



Hawaii Recreation and Off-Duty Safety Awareness



December 2014



Commander, Navy Region Hawaii's comment on the deaths of two Sailors in as many months while on liberty in Hawaii:

"Hawaii is a beautiful and special place, but there are inherent dangers in the surf, cliffs and trails," Rear Admiral Williams said. "I've called for service members and their families to refocus and practice 'safety first', especially during the summer but throughout the year. We need to do everything we can to prevent another loss like this."

From Navy Region Hawaii Public Affairs
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OPNAVINST 5100.25C

Navy Recreation and Off-Duty Safety Program

- Applies to all Navy active duty and reserve personnel during recreational activities and off-duty
- Identifies high-risk recreational activities
- Identifies Individual's Responsibilities to:
 - Inform their chain of command when planning to engage in high risk activities
 - Perform an Operational Risk Management (ORM) assessment
 - Report all recreational injuries



High Risk Recreational Activities

Flying Civil Aircraft

Hang Gliding

Sky Diving*

Scuba Diving*

Bungee Jumping

Hunting

Rodeo

Hiking*

Off-Road Motorcycle*

Mountain Biking*

Flying Civil Helicopters

Surfing*

Kite Surfing

All Terrain Vehicles

Parasailing

Cliff Diving*

Rock Climbing

Kayaking*

BMX Bicycle Riding*

Skateboarding*

** Activities Sailors in Hawaii have been injured or killed while performing*

***BOLD** font indicates a water activity that may result in drowning*



Know Before You Go



Caution

Approach with caution, conditions can change. This is the safest level of nearshore or offshore conditions.



CLOSED

Beach is closed.



No conditions available

Conditions do not apply to this location, for example offshore islands have no nearshore rating.



High Hazard

Conditions are hazardous. People are advised to stay out of the ocean.



Extreme

Conditions are extremely hazardous. People are advised to stay out of the ocean.

Oahu North Shore

Nearshore	Offshore	Beach
●	◆	Sunset Beach
●	◆	Ehukai Beach
●	◆	Ke'Waena Beach
●	◆	Chun's Reef
●	◆	Waimea Bay
●	◆	Lanikai Beach
●	◆	
●	◆	

Check the websites:
www.hawaiibeachsafety.com
瀏覽網頁：
www.hawaiibeachsafety.com

Updates every 10 minutes!
每 10 分钟 更新！

Surf heights vary depending on who is providing the information and stated wave height may be twice as high.

取決資訊來源，冲浪的高度可能有差异。报告的冲浪的高度可能高两倍多。

Check the website:

<http://www.alohasurfguide.com/know-the-waves/>

瀏覽網頁：

<http://www.alohasurfguide.com/know-the-waves/>

FORECAST SURF HEIGHTS

updated: Nov 12, 2014 9:38AM

National Weather Service predicted surf heights are based on a Oahu forecasting system. Kauai forecast coming soon.

LOCATION	SURF HEIGHTS	TIDES
North	25-35 ft.	
West	12-22 ft.	
South	1-3 ft.	view graph
East	1-3 ft.	view graph

Surf heights are forecast heights of the face or front of waves. Some waves may be more than twice as high as the significant wave height. Expect to encounter rip currents in or near any surf zone. National Weather Service Weather Hotline: 808-245-6001

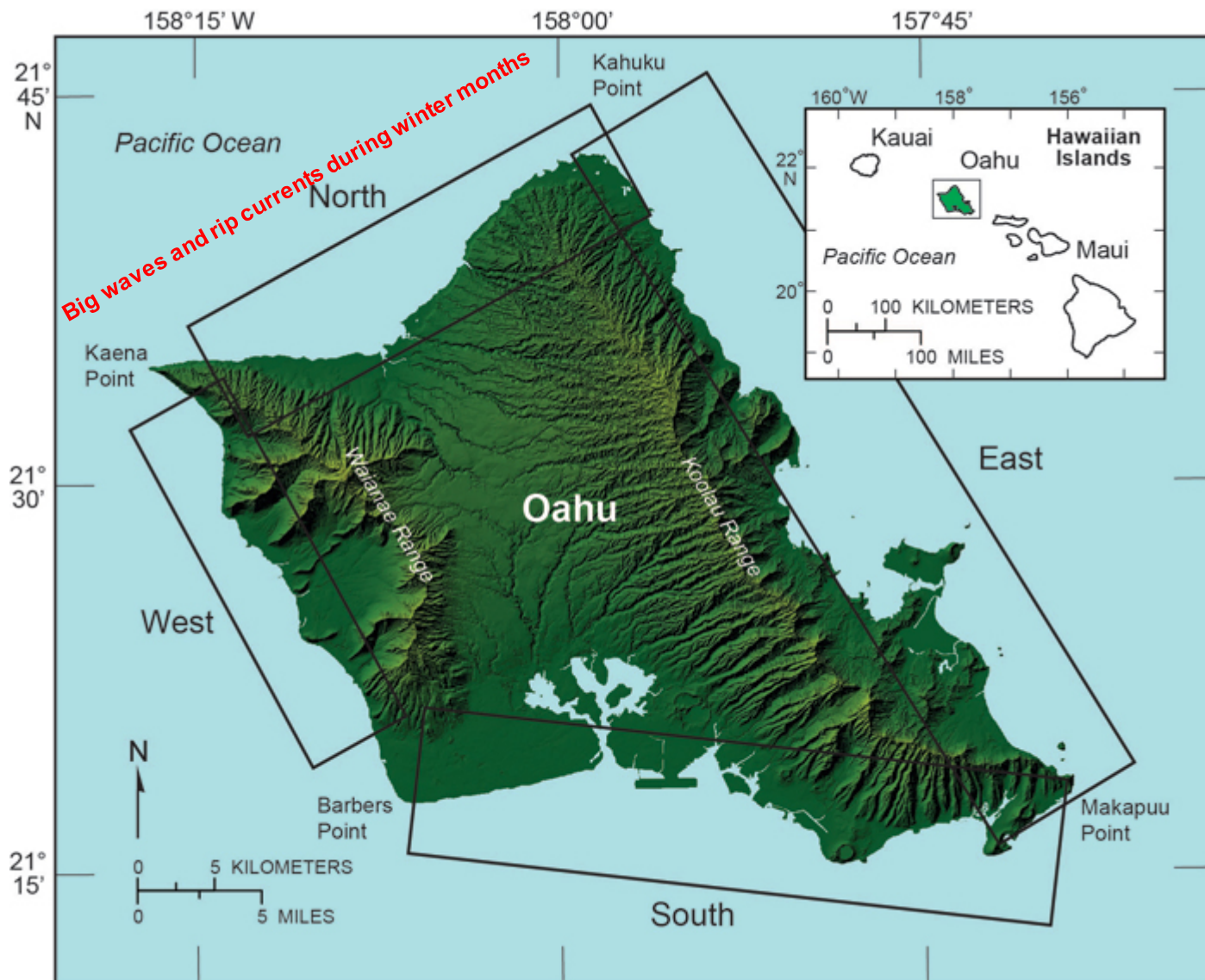


Examples of Hazards at Some Popular Beaches

Kauai		Issue
Lumaha'i Beach – nickname “Luma- <u>die</u> ”		Remote - strong rouge waves and rip currents. Slippery rocks. Big waves November to April. 偏僻 – 瘋狗浪和離岸流。濕滑石。大浪11月直到4月。
Kanapapi'ai Beach		Remote - strong rouge waves and rip currents. Big waves November to April. 偏僻 – 瘋狗浪和離岸流。大浪11月直到4月。
Hanakapi'ai Beach		Rated #10 most dangerous beaches in the world. 評為世界上最危險的海灘的第10名
Oahu		Issue
North Shore	<u>Navy reported injuries</u>	Big waves and rip currents - November to April 大浪和離岸流11月直到4月。
Sandy Beach	<u>Navy reported injuries</u>	Year round crushing shore breaks - Reported fatalities. 一年到头粉碎捲浪 – 据报死亡
Waimea Bay	<u>Navy reported injuries</u>	Strong rouge waves and rip currents - Big waves November to April, cliff jumping/drowning. Reported fatalities. 瘋狗浪和離岸流 - 大浪11月直到4月，懸崖跳水/溺亡。据报死亡
Hanauma Bay		Strong rip currents - Reported fatalities. 强離岸流 - 据报死亡



Map of Oahu Shore Areas Oahu 海岸地區地圖





Warning Signs – Don't Ignore Them!

Look for the beach warning signs



慎防危險離岸流



慎防大浪



慎防陡降落差



慎防堤防邊碎浪



僧帽水母



水母



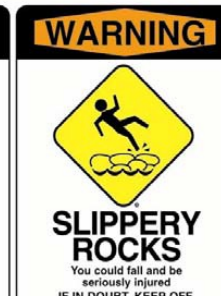
高浪



鯊魚



尖銳珊瑚



慎防岩石滑溜

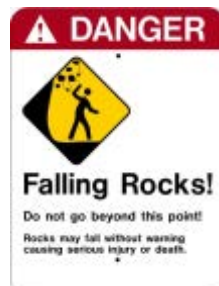
Look for mountain and streams warning signs



鉤端螺旋體病



暴洪危險



落石



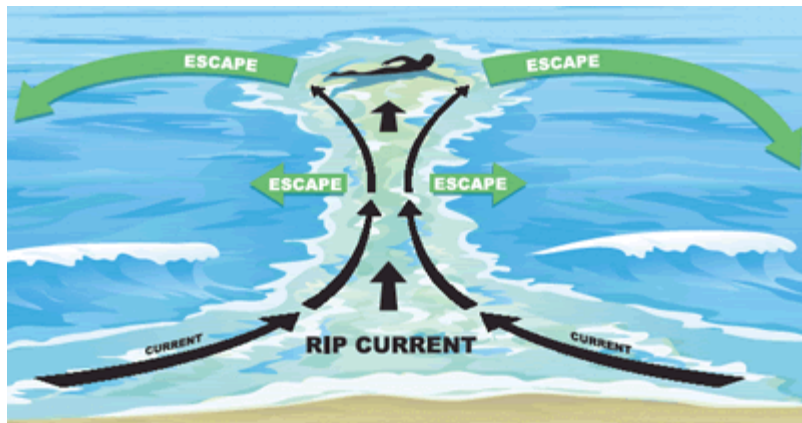
禁區



危險懸崖

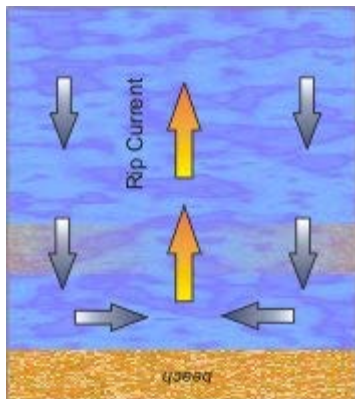


Swimming - Rip Currents



- Relax – Don't panic!
- Don't fight the rip current
- Swim parallel to the shore
- When out of the rip current swim at a diagonal toward shore
- Don't be afraid to signal for help!

- 放松 - 不要惊慌!
- 不要與離岸流對抗
- 以平行海岸的方向游泳
- 離開離岸流后，以斜角方向往岸上游
- 不要害怕求救！



http://www.noaa.gov/features/monitoring_0609/ripcurrent.html



Ocean Safety Tips

- Swim in lifeguarded areas
 - Ask a lifeguard about beach and surf conditions and safety before swimming
 - Never swim alone
 - Don't dive into unknown water or into shallow breaking water
 - Don't attempt to dive over large waves
 - If unable to swim out of a strong current, or you are having difficulty returning to the beach, signal for help
 - Avoid swimming too close to or standing on reefs
 - Avoid murky water
-
- 游泳在有救生员的范围
 - 游泳前询问救生员有关沙滩和海浪情况和安全
 - 不要独自游泳
 - 不要跳进或潜入情况不明的水域
 - 不要跳过大浪
 - 如不能游出激浪或有困难回岸，求救
 - 避免游泳或站太近礁
 - 避免湍渾水

When in doubt, don't go out!



Snorkeling



- Never snorkel alone
- Know your skill level
- Avoid shallow water blackout
- Frequently check the shoreline, currents can quickly take you far out to sea
- Wear sunscreen
- Know when it is time to stop

- 不要独自潜水
- 了解个人技术水平
- 避免浅水眩晕
- 经常查看海岸，海浪可以很快的把你冲出大海
- 涂抹防晒霜
- 知所行止



Check out the MWR activities at
<http://www.greatlifehawaii.com/>



Surfing



- Check the surf forecast before you go
- Some waves may be more than twice as high as the forecast
- Expect rip currents in or near surf zones
- Know the rules
- 出门前，查看海浪预测
- 一些海浪可能比预测的高两倍
- 预料近冲浪区有离岸流
- 知道规矩

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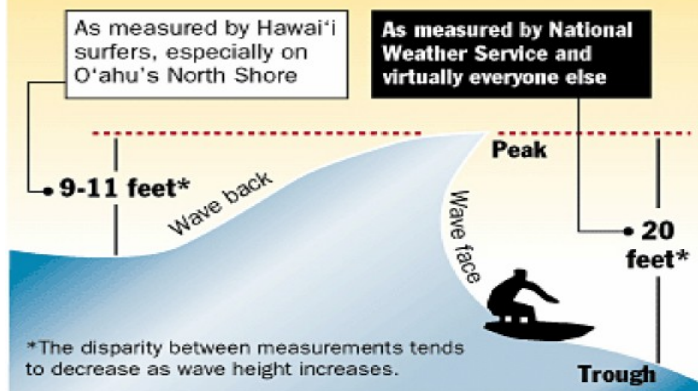
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Hawaii Wave Heights

Measuring wave height

Wave heights are measured differently by surfers and other beachgoers in other parts of the world. The National Weather Service is trying to standardize wave-height reporting, measuring the wave face, from trough to peak.



Source: National Weather Service

The Honolulu Advertiser

测量海浪高度

冲浪者和世界各国的泳客用不同的方式来测量海浪高度。国家海洋与大气管理局试图统一海浪高度报告，从波峰和波谷来测量浪面。



Boating & Kayaking



RIGHT – Life Vest



WRONG – NO Life Vests

- File a float plan
- Wear a lifejacket
- Carry a cellphone in watertight container
- No craft within 100 yards of a Navy vessel
- Limited access to Pearl Harbor – check with MWR for permit
- 提交求生计划
- 穿戴救生衣
- 使用防水容器来携带手机
- 小型船隻不能接近海军船隻100尺
- 珍珠港出入有限 – 向福 利娛樂部询问/申请许可证



PEARL HARBOR, Hawaii (NNS) -- With his cell phone battery dead, John Stockton knew that his best chance to stay alive was to be seen, not heard. Luckily for him, help was on the way. The aircrew aboard a Navy P-3C Orion aircraft saved the man's life off the coast of the Big Island on July 30 after Stockton had been **adrift at sea in a kayak for more than two days.**

珍珠港，夏威夷 - 攜帶着已经没有电的手机，John Stockton 知道他最好的求生机会是被看到，不是被听到。幸好，救援马上就到。登上P-3獵戶座海上巡邏機的空勤人員在7月30日在夏威夷的大島救援在皮艇上漂浮兩日多的Stockton.

***If your craft capsizes or you fall out - stay with it
It will be easier to find you from the air
如果你的船打翻了或你跌落了 – 不要离开船
从空中可以更容易找到你***



Blow Holes, Beach Access and Tide Pools

海泉噴口， 海灘通道， 和岩石區潮水潭

<http://hawaiibeachsafety.com/alerts>



Do not turn your back to the ocean
切勿背向大海



Coral is sharp
珊瑚是鋒利的



Photo: Susan Scott



Rocks are slippery
岩石是滑溜的



Jellyfish sting on the beach or in the water
水母在海灘或水里都會咬



Sea urchins spines easily penetrate
海膽脊椎骨很容易刺入



Cliff Jumping Claims Two Sailors Lives



Two Navy Sailors drowned in separate incidents while cliff jumping at Spitting Caves on Oahu's South Shore in April and June 2014

两个海军在歐胡島的Spitting Caves分别在2014年四月和六月因懸崖跳水死亡。

觀覽以下的网站去看新闻报告：View the news report at the following URL:

<http://www.hawaiinewsnow.com/story/25734573/city-films-warning-message-about-spitting-caves-danger>

The use of ORM would likely have prevented these needless deaths
如有使用风险管理进程，这些不必要的死亡有可能可以避免



Hiking



Three Peaks in Olomana is a popular Oahu hike that recently claimed the life of an experienced hiker. When choosing your hike consider:

- The specific challenges of the trail and skills required
- Forecasted weather conditions
- Your conditioning level, hiking ability and equipment
- Time of sunset
- Availability of water, shelter and assistance if required

最近，一名有经验的远足者在欧湖岛受欢迎的Olomana Three Peaks意外死亡。选择野遊途径时，请考虑：

- 途径的特定的挑战和需要的技巧
- 天氣預報
- 个人的身体素质，远足能力和装备
- 日落时间
- 水，庇护和援助的供应如有需

Hawaii is a great place to hike but, has some unique hazards and challenges:

- Narrow ridgeline trails with steep drop-offs
- Crumbly rocks and unstable ground
- Trails that are extremely slippery when wet
- Rapidly changing weather conditions, particularly on windward mountain peaks and trails
- Narrow valleys subject to rapid flash flooding
- Wild pigs and hunting dogs

夏威夷是一个远足的佳地，可是它存有独特的危害和挑战：

- 狹窄的山脊線有陡峭的斜坡
- 易碎的石和不稳定的地
- 迅速变化的天气，特别在向風的山峰和野遊途径
- 狹窄山谷受到快速的洪灾
- 野猪和猎狗

Consult <https://hawaii Trails.ehawaii.gov>
For trail conditions, maps and more



Hiking - Mountain Streams

Flash floods can occur rapidly and without warning in narrow valleys and along mountain streams – even when it isn't raining at that specific location

洪水可以在无警告下快速的发生在狭窄山谷和山溪 – 尽管現 時地點没有下雨



Before



After



Swimming is possible in many Hawaii streams and waterfalls - but only when conditions allow. Freshwater streams and pools are prone to from heavy rains high on the mountain. Always check current conditions and obey posted signs. Use ORM to determine if your planned activity is safe.

在安全情况允许时，游客可以在夏威夷的许多溪和瀑布中游泳。淡水溪和水塘时常受到高山豪雨而有危险的洪水。一定要查看目前情况和遵从警告标志。使用风险管理进程来确认计划活动是否安全。

Freshwater streams and muddy hiking trails may contain Leptospirosis bacteria

- Affects humans and animals
- Flu like symptoms that may last for months
- Observe all warning signs
- Do not enter fresh water or hike muddy trails with any type of skin cut or open wounds
- Clear water doesn't necessarily mean clean water



淡水溪和泥濘的野游途径可能含有鉤端螺旋體病细菌

- 影響人類和動物健康
- 持续几个月的流感的症狀
- 遵从警告标志
- 如有傷口或其他皮外損傷勿入淡水溪和泥濘的野游途径
- 清水不一定等于干净的水



Trail Biking



Hazards:

- Narrow trails with sharp and uneven turns
- Crumbly rocks and unstable ground
- Steep drop-offs
- Extremely slippery when wet
- Numerous roots and sharp rocks
- Steep trail inclines and declines
- Rapid weather changes

危險：

- 狹窄途徑有不順滑或轉急彎
- 陡峭的斜坡
- 極滑，當濕
- 許多樹根和鋒利的岩石
- 陡峭的斜坡
- 快速天氣變化

Before you go:

- Find a partner – don't go alone
- Ensure bike and equipment are suitable and in good condition
- Check weather and sunset time
- Know the planned trail and skill level required
- Be prepared for emergencies including items for spending the night if necessary

去之前：

- 找一個同遊伙伴 – 不要單人去
- 確定自行車和裝備處於適當和良好狀態
- 知道計劃的途徑和所需的技巧
- 準備應付緊急情況包括預備好野外過夜的物品





Skateboarding 滑板



At least he is at
a skateboard park
起码他在滑板公園



Better with a helmet on
戴上头盔就更好了



Best! All the proper PPE
and at a skateboard park
很好！戴上了所有的防護裝
備和在公園滑滑板



You wear PPE for work, why not wear it for play?
在工作上你会用上防護裝備，玩的时候为何不用呢？



References

Reference	URL
Naval Safety Center	http://safetycenter.navy.mil/
OPNAVINST 5100.25C RODS	http://doni.daps.dla.mil/allinstructions.aspx
MWR	http://www.greatlifehawaii.com
Hawaii News Now – sign up for weather alerts	http://www.hawaiinewsnow.com/category/202017/weather
Hawaii Government – sign up for weather alerts	https://portal.ehawaii.gov/page/alerts/
KSSK Radio weather broadcasts	KSSK AM 590 - FM 92.3
NOAA website	http://www.prh.noaa.gov/hnl/
Hawaii 24/7 website	http://www.hawaii247.com/weather/
Hawaii beach and surf information	https://www.tombarefoot.com/