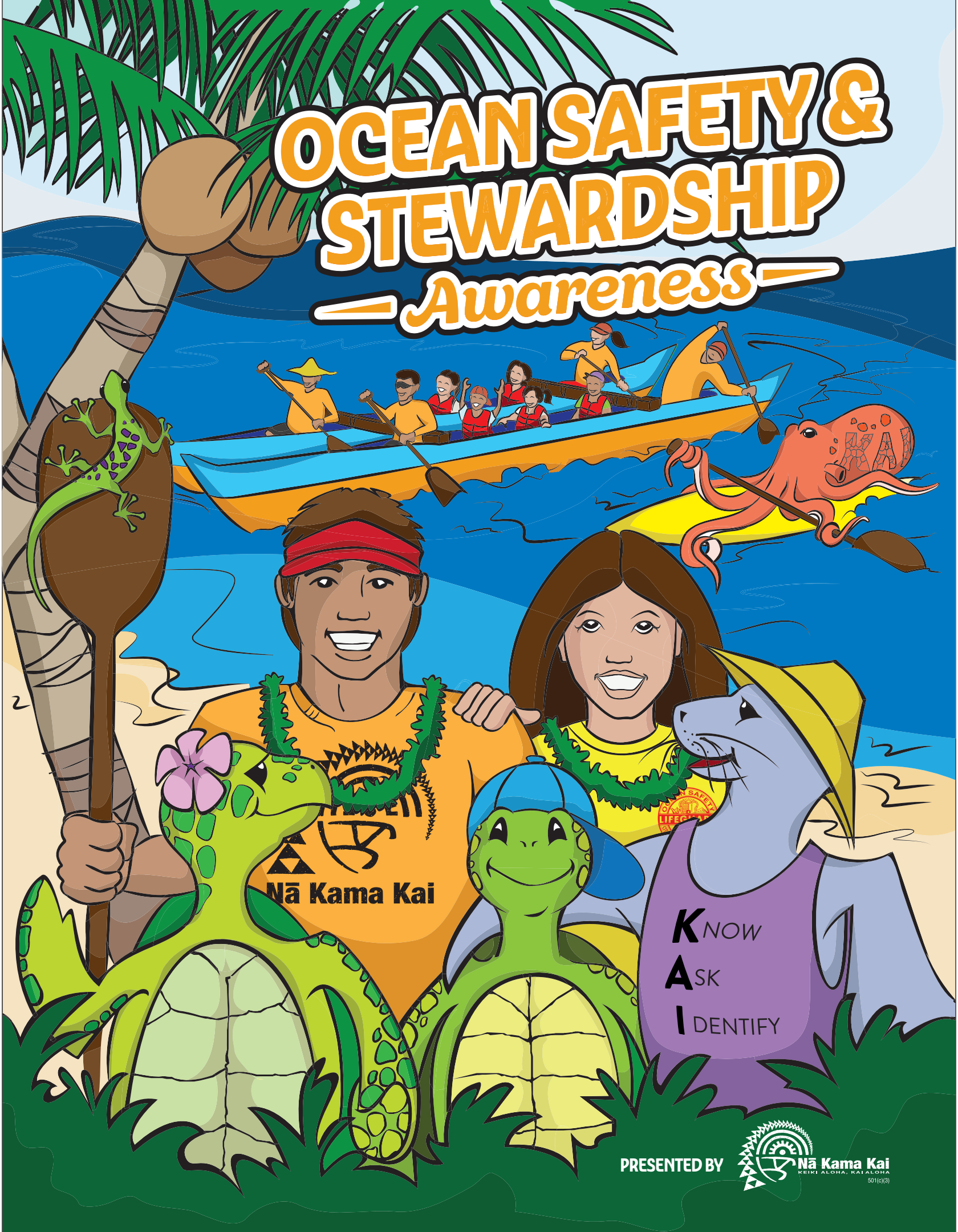


# OCEAN SAFETY & STEWARDSHIP

## — Awareness —



PRESENTED BY



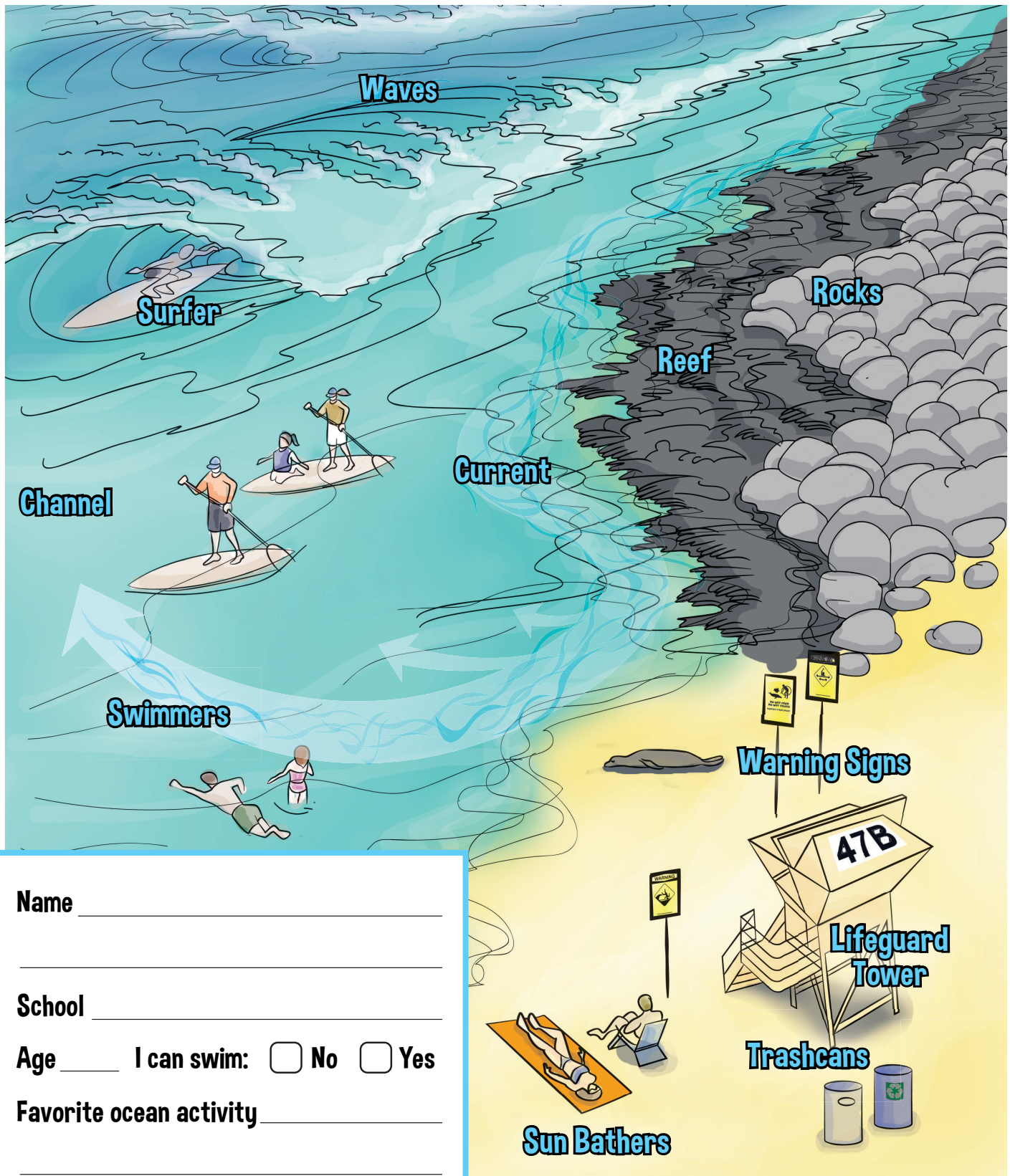
Nā Kama Kai

KEIKI ALOHA, KĀLAHOA

501(c)(3)

# OCEAN ORIENTATION

The ocean is part of everyday life in Hawai'i. The ocean is our 'ohana (family), we must have respect and aloha towards it. It is important for us all to be ocean-aware and sea-smart.



Name \_\_\_\_\_

School \_\_\_\_\_

Age \_\_\_\_\_ I can swim: ☐ No ☐ Yes

Favorite ocean activity \_\_\_\_\_

\_\_\_\_\_



# MA KA HANA KA 'IKE

*In the practice is knowledge*

You must always respect the strength of the ocean. It can turn from peaceful and fun to powerful and dangerous in an instant. That's why it's important to have a strong ocean safety foundation.

Strengthen your ocean safety by remembering the word "KAI," which is Hawaiian for "sea." On any given day at the beach, before you enter the ocean, follow these three K.A.I. steps.

# K

## KNOW your limits

Never go to the ocean alone.

Ask yourself: Did I go to the beach with a responsible adult? Do I know how to swim? Do I feel comfortable in my na'au (gut feeling) to go out in these conditions? If in doubt, don't go out.

# A

## ASK a lifeguard

Not all beaches have lifeguards, so try to visit beaches that do. Look for the lifeguard on duty to assist you. Start by asking, "Is this a good day for me to go in the ocean?"

# I

## IDENTIFY the hazards

Take 10 minutes to check out the environmental conditions. Waves, winds, currents, shorebreak, rocks, surfers, and swimmers are all potential hazards. Don't risk your safety or the safety of others if you have any doubts about entering the ocean. Listen to your na'au.

For current updates on beach conditions, visit [www.hawaiibeachsafety.com](http://www.hawaiibeachsafety.com)

## TRUE OR FALSE

If you see someone drowning, you should take the following actions:

- ☐ Remember that the safety of other beachgoers comes first
- ☐ Attempt a rescue even if you haven't had any training
- ☐ Call for HELP
- ☐ Post about it on social media
- ☐ Ignore the situation
- ☐ Use CPR if necessary
- ☐ DO NOT put yourself in danger

Answers: F,F,T,F,F,T,T



# KAI PALEKANA

## Ocean Safety

### Nānā Ka Maka, Ho'olohe Ka Pepeiao, Pa'a Ka Waha.

Observe with the eyes, listen with the ears, and close the mouth.

*'Know before you go! People often underestimate the power of waves, current, and winds.*

#### Keep Some Common Sense Rules In Mind When You Are Going In The Ocean

1

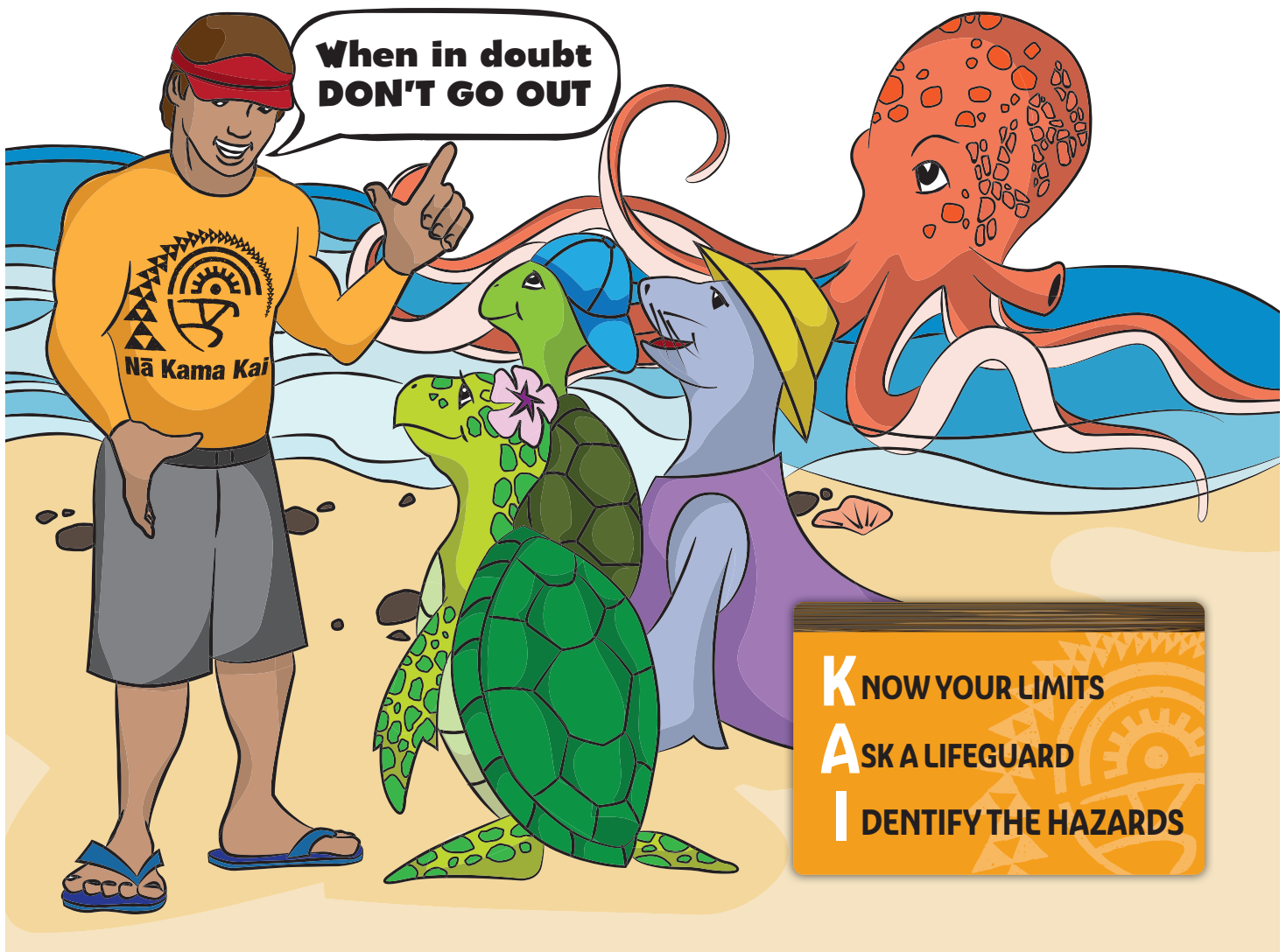
Never turn your back on the ocean.  
"mai huli 'oe i kou kua o ke kai"

2

Never swim or surf alone and always follow  
ocean safety warning signs on the beach.

3

Ask a lifeguard about current ocean  
conditions and whether it's safe to go out.





## Warning Sign Match Up

- A. Dangerous Shorebreak
- B. High Surf
- C. No Diving
- D. No Swimming
- E. Slippery Rocks
- F. Strong Current
- G. Sudden Drop Off















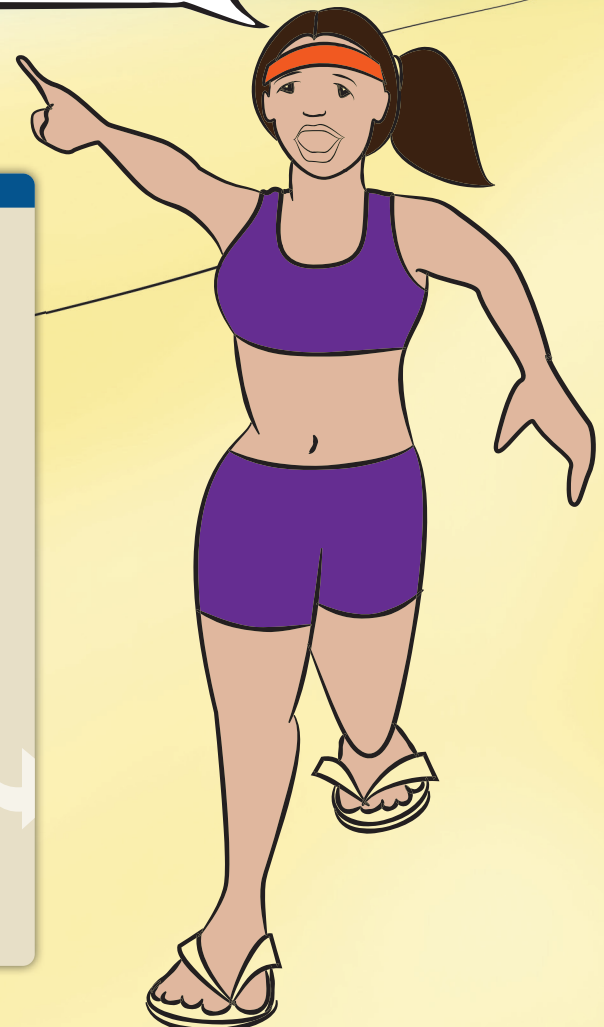

**HELP**  
I'm stuck in  
the current

**Don't fight the current**  
**Remain calm**  
**Swim sideways to the current**

## DROWNING PROTOCOL

If you see someone in danger, follow these seven steps:

- 1) Your safety comes first
- 2) DO NOT attempt to rescue if you are not trained
- 3) Call for help
- 4) Call 911
- 5) Monitor the situation
- 6) Start CPR if necessary
- 7) DO NOT put yourself in danger



# PROTECT OUR SEA LIFE

ʻĪLIOHOLOIKAUAUA *Dog that runs in the rough water*

## Hawaiian Monk Seal

**STATUS:** Endangered

**POPULATION:** Approximately 1,400 seals. After decades of decline, the population has finally experienced an increase of about 2% per year since 2013.

**DIET:** Hawaiian monk seals eat a lot of things. They eat bottom dwelling fish, lobster, shrimp, crab, octopus, and squid. Monk seals eat about 15 pounds of food a day.

### History:

- Hawaiian monk seals spend one-third of their time on shore resting.
- Sandy beaches are the main place for seals to have babies and feed them, molt (shed old skin), and rest. But other areas, including reefs, are used.
- Seals usually feed at 200 meters deep or less. But they can dive as deep as 500 meters!
- Seals give birth all year round, but they most often give birth in late spring and early summer.
- Females stay on the shore, or in the water close to shore, with their newborn pups for about 6 weeks.

### Threats to Seals

- Not enough food for them in Northwestern Hawaiian Islands
- Competition for food by other predators, such as jacks and sharks
- Loss of beach habitat due to coastal development
- Getting caught in ocean trash
- Male seals' aggression toward females and young seals
- Sharks
- People bothering them, especially when they have pups
- Fishers accidentally catching them
- Disease

### How to Protect Them

Hawaiian monk seals are protected by the Endangered Species Act and Marine Mammal Protection Act. Professionals help protect them by:

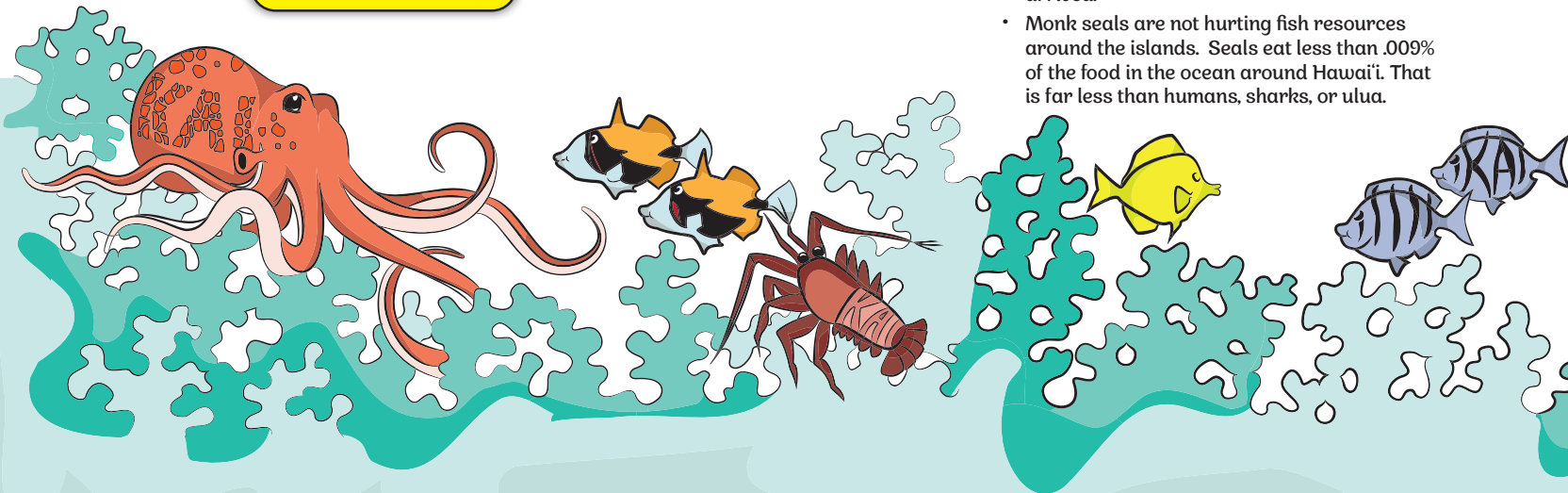
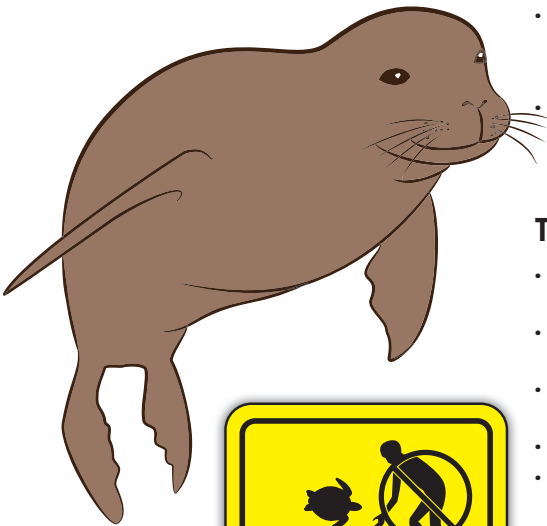
- Moving young seals to better habitat, caring for injured seals, helping entangled seals
- Providing vaccinations
- Removing Galapagos sharks
- Moving aggressive male seals

### You can help by:

- Removing trash from beaches and reefs
- Using round, barbless fishhooks
- Respecting any roped off areas or signs around a monk seal on the beach
- Staying at least 50 feet away from the seal if there are no signs
- Keeping all pets on a leash, away from seals
- Reporting monk seal sightings to **NOAA at (888) 256-9840 or RespectWildlife@noaa.gov**

### Did you know?

- Monk seals are native to Hawaiʻi, including the main Hawaiian Islands. They don't live anywhere else in the world.
- As we make it safe for seals, there is a growing number of them in the main Hawaiian Islands. The government is not bringing new seals to the islands and the seals are not moving from the Northwestern Hawaiian Islands.
- Monk seals have lived in the Hawaiian Islands for millions of years, long before people arrived.
- Monk seals are not hurting fish resources around the islands. Seals eat less than .009% of the food in the ocean around Hawaiʻi. That is far less than humans, sharks, or ulua.





# Hawksbill Sea Turtle

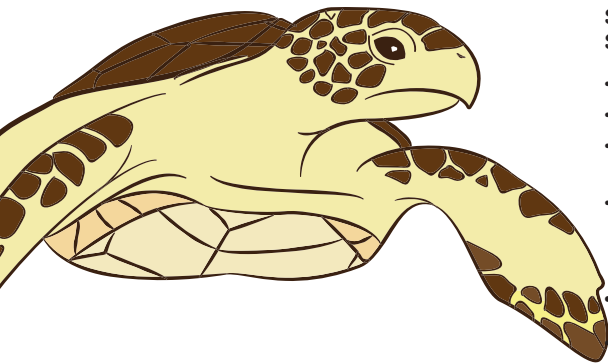
**STATUS:** Endangered

**POPULATION:** Approximately 20 females nest annually in Hawai'i

**DIET:** These turtles are omnivores, which means they eat plants as well as other animals, including sponges, algae, and invertebrates.

## History:

- Hawksbill turtles have a narrow, pointy beak and four scales between their eyes (green turtles have two).
- Only 20-25 turtles nest each year on the Islands of Hawai'i, Maui, and Molokai.
- There are fewer than 100 identified hawksbill turtles in Hawai'i.



HONU

# Green Sea Turtle

**STATUS:** Threatened

**POPULATION:** Approximately 800 females nest in Hawai'i

**DIET:** Herbivores - seaweeds (limu and other macroalgae)

## Threats to both hawksbill and green sea turtles

- Illegal hunting (Hunting sea turtles is now illegal, but they have been hunted for centuries. People hunted hawksbills for their beautiful shells, and green turtles for their eggs, meat, oil, bones, and shells.)
- Accidental capture in shore-based fisheries
- Disease
- Boat strikes
- Loss of coral reef and nesting beaches
- Invasive (non-native) algae, pollution
- Vehicle driving on nesting beaches, lights, and camp fires
- Predators such as rats, cats, and mongoose
- People bothering them
- Climate change

## How to Protect Them

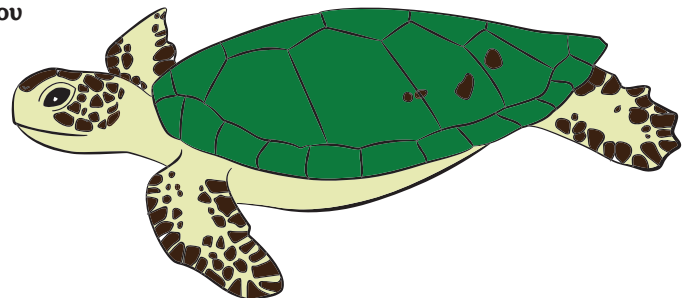
Sea turtles are protected by the U.S. Endangered Species Act and State of Hawai'i law

- View all turtles from at least 10 feet (3 meters)
- Use barbless hooks when fishing
- If a turtle is entangled, remove fishing line before you release it
- Please report dead or injured turtles, and all hawksbill sightings to NOAA at (888) 256-9840 or RespectWildlife@noaa.gov

- **Did you know?**
- Sea turtles live a long time and grow slowly. They depend on both the ocean and land to survive.
- Once hatchlings leave the nest, they go on a long migration that can last 3 to 5 years.
- Young adult turtles return to water near the shore to grow and mature.
- Sea turtles can't reproduce until they are 25 to 35 years old, and may live 100 years more.

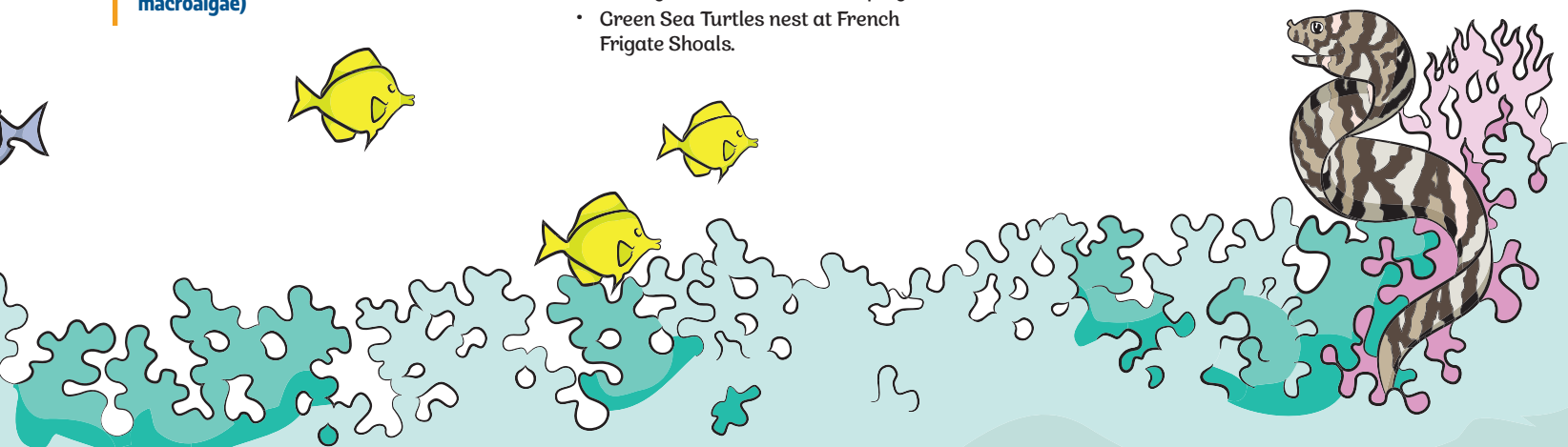
## Sea Turtles in Hawaiian Culture

- As a native species, sea turtles play an important role in Hawaiian culture. They are part of our traditions, folklore, and legends.
- Honu and honu'ea are mentioned in the fourth verse of the Kumulipo, the Hawaiian creation chant. Some families continue to honor sea turtles as their 'aumākua (family gods).
- Sea turtles were incorporated into religious ceremonies and were part of the traditional Pacific Islander diet. Hunting was controlled by the "kapu" (cultural rules) system enacted by chiefs or Ali'i.



## History

- Green Sea Turtles, locally known as honu, are native to Hawai'i and don't live anywhere else.
- Honu live in the water near the shore in Hawai'i. They can be seen swimming, feeding, resting on coral reefs, or sleeping on beaches.
- Green Sea Turtles nest at French Frigate Shoals.
- The number of honu has grown a lot since laws were made protecting them in the 1970s. But only 500 to 800 Green Sea Turtles nest and have babies each year, so the population is growing slowly.



# E LAUHOE MAI NĀ WA'A; I KE KĀ, I KA HOE; I KA HOE, I KE KĀ; PAE AKU I KA 'ĀINA.

*Everybody paddle the canoes together; bail and paddle, paddle and bail, and the shore is reached.*

## AHUPUA'A

Looking at the the mountains from the ocean, we can see the three regions of our ahupua'a; uka in mountains and uplands, kula along the lower plains, and kai down near the ocean. All three regions are connected by water. Ola i ka wai (water is life).

When it rains, fresh water flows in streams from the uka, through the kula, and out to the kai. The water nourishes every living thing in the ahupua'a: people, plants, animals, and trees. If we're not careful, this water may also carry pollution and litter out to the sea, spreading harm to other living things. What we do on the land affects the ocean. That's why it's our kuleana to care for the 'āina (land), mauka to makai.

Traditional canoes were made from koa trees found in the uka forests. They are the perfect example of how connected each ahupua'a is, from mauka to makai.

**Uka**  
Mountains & Uplands

**Kula**  
Lower Plains

**Kai**  
Near the sea

**K** NOW YOUR LIMITS **A**SK A LIFEGUARD **I** DENTIFY THE HAZARDS



# MĀLAMA I KE KAI, A E MĀLAMA KE KAI IĀ 'ŌE

Care for the ocean and the ocean will care for you.

## PLEDGE

I, \_\_\_\_\_, will do my part to mālama our ocean and make sure it is healthier for future generations. I pledge to:

1. Learn all I can about the ocean.
2. Perpetuate the ocean stewardship of my ancestors.
3. Enjoy the beach safely and follow the K.A.I. safety procedure before entering the ocean.
4. Be considerate of seals, turtles, and other ocean wildlife and keep my distance so I will not disturb their feeding or resting.
5. Recycle, reduce waste, and dispose of trash properly, no matter where I am in the ahupua'a.
6. Pass on my knowledge and encourage my 'ohana to care for the ocean with me.

Hawaiian fishponds are a unique type of aquaculture found nowhere else in the world. The mixing of fresh and salt water in the pond creates brackish water, which is excellent for growing limu (seaweed) and certain kinds of fish.

## USE YOUR MATH SKILLS TO DECODE THE SECRET MESSAGE BELOW!

*When I mālama the sea,*

*t*

<u>36</u>	<u>25</u>	<u>18</u>	<u>18</u>	<u>44</u>	<u>99</u>	<u>48</u>	<u>27</u>	<u>74</u>	<u>66</u>	<u>33</u>	<u>56</u>	<u>87</u>	<u>70</u>	<u>24</u>	<u>45</u>	<u>48</u>	<u>73</u>	<u>33</u>
<u>÷3</u>	<u>÷5</u>	<u>÷6</u>	<u>÷11</u>	<u>÷44</u>	<u>÷93</u>	<u>÷4</u>	<u>÷27</u>	<u>÷67</u>	<u>÷22</u>	<u>÷22</u>	<u>÷28</u>	<u>÷87</u>	<u>÷7</u>	<u>÷8</u>	<u>÷5</u>	<u>÷12</u>	<u>÷65</u>	<u>÷11</u>

12

### KEY

1	2	3	4	5	6	7	8	9	10	11	12
a	c	e	f	h	i	k	m	o	r	s	t

**Safety tip!** If you see brown water at the beach, do not go in the ocean. This means there is a problem with the flow of water through the ahupua'a. The pollution from the land is being carried into the ocean at dangerously high levels. Pay attention to Brown Water Advisories.

# HO'OKELE

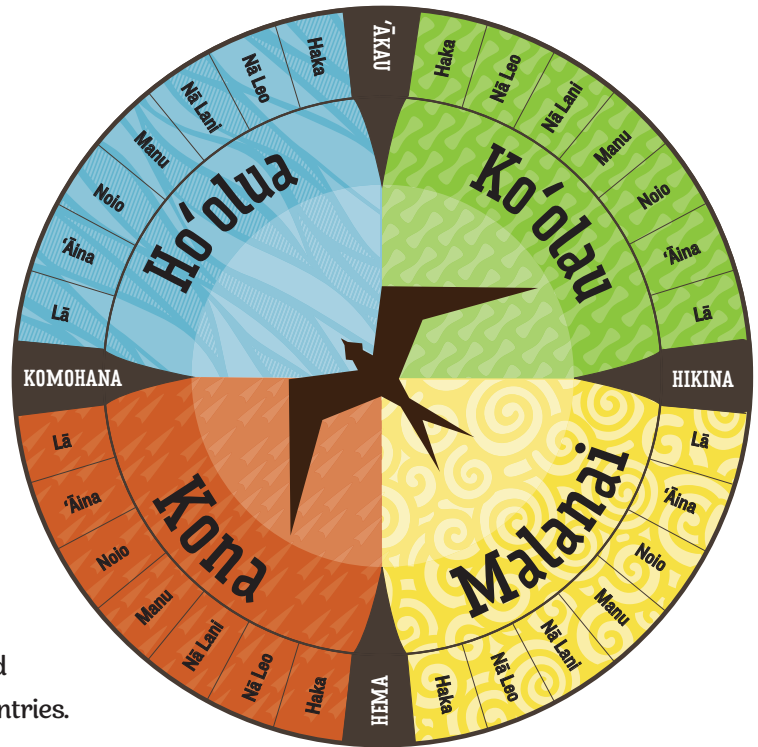
## Wayfinding

### He Wa'a He Moku, He Moku He Wa'a

*The Canoe Is Our Island, Our Island Is Our Canoe.*

The Native Hawaiian people are the Indigenous people of Hawai'i. Their ancestors have lived in these islands for thousands for generations. As a people, their history traces back to two origin traditions: a landed tradition and a voyaging tradition.

The voyaging tradition is a story of Polynesian migration, from Tahiti to Hawai'i. Thousands of years ago, brave voyagers sailed to Hawai'i and settled here. They used the stars, wind, and currents to navigate that great distance. Hōkūle'a and 28 other voyaging canoes are carrying on this voyaging tradition. Hōkūle'a recently completed a four-year voyage around the world to grow "Mālama Honua", the global movement towards a sustainable future. The journey covered 47,000 nautical miles with stops at 85 ports in 26 different countries.



### ACTIVITY:

Where in the world would you like to sail Hōkūle'a to? Chart that course on the map.

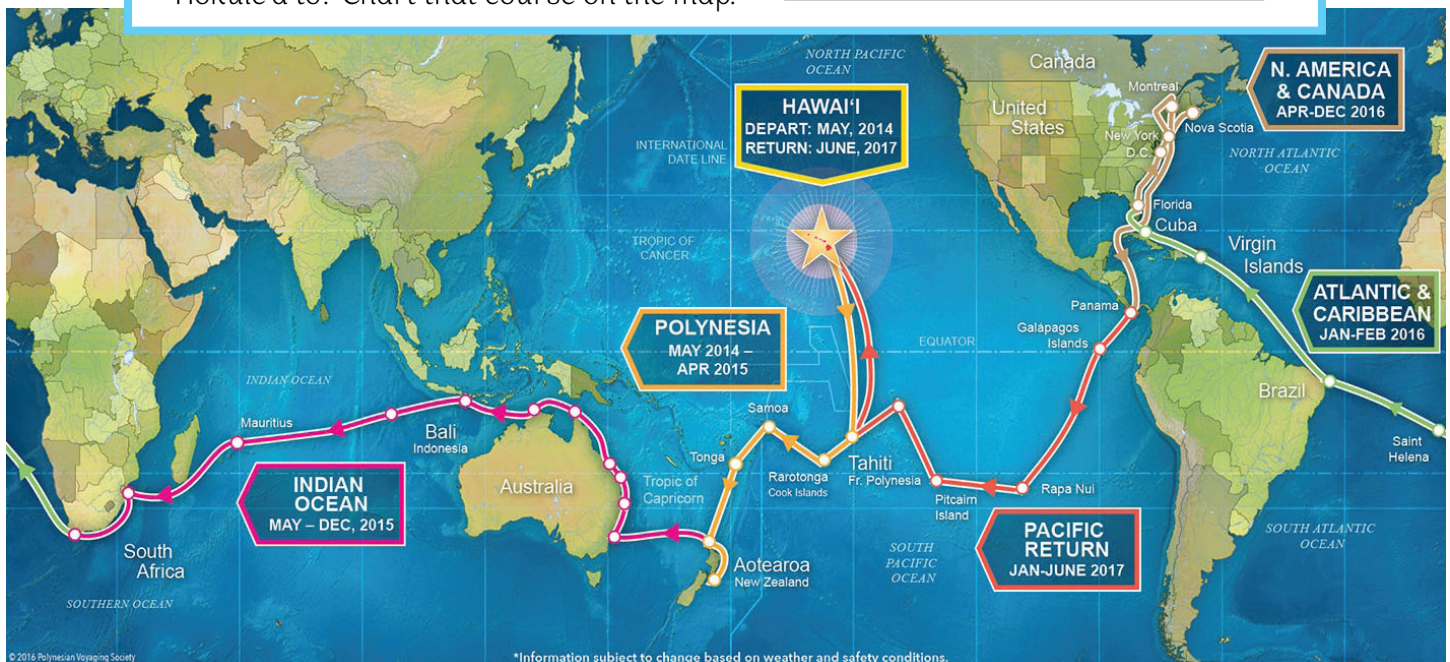


Photo credit: Polynesian Voyage Society [www.hokulea.com](http://www.hokulea.com)



# PAPAHĀNAUMOKUĀKEA

**Ua Ao Hawai'i, Ke 'Ōlino Nei Mālamalama.**

*'Hawai'i enlightened, for the brightness of day is here.*

Spanning 139,797 square miles, Papahānaumokuākea is one of the largest protected conservation areas in the world. It is located in the Northwestern Hawaiian Islands. Hawai'i's kūpuna islands. Papahānamokuākea's coral reefs are called the rainforests of the sea. They are home to over 7,000 marine species.

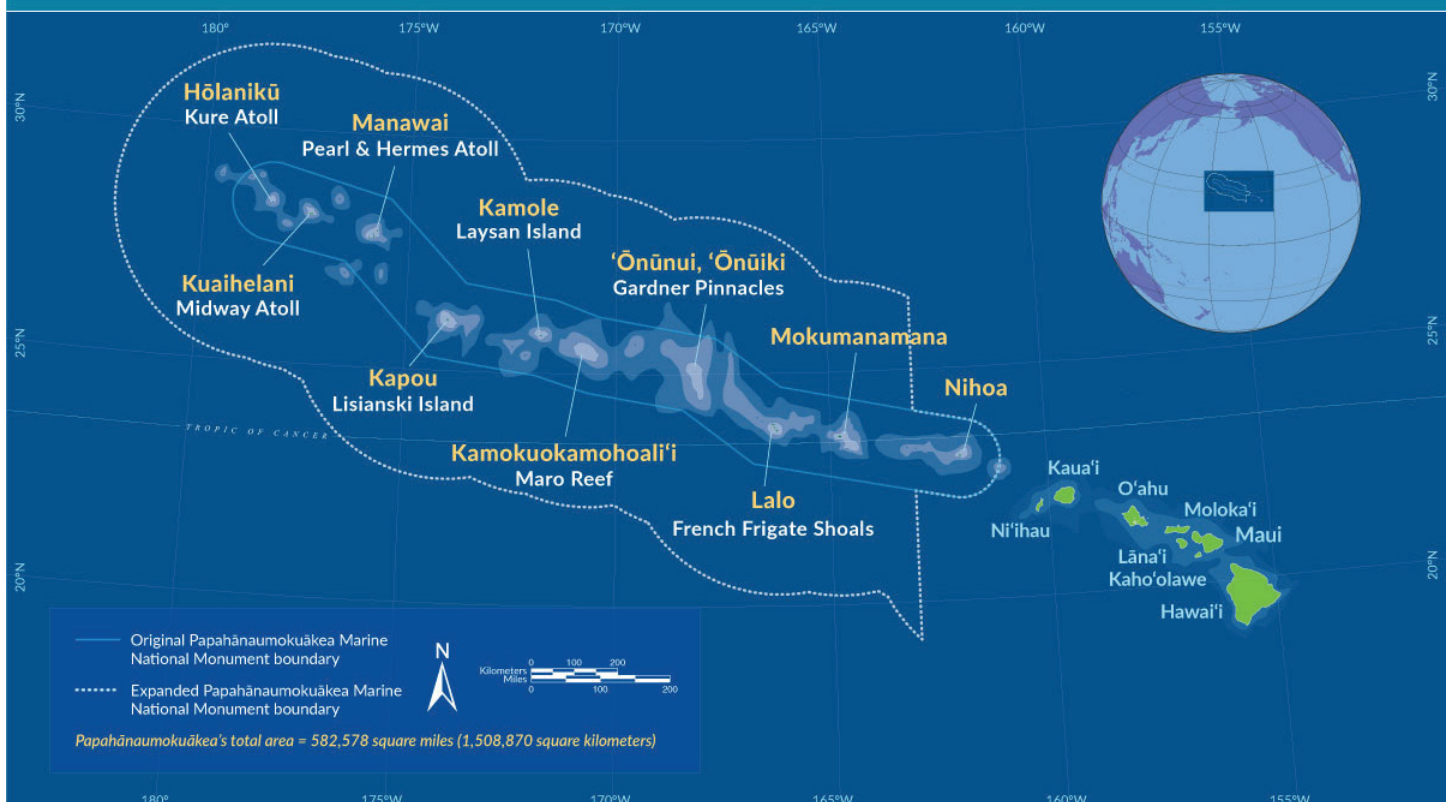
Marine debris is one of the biggest threats these animals face. Every year, more than 50 tons of garbage washes up on the islands and atolls within Papahānamokuākea, injuring birds, smothering corals, and trapping fish and turtles. All this garbage is generated outside the conservation area, and unfortunately, some of it comes from Hawai'i. So remember when you mālama kai, you mālama the marine life far and wide.

## DID YOU KNOW?

1. Papahānamokuākea is home to four bird species found nowhere else in the world, including the world's most endangered duck, the Laysan duck.
2. An island called Mokumanamana has the highest concentration of sacred sites in the Hawaiian Islands.
3. Papahānamokuākea is named for two Hawaiian gods – Papahānaumoku and Wākea. Ancient Hawaiians believed that they created the very first kalo plant, the foundation of the Hawaiian diet.

**K** NOW YOUR LIMITS **A** SK A LIFEGUARD **I** DENTIFY THE HAZARDS

## » Ko Hawai'i Pae 'Āina - Hawaiian Archipelago



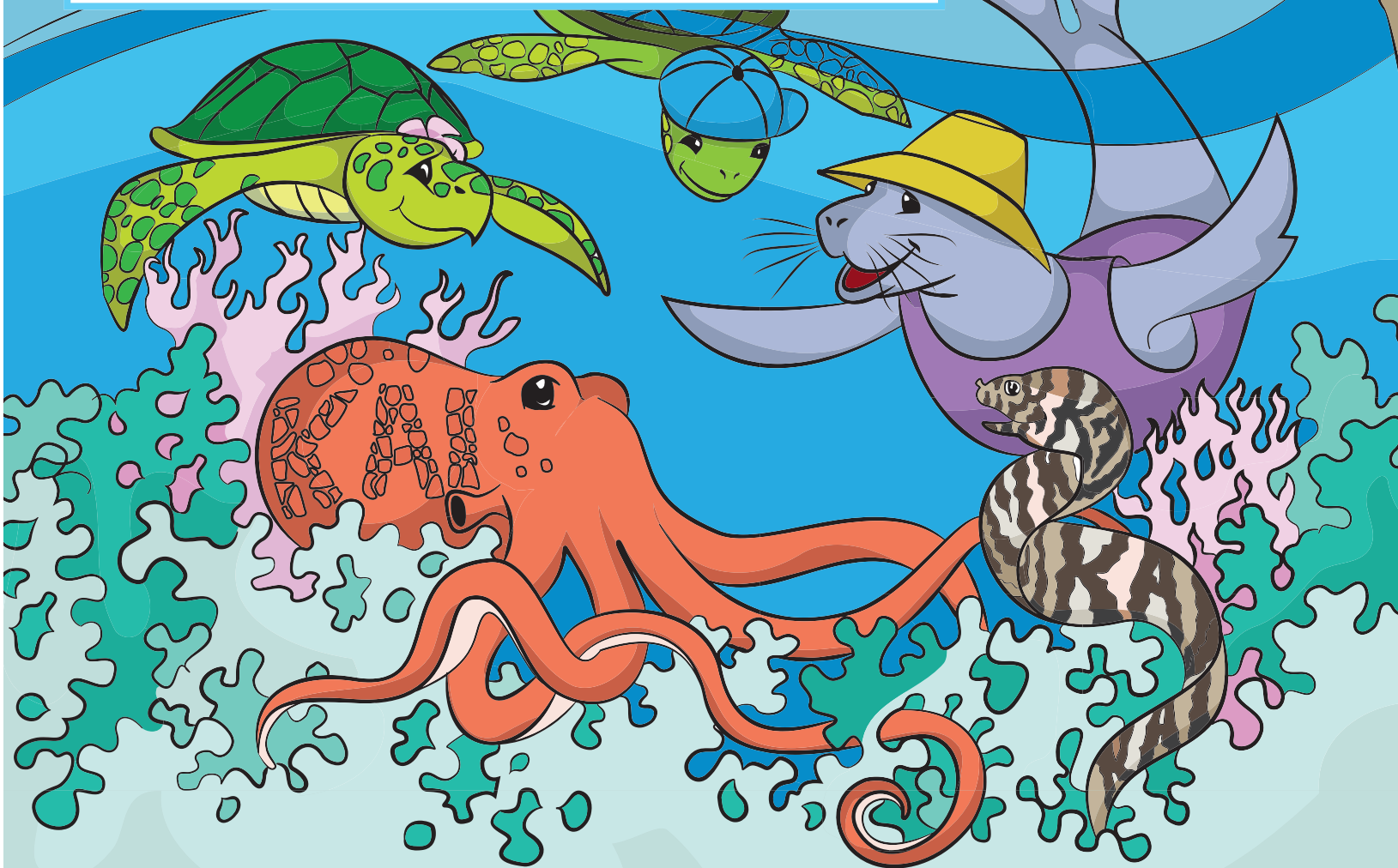
I, \_\_\_\_\_, have completed the Ocean Safety and Stewardship Awareness Activity Book. I pledge to practice what I have learned about ocean safety and conservation and share the lessons of K.A.I. with my family and friends.

Have a parent complete this checklist to redeem your prize at your nearest Nā Kama Kai Ocean Clinic!

- ☐ I reviewed the Ocean Safety and Conservation Awareness Activity Book with my keiki.
- ☐ My keiki has shared at least one new thing he or she has learned with another family member.
- ☐ Our favorite beach to go to is \_\_\_\_\_ in Hawai'i, our unique island home.
- ☐ My keiki has explained K.A.I. to me.

Parent Signature \_\_\_\_\_

**K** NOW YOUR LIMITS  
**A**SK A LIFEGUARD  
**I** DENTIFY THE HAZARDS



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