. Some jackets have lights attached; others include a mirror for flashing sunlight signals for help during the day; and some have flares to signal for help at night.

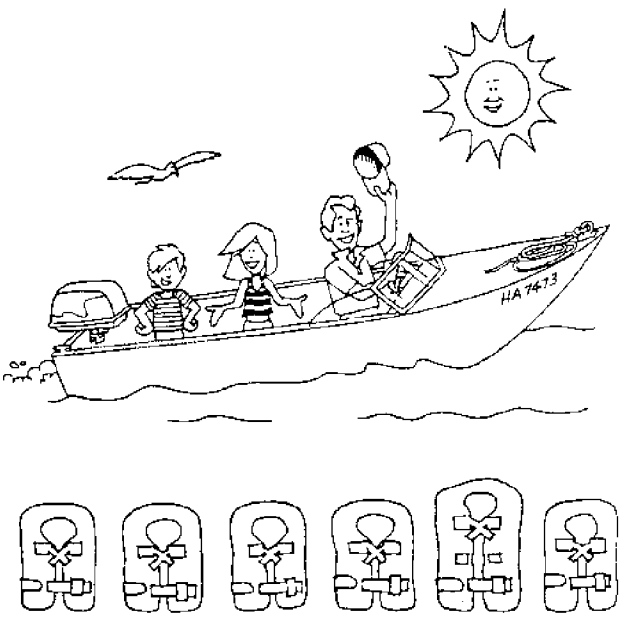
Although they may be bulky and uncomfortable to wear, life jackets are required on all boats and ships, and airplanes that fly over water. Advances have recently been made toward more comfortable inflatable life jackets, and it may not be long before they are approved by the Coast Guard for commercial shipboard use. The Coast Guard requires that boats and ships be properly equipped with easily accessible life preservers.

Believe it or not, dog and cat owners can now breathe a sigh of relief. There are tested life jackets for dogs and cats. (The animals don't seem to be particular about the color . . . just the fit.)

Some long distance ocean swimming events now require entrants to wear a small rectangular body pack that fits into the lower curve of the back. If the swimmer is in trouble, he/she simply pulls on a tab and the packet opens automatically into a horseshoe shaped, air-filled life preserver that is tethered to the swimmer. The packet also contains a whistle, one or two flares, and a mirror for signaling. After use, they are thoroughly rinsed and the CO_2 cartridge that inflated the life jacket is discarded and replaced by a new one.

The Coast Guard Boating Safety Division has many different types of life jackets and allows students to practice putting them on during their Boating Safety presentation. Call them at 541-2087 for more information.

Color one life jacket to fit
each person in the boat.

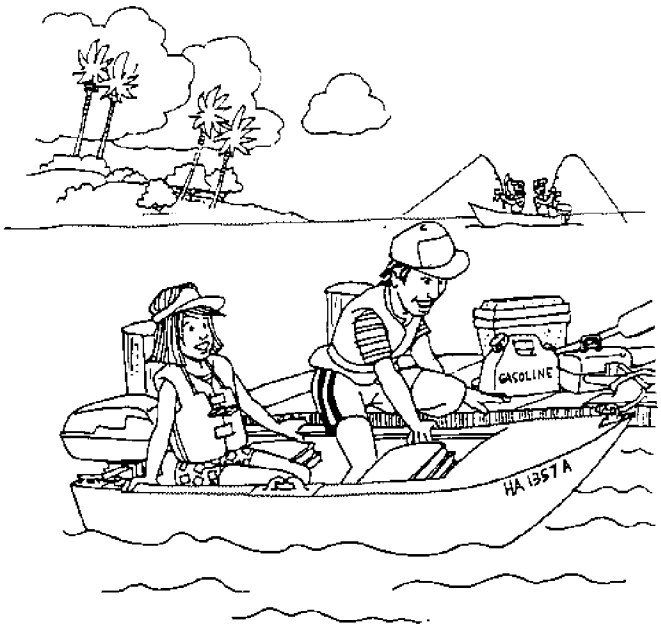


Color one life jacket to fit each person in the boat.

Life jackets come in different sizes. Boat owners should have an appropriately-sized life jacket for each person on the boat.

Students should remember that life jackets need to be easily seen by rescuers, so the best colors are those such as orange that show up best in the ocean.

One test of the colors that the students choose might be to view them from a distance and decide which colors are the easiest to see. Students should experiment with various colors to find out which ones can be seen from a distance. Determine if the physical background affects the color being seen.



Step in carefully.

Step in carefully

Stay low in the boat when stepping in and out.

Don't rock the boat! Loading a boat always means carefully distributing the weight that's being added to the boat. Make sure important items are placed where they can be easily located. Poor weight distribution makes it easier for a boat to overturn or to be swamped by unexpected waves. Some items must always be stored in their own special place, like gasoline, which is usually stored close to the motor.

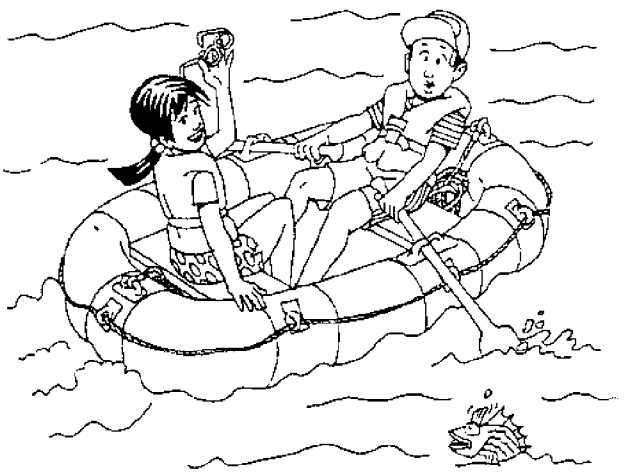
Question: Where would a fire extinguisher belong in a boat like this?
Answer: In the bow (front).

Question: What about the gasoline can, or the ice chest?
Answer: The gas can can be placed on the floor in the stern (rear). The ice chest can be used to balance the weight in the boat.

Question: Where should the first aid kit be stowed?
Answer: In a dry place, such as the bow.

It isn't always easy, but the boat should be kept balanced or "on an even keel". Note that even seated, the woman steadies the boat with her hands, as does the man.

Always stay seated
and wear your life jacket.

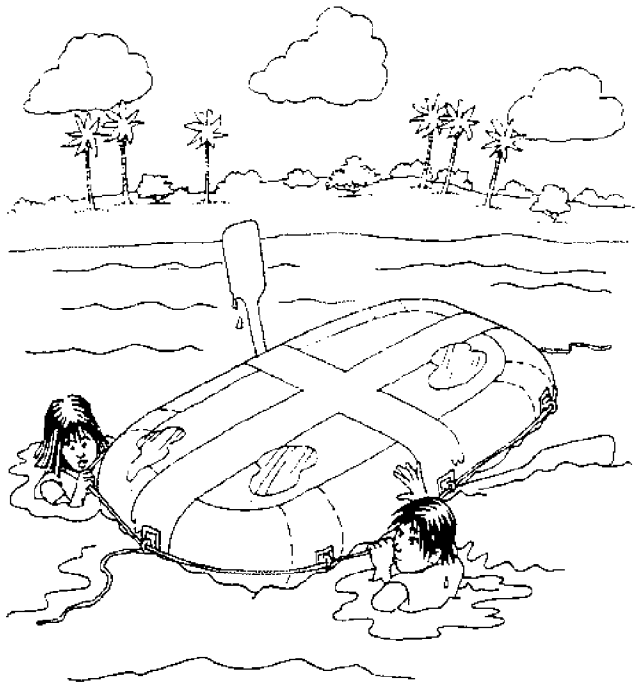


Always stay seated and wear your life jacket.

It's important to remain seated in a small craft because sudden movement often makes the boat bob up and down or roll from side to side. These movements may cause the boat to take on water over the side, making rowing difficult, and may even overturn the boat.

The rope around the side of an inflatable boat is called a life line because it is used to hang onto if the boat capsizes. It is difficult to climb into the boat with just this line, so the bow (front) and stern (rear) lines should be used to help climb back into the boat.

If a person falls overboard, grab the person's wrist and assist him/her back into the boat. If the person has drifted away from the boat, extend a paddle or an oar to them or throw them a line to get them back to the side of the boat.



Always stay with your boat!

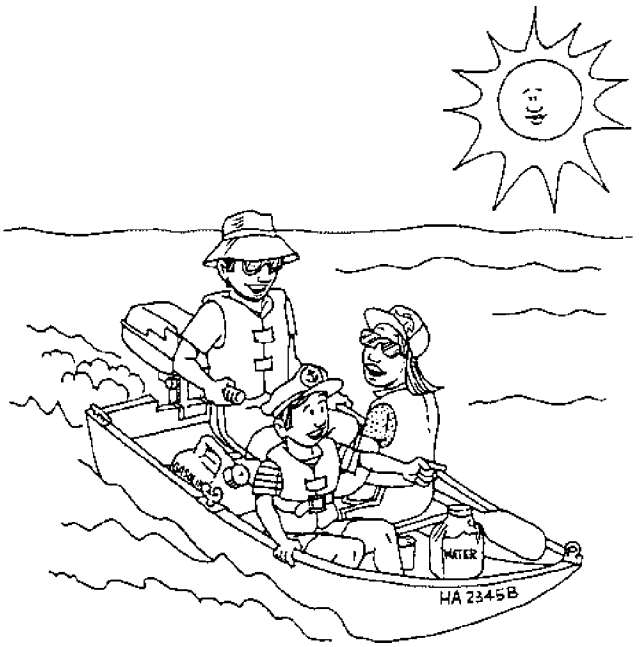
Always stay with your boat!

Remember: No matter how small your boat is, it's bigger than you are! So it's easier for your rescuers to see; and if they find the boat, they'll find you.

If the water is reasonably calm, the boy and girl might be able to turn the boat over using the bow (front) and stern (back) lines. If they can't right the boat, the attached oars will be helpful for climbing on top of the upturned boat. Without the oars, the bow and stern lines could be tied together over the length of the boat. Then the surrounding life line could be used as a foot brace, and the joined bow-stern line could be used to slide up on the bottom of the boat.

Climbing on top of the boat would help to protect from getting too cold in the water.

A good activity would be to practice tying simple knots to simulate joining the bow and stern lines.



What is missing from the boat?

What is missing from the boat?

- No bow (front) line
- No stern (rear) line
- A second oar
- A bailer (a bucket used to bail water out of the boat)
- Seat cushions for comfort and for use as extra life preservers
- Sunglasses for the boy
- First aid kit
- Food
- Extra water
- Sunscreen

Watch for sudden weather changes.

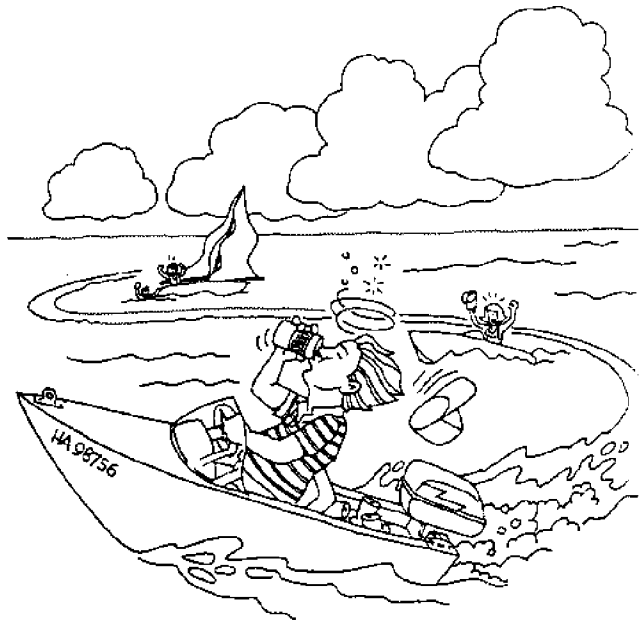
Watch for sudden weather changes.

Sudden rain squalls are common in Hawaii, especially on the windward coasts, and sometimes squalls can turn into small storms. Heavy rains may be very uncomfortable and quite scary for people in small, open boats.

The best way to prepare for these storms is to get a current weather report before heading out to sea. Once in the water, watch for unexpected storms.

If you are unexpectedly caught in a storm, head for shore or for the nearest harbor. If you are caught in a bad storm and the rain is too heavy for you to see land, drop your anchor and wait for the storm to pass.

List the things that
are wrong in this picture.



What's wrong here?

Answers:

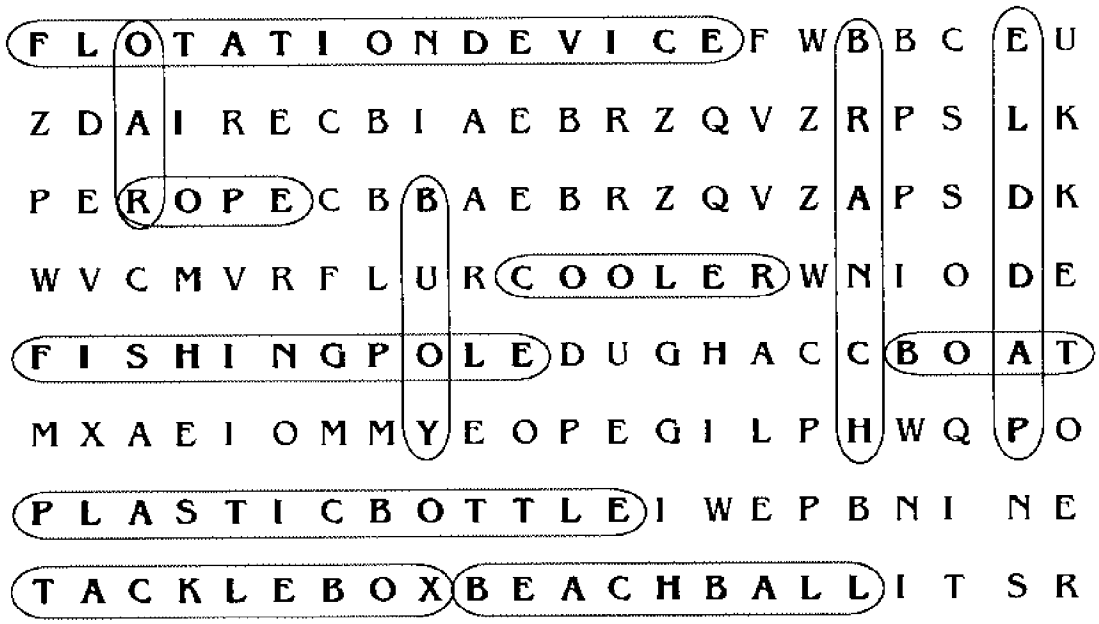
- He is speeding.
- He is driving recklessly.
- He is drinking alcohol while driving.
- He is endangering others.
- He has no respect for the rules of proper behavior.
- He has no regard for the standard "rules of the road".

The boat does not have:

- A life jacket.
- Bow and stern lines.
- Food and water.
- Extra gas.
- Oars or oarlocks.
- A bailer.
- A first aid kit.

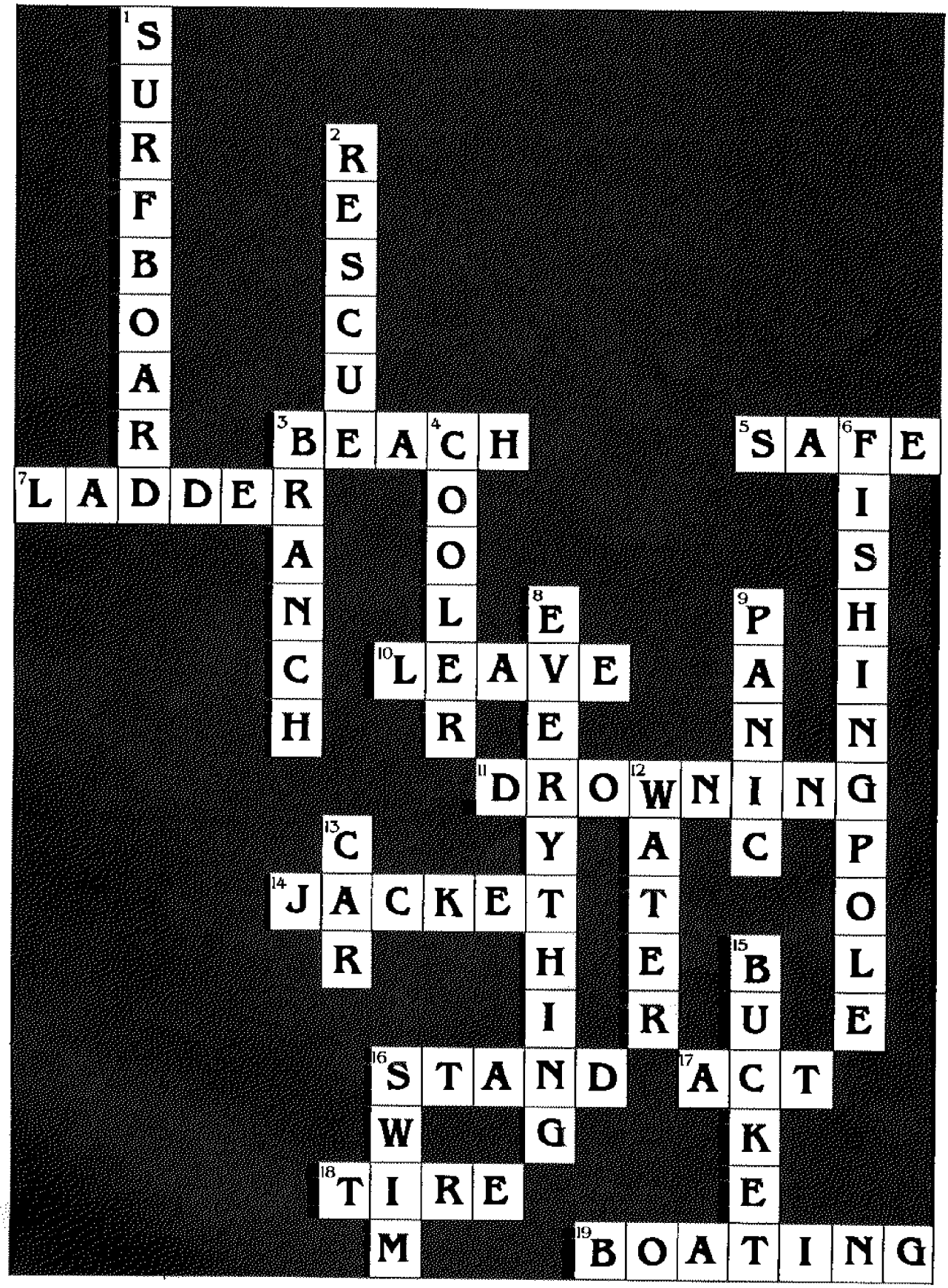
Part III: Boating & Water Safety Puzzle Answers

Word Rescue



Circle the rescue items

1. Flotation Device
2. Oar
3. Rope
4. Boat
5. Fishing pole
6. Tackle box
7. Beach ball
8. Branch
9. Plastic bottle
10. Cooler
11. Buoy
12. Paddle


1 SURFBOARD
2 RESCUE
3 BEACH
4 COOLER
5 SAFE
6 FISHING
7 LADDER
8 EVEN
9 PANIC
10 LEAVE
11 DROWNING
12 WATER
13 CYTHIA
14 JACKET
15 BUCKET
16 STAND
17 ACT
18 TIRE
19 BOATING

Hawaii
Boating & Water Safety Program

K-6 Workbook

February 1994

State of Hawaii Department of Land & Natural Resources
Division of Boating and Ocean Recreation
University of Hawaii at Manoa
School of Ocean and Earth Science and Technology
Sea Grant Extension Service

To The Student

This Hawaii Boating and Water Safety Program K-6 Workbook is for you to keep and take home. You may color the drawings and write in the answers to the quizzes and the puzzles. Your teacher will discuss the boating and water safety messages with you, but remember that the most important thing you need to do is learn to swim. In Hawaii, we do lots of other activities at the beach like bodysurfing, bodyboarding, canoe paddling, sailing, snorkeling, scuba diving, kayaking, skimboarding, windsurfing, and fishing, but we cannot do any of these activities safely unless we first know how to swim. Ask your parents to teach you how to swim or to sign you up for swimming lessons.

When you have completed the workbook, take it home and show it to your parents. Tell them what you have learned and how the safety messages can help everyone in your family. If your parents have any questions about the information in the K-6 Workbook, they may call the University of Hawaii Sea Grant Extension Service at the University of Hawaii-Manoa at 956-2872 or 956-9661.

NAME: _____

GRADE: _____

SCHOOL: _____

TEACHER: _____

Hawaii
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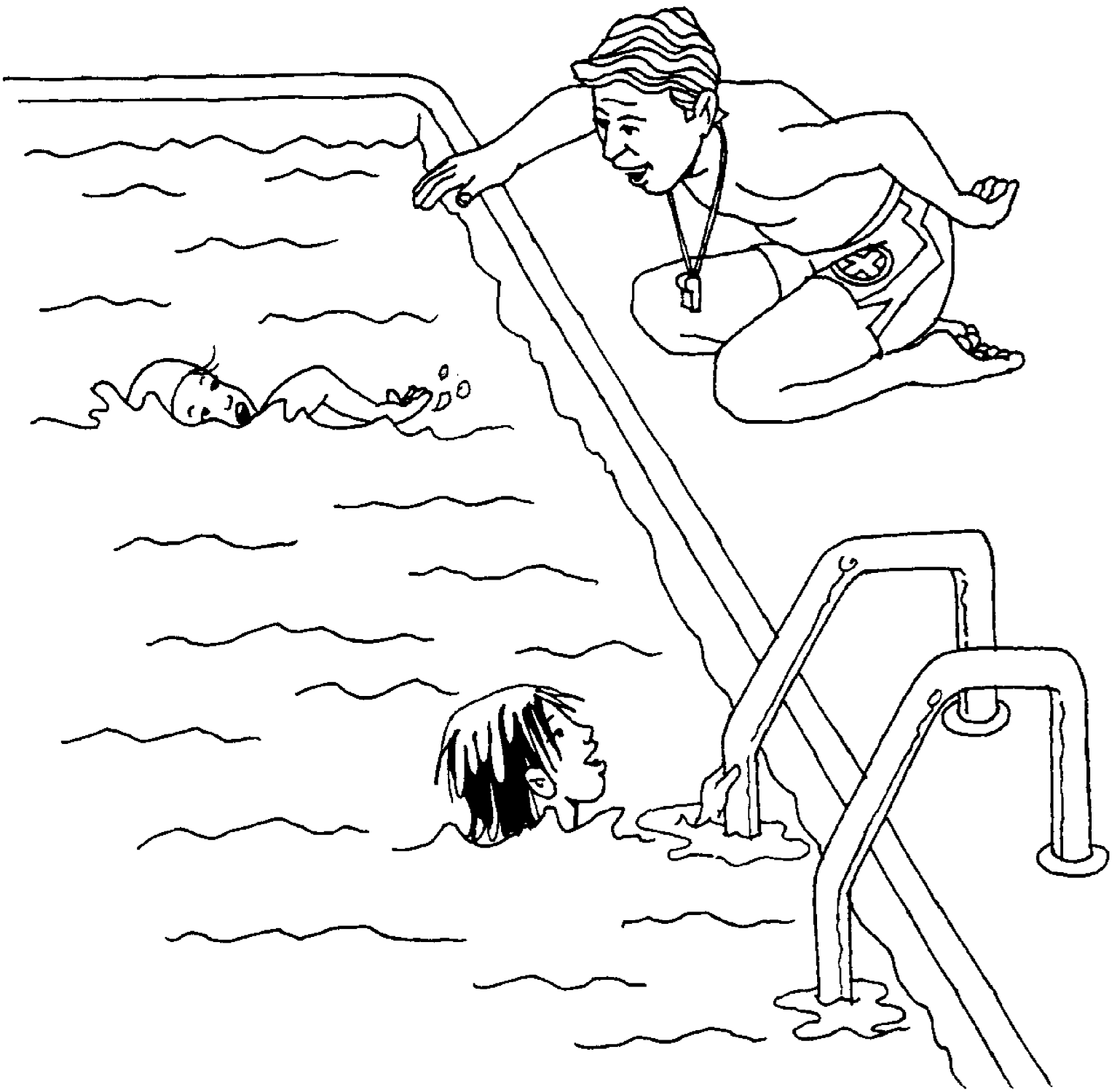
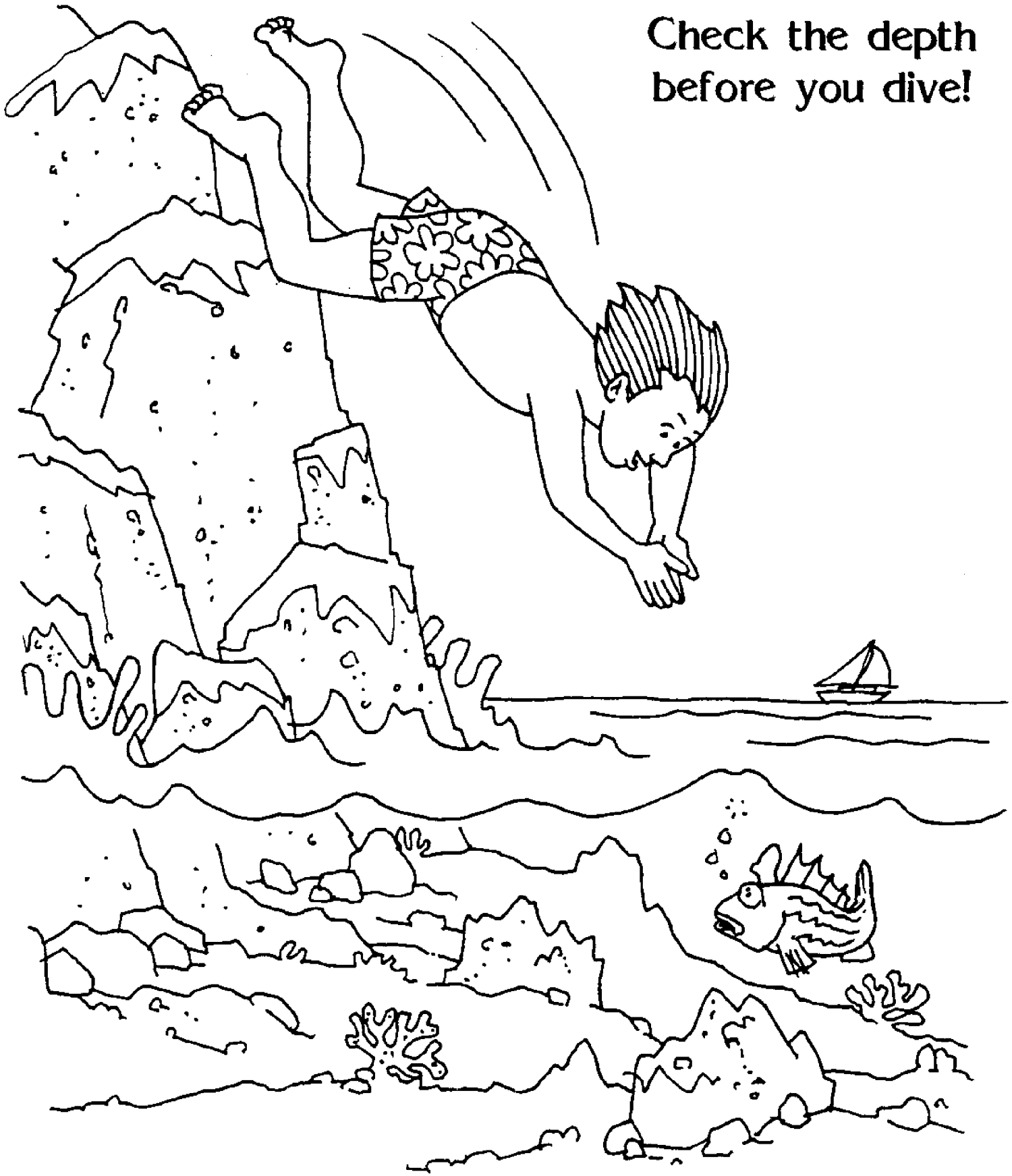
Part I:
Water Safety

First –
learn to swim!

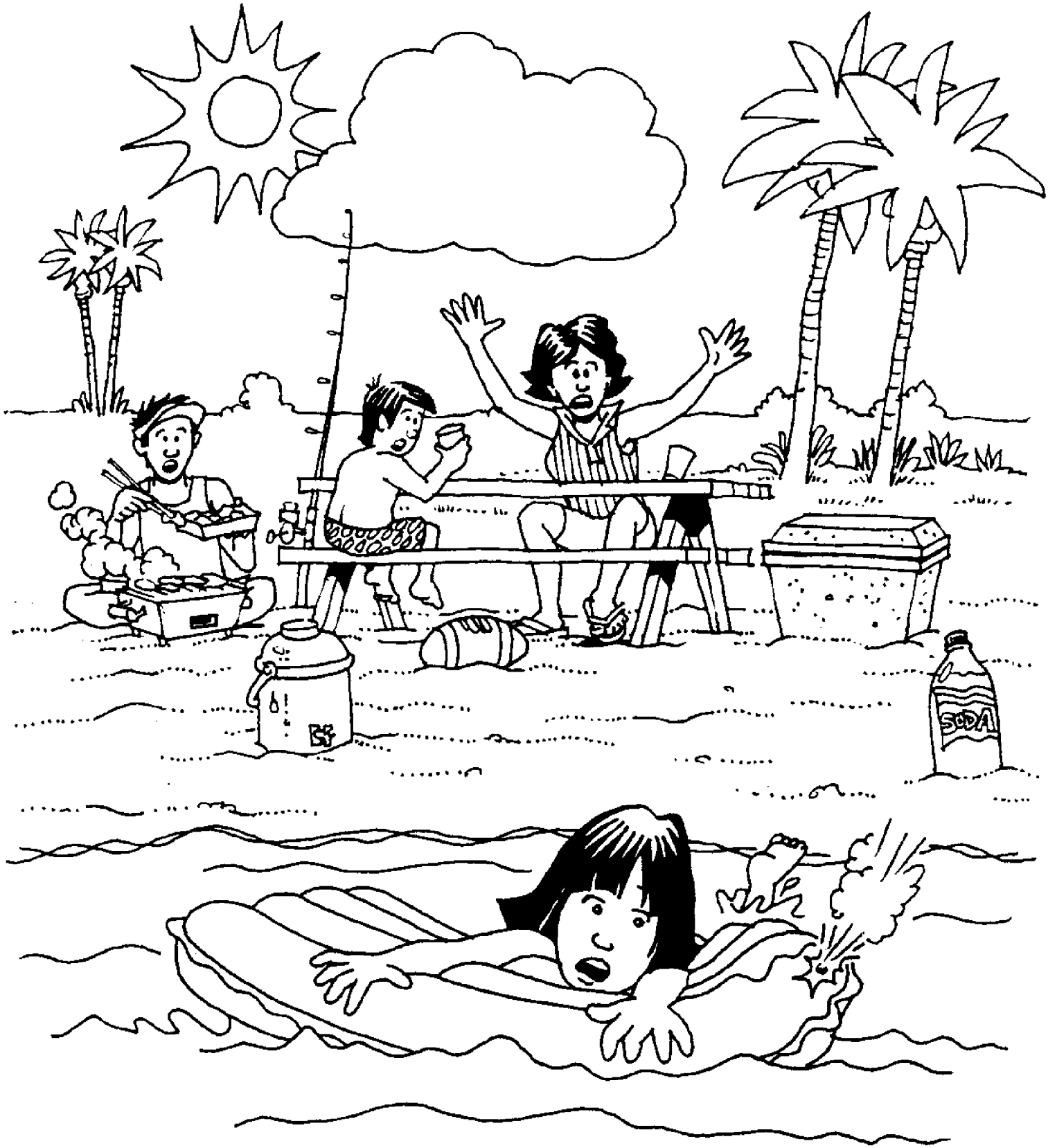


Never swim alone!

Use the buddy system!

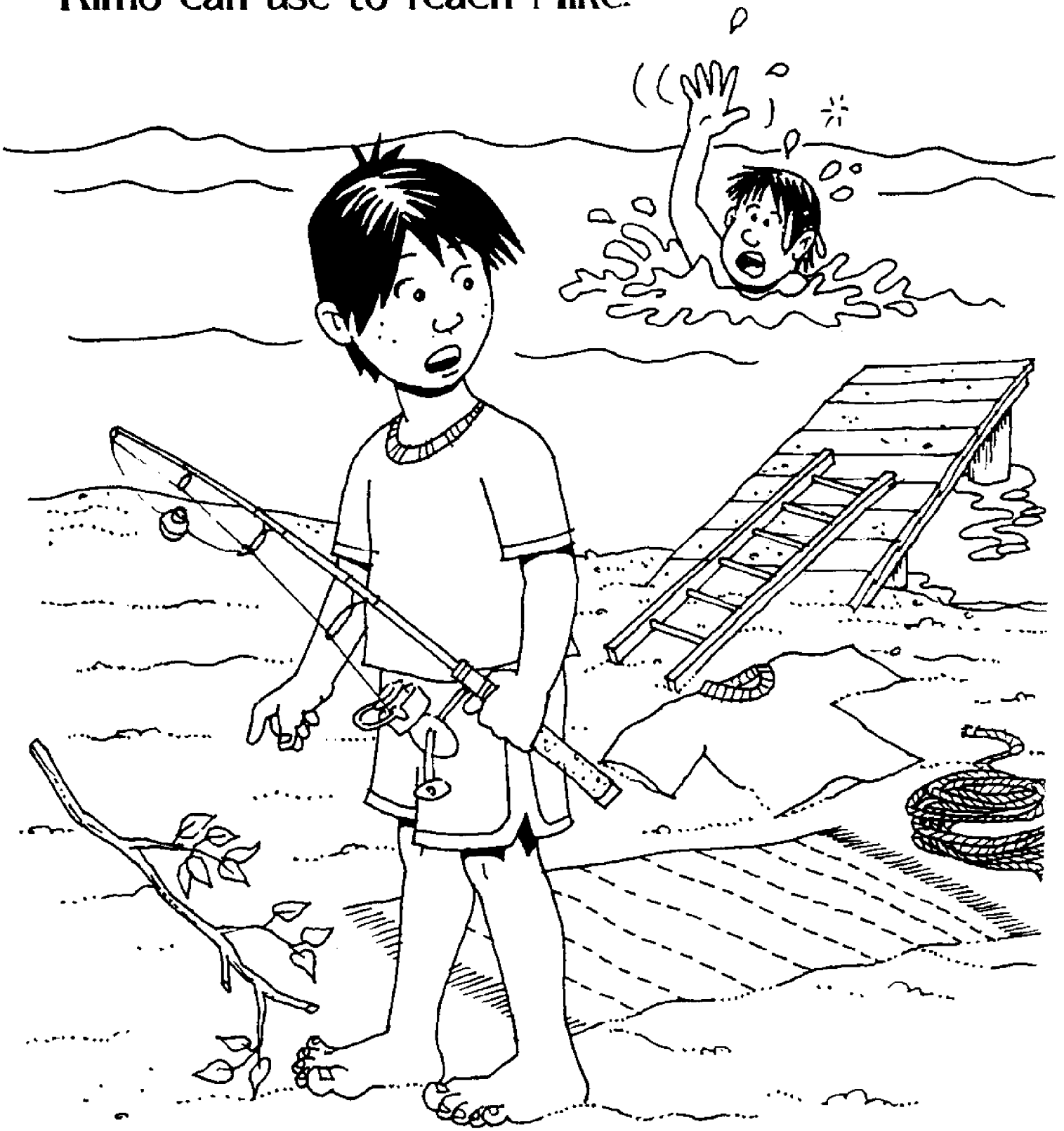

Check the depth
before you dive!

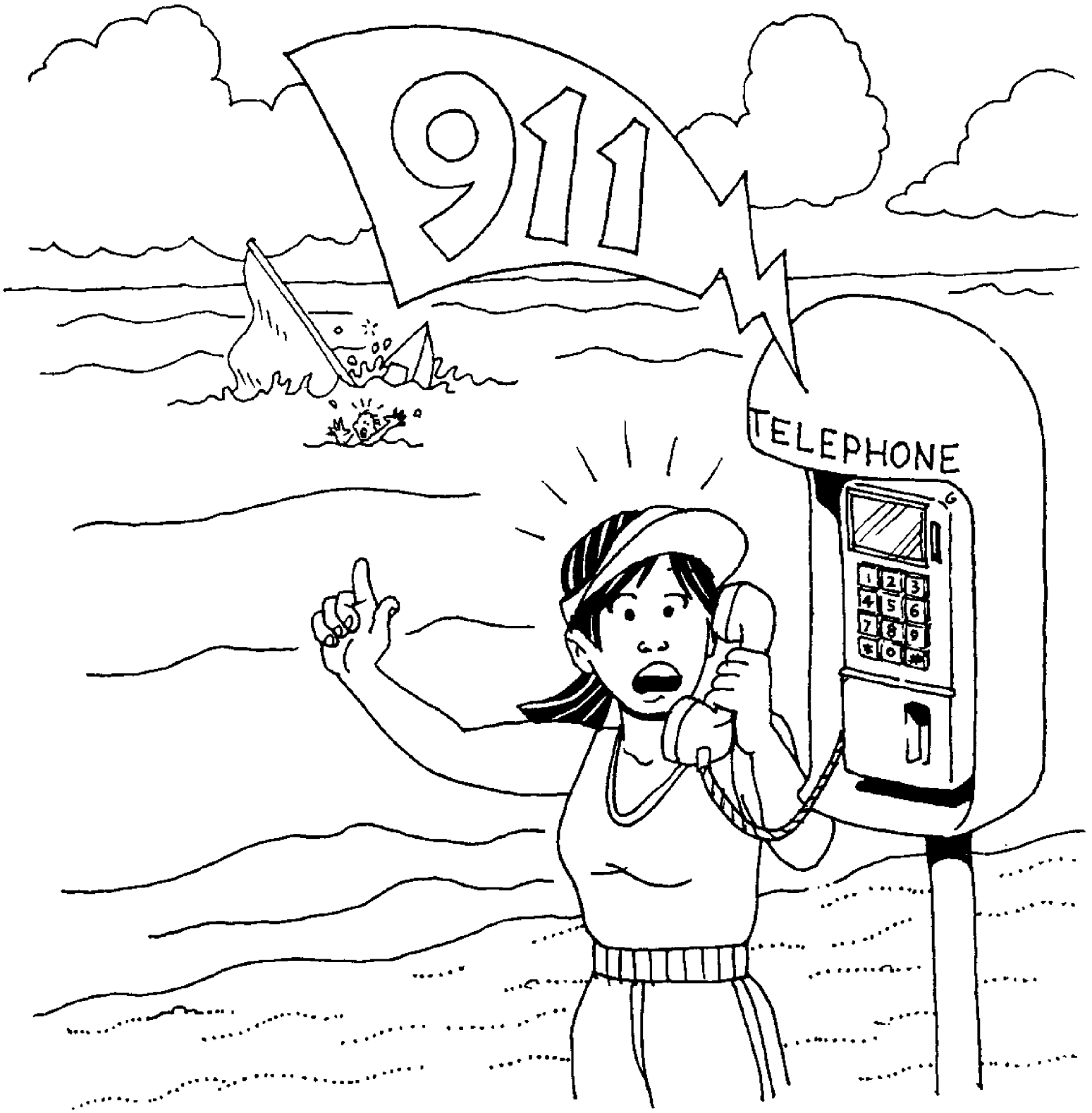
If you are in trouble, call for help!
If you see someone in trouble,
call for help!



Circle the things that could be thrown in to help the girl float.

Kimo can save Mike
by pulling him to shore.
Circle and color six things
Kimo can use to reach Mike.



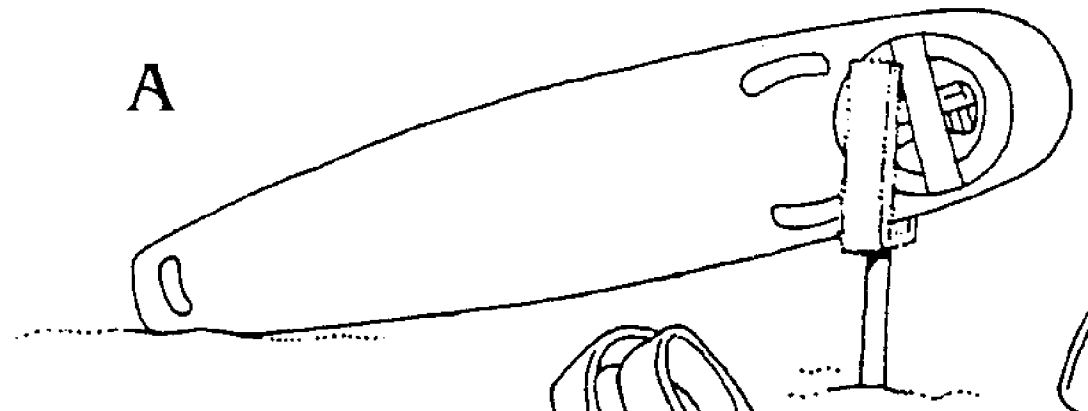


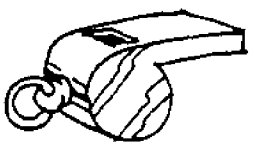
Call 911 to get help from the police, fire department, or ambulance.

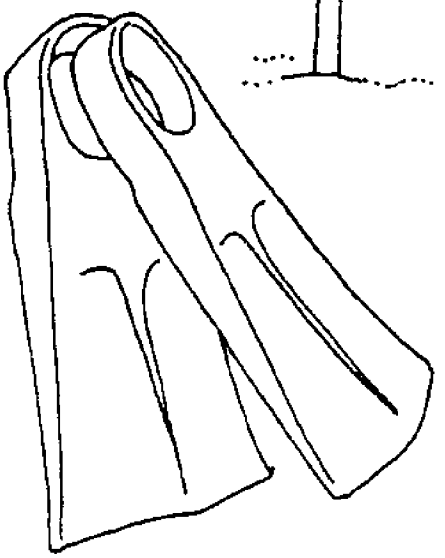
Protect your eyes and skin from the sun's burning rays.

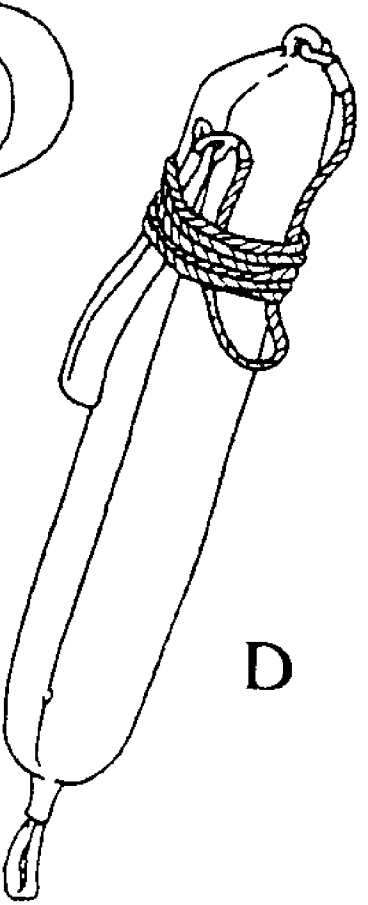
Keep our beaches clean and safe.
Put all trash in the rubbish can.

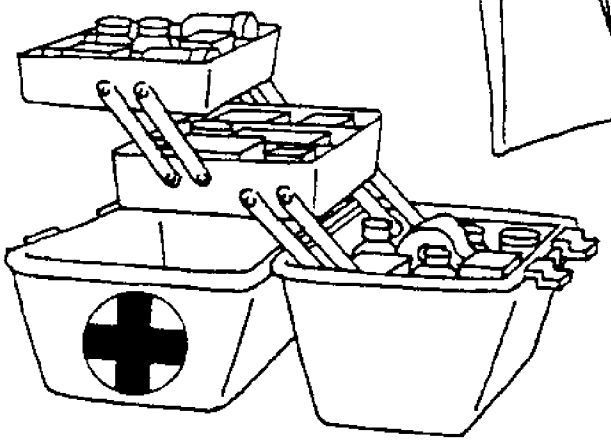
Standard water safety equipment

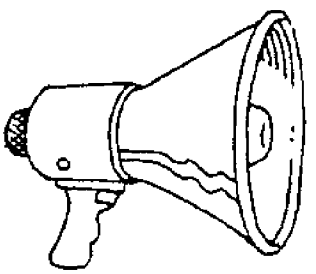


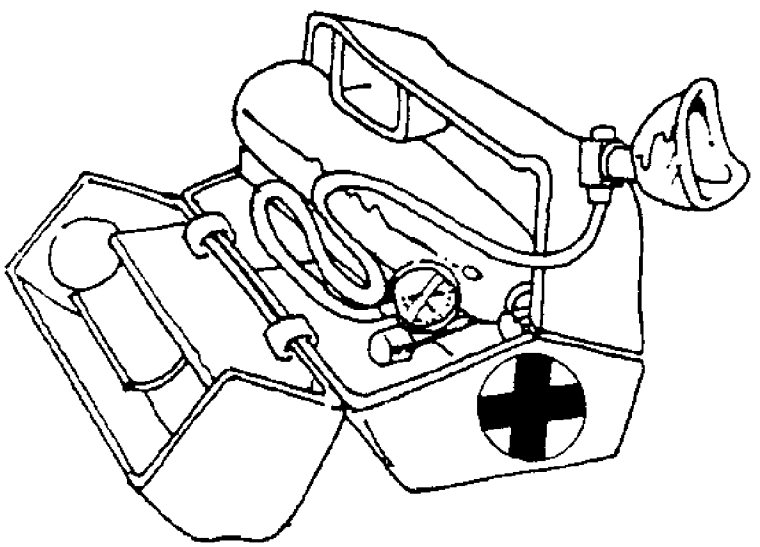








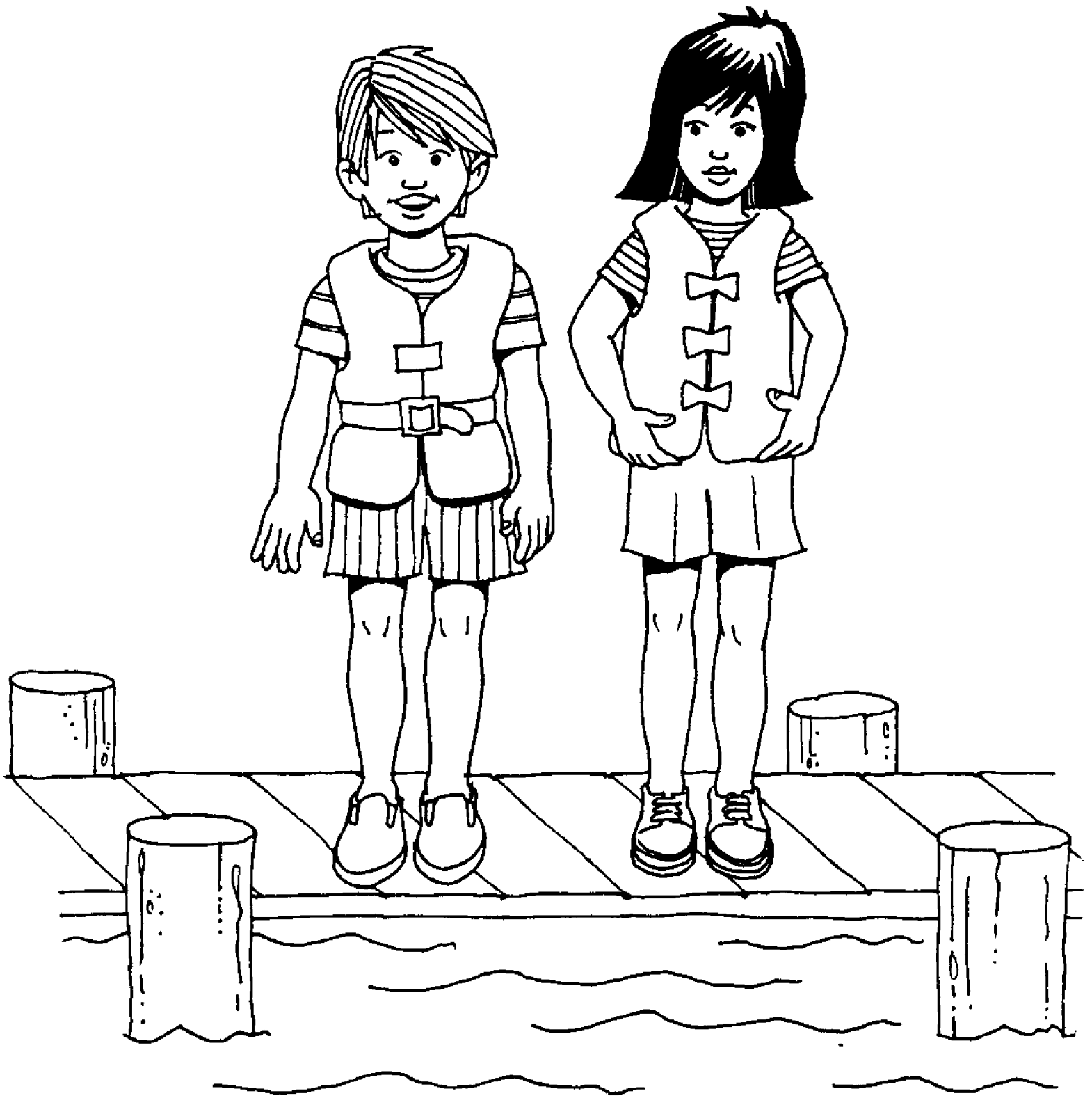




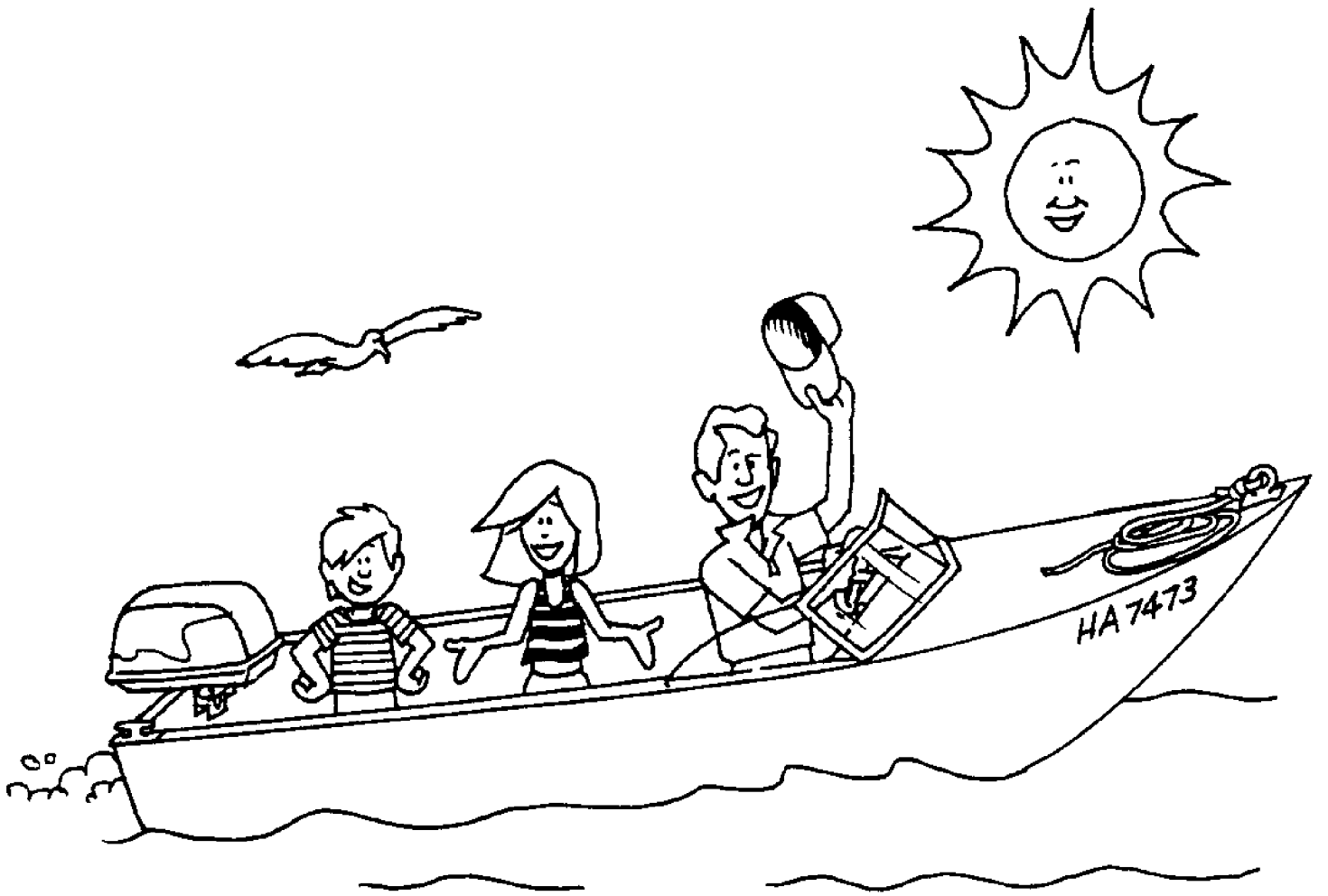
Rescue Tube ___
First Aid Kit ___
Bull Horn ___
Whistle ___
Resuscitator ___
Surfboard ___
Swim Fins ___

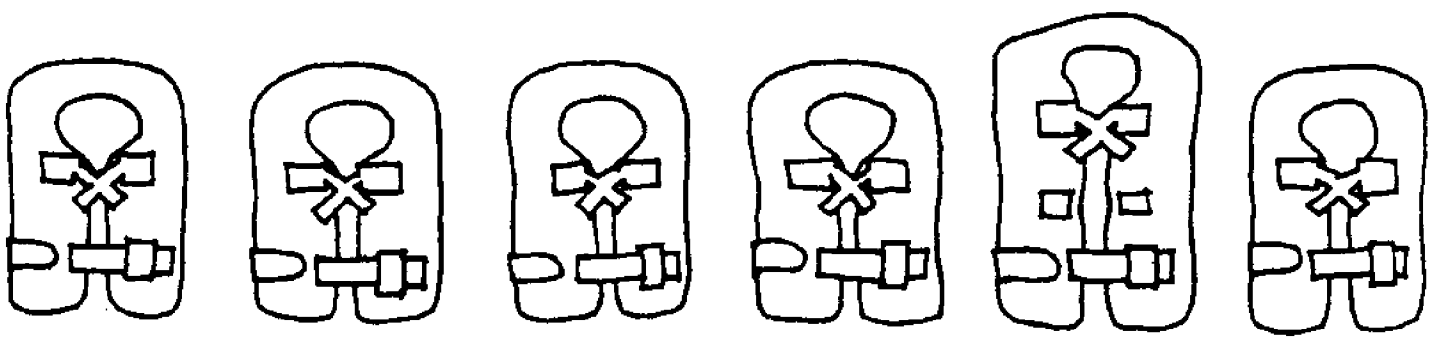
Part II:
Boating Safety

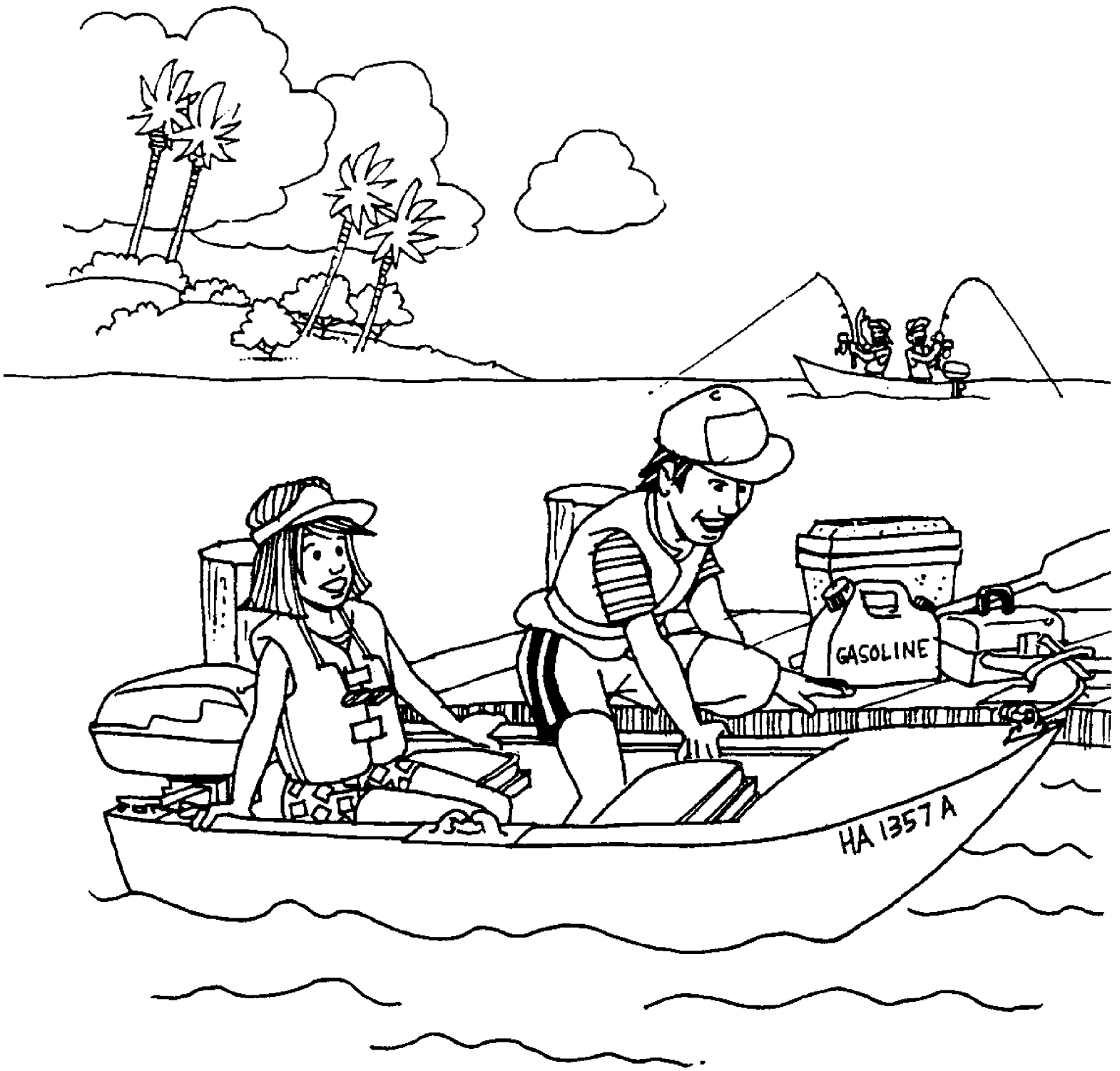
Color the life jackets



Color one life jacket to fit
each person in the boat.

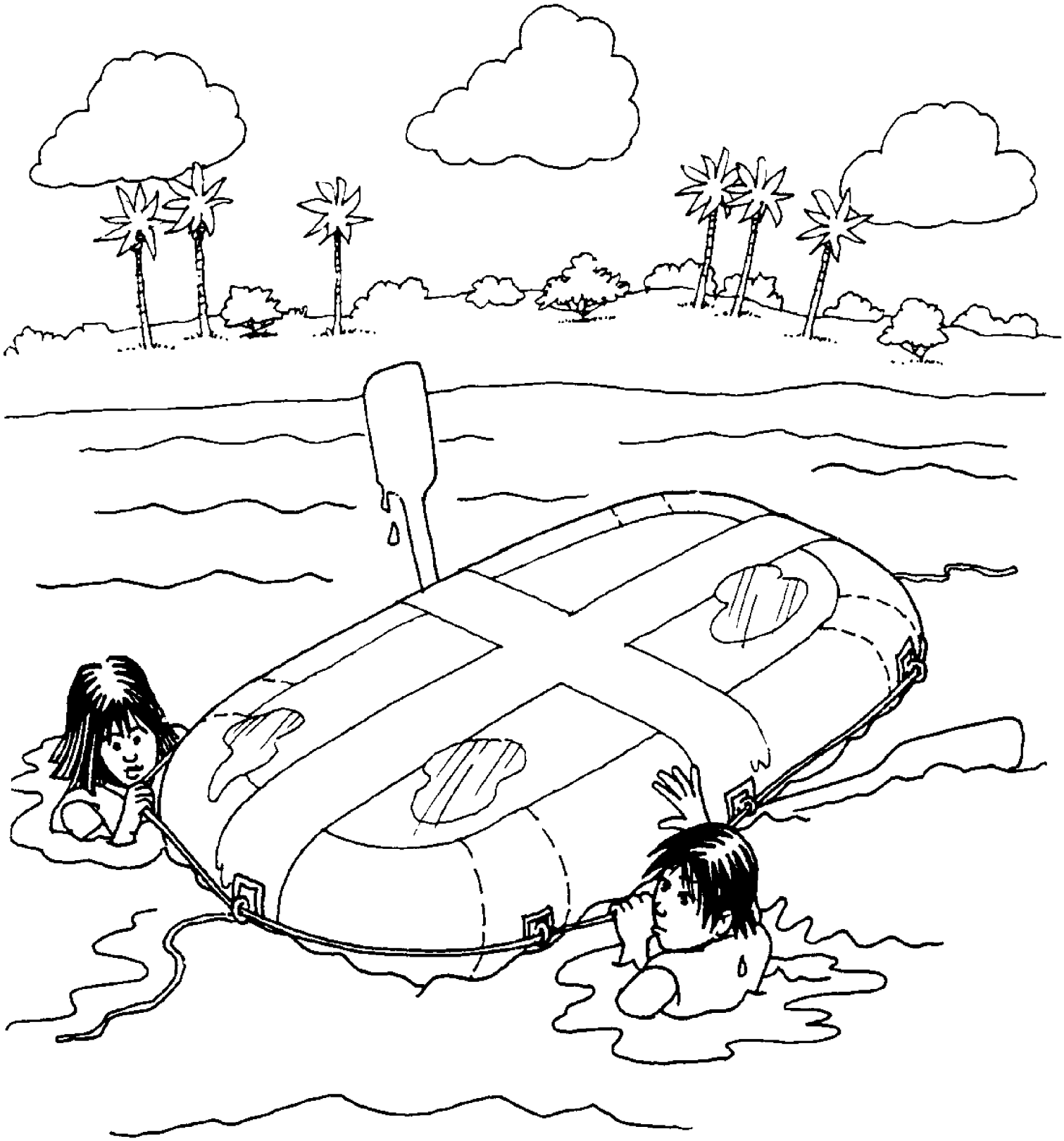




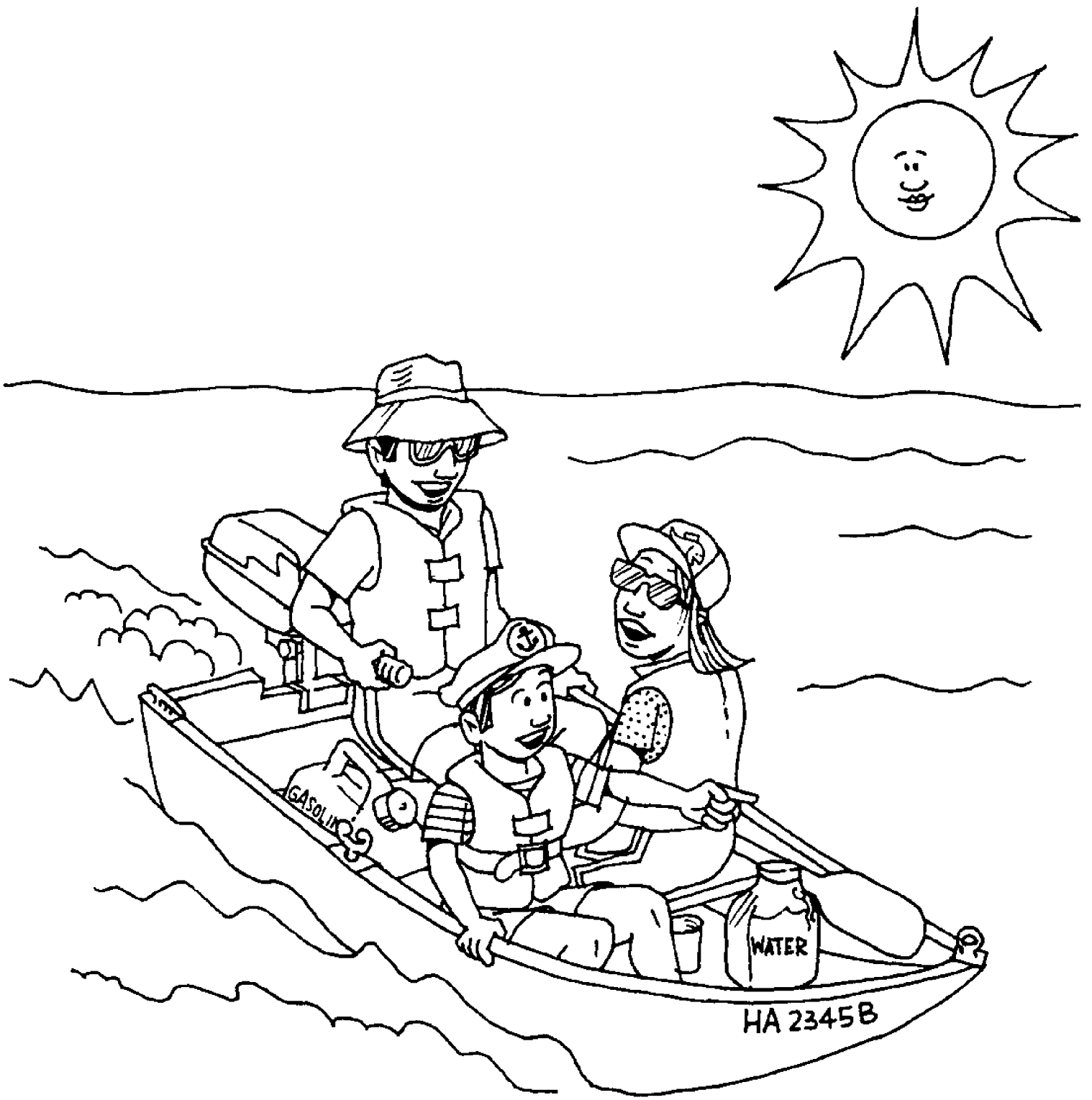


Step in carefully.

Always stay seated
and wear your life jacket.



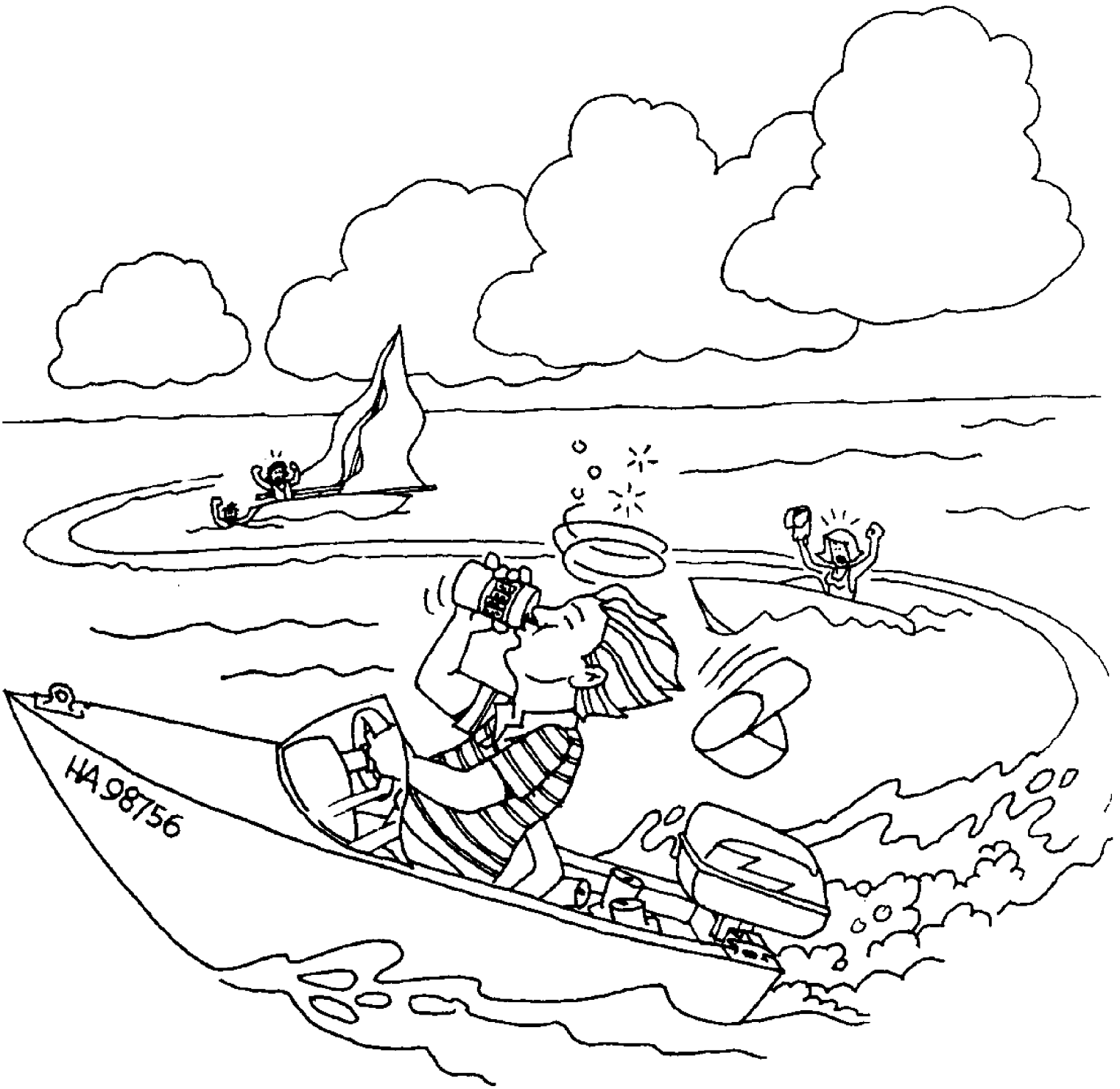
Always stay with your boat!



What is missing from the boat?

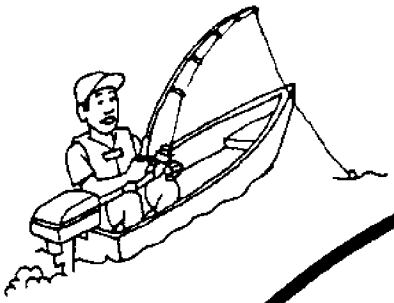
Watch for sudden weather changes.

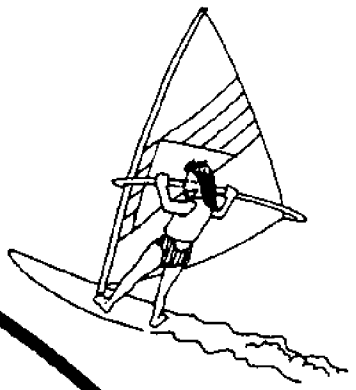
List the things that
are wrong in this picture.

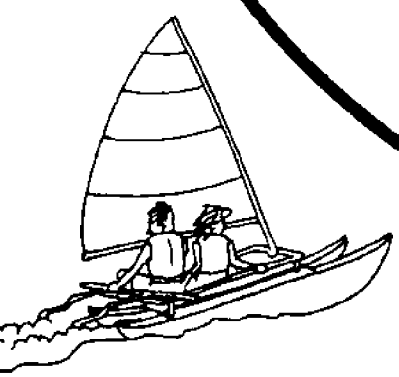


Part III: Boating & Water Safety Puzzles

Draw your favorite watercraft.







Word Rescue

F L O T A T I O N D E V I C E F W B B C E U

Z D A I R E C B I A E B R Z Q V Z R P S L K

P E R O P E C B B A E B R Z Q V Z A P S D K

W V C M V R F L U R C O O L E R W N I O D E

F I S H I N G P O L E D U G H A C C B O A T

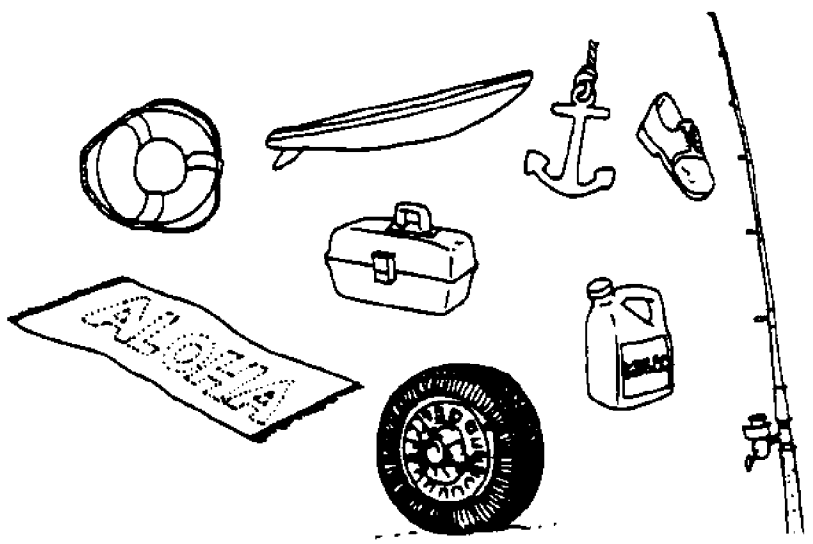
M X A E I O M M Y E O P E G I L P H W Q P O

P L A S T I C B O T T L E I W E P B N I N E

T A C K L E B O X B E A C H B A L L I T S R

Circle the rescue items

1. Flotation Device
2. Oar
3. Rope
4. Boat
5. Fishing pole
6. Tackle box
7. Beach ball
8. Branch
9. Plastic bottle
10. Cooler
11. Buoy
12. Paddle



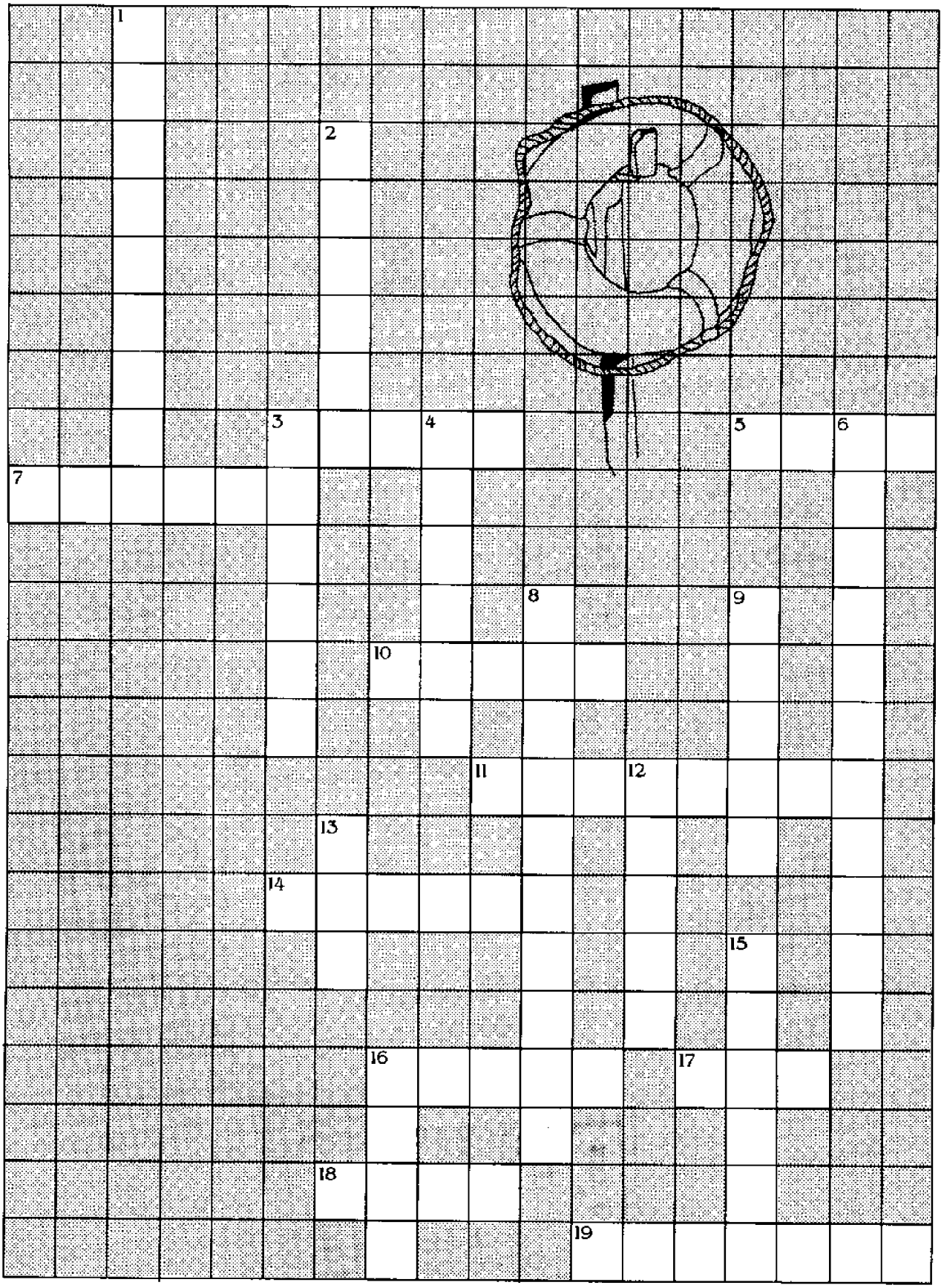
Boating & Water Safety Crossword Puzzle

ACROSS

2. Donut-shaped object, often found at swimming pools.
3. Where most of us go to swim and surf.
5. Don't be foolish around the water, play it s _ _ _.
7. You need it to climb to high places; in a water emergency it can be used to reach out to someone.
10. Don't l _ _ _ _ ; stay to help the victim.
11. Wearing a life jacket could prevent this accident.
14. When in a boat it's smart to always wear your life j _ _ _ _ _.
16. You could easily lose your balance and end up in the water if you do this in a boat.
17. In a water emergency don't hesitate, a _ _ quickly.
18. A spare t _ _ _ can be used to assist drowning victims.
19. Sailing is a b _ _ _ _ _ _ activity.

DOWN

1. Lifeguards in Hawaii paddle a s _ _ _ _ _ _ _ _ to save someone.
2. To save someone.
3. Tree limb; can be used from shore to reach someone in the water.
4. Keeps things cold; also floats.
6. Used to catch fish like ama, papio, and aholehole. Can be extended to someone in the water.
8. If you don't know what to throw, try e _ _ _ _ _ _ _ _ _ that floats.
9. Stay calm, don't p _ _ _ _.
12. Environment where activities like fishing, boating, and swimming take place.
13. Used to row a boat; can be used to reach someone from the water.
15. A container used to bail out a canoe.
16. Everyone should learn to s _ _ _; it's fun.



Learn these Water Safety Signs.

HIGH SURF

SUDDEN DROP OFF

WAVES ON LEDGE

STRONG CURRENT

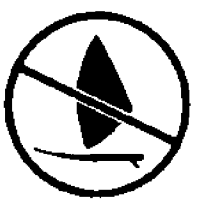
MAN-OF-WAR

SHARP CORAL

DANGER SHOREBREAK

SLIPPERY ROCKS

NO BOARDSURFING



NO BOARDSAILING

NO SWIMMING

NO DIVING

United States Lifesaving Association Hawaii Region