



THE SHOCKING STORY OF
**BETHANY
HAMILTON**

USA

It was a perfect day for hitting the waves. Bethany Hamilton paddled out on her surfboard, happy and excited. She was at her favourite spot, Tunnels Beach, on the beautiful Hawaiian island of Kauai, with her best friend, Alana, and Alana's brother and dad. Bethany was only 13 years old and an excellent surfer – she'd been entering competitions since the age of eight.

SURFING IS A WAY OF LIFE IF YOU LIVE IN HAWAII.

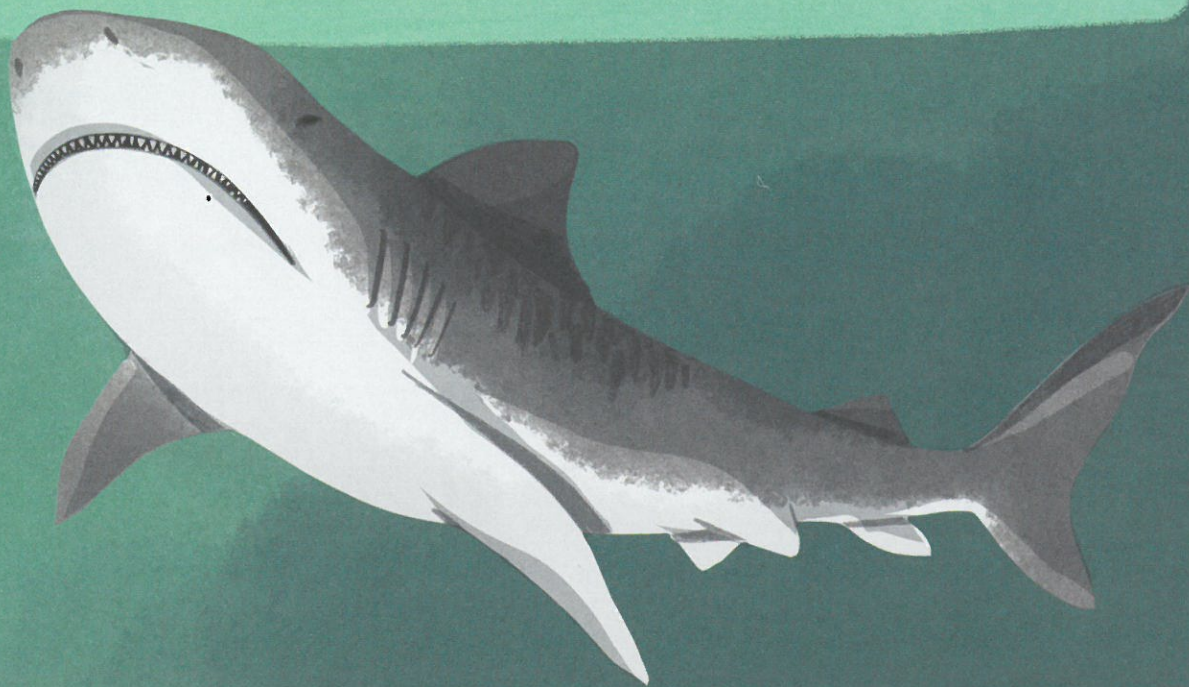
Bethany lay on her board, relaxing as she waited for a big wave, her left arm dangling in the cool water. The sea sparkled in the sunshine – it was beautiful. Moments later, a dark shape under the water grabbed her arm violently, tugging her back and forth. Bethany gripped her surfboard tightly with her other hand,

trying to stay afloat. Then it was gone. A pool of red began to spread out in the water around her – blood. *I've been attacked by a shark*, Bethany thought.

She shouted for help. Quickly, Alana and her family swam over. In horror, they saw that Bethany's left arm had been ripped off just below the shoulder – and she was losing blood fast. Desperate to stop the bleeding, Alana's dad made a tourniquet out of a surfboard leash and wrapped it around the stump of Bethany's arm to try to stop the bleeding. Even though this probably saved her life, Bethany had lost over 60 per cent of her blood by the time she got to hospital.

SHE HAD GONE INTO SHOCK.

By chance, Bethany's father was already at the hospital. He was about to have an



operation on his knee, but Bethany took his place in surgery. The doctors sprang into action to repair the wound.

Later, investigators were shown photos of a 4-metre-long tiger shark that had been caught close to where Bethany was attacked. The shark's mouth was 43 centimetres wide – and its bite matched the marks on her surfboard.

BETHANY MADE AN AMAZING RECOVERY.

Some people might steer clear of the sea after such a terrible experience, but not Bethany. A month later she was back surfing, using a custom-made board with a special handle for her right hand. She had a tough time learning how to balance and control her surfboard with only one arm, but she never gave up.

Less than three months after the attack, she entered a major surfing competition. Since then, Bethany has excelled as a professional surfer, finishing in the top three in many competitions. Her courage and commitment has won her awards for bravery and the admiration of everyone around her. Bethany Hamilton is a true survivor.



HOW TO POP UP ON A SURFBOARD

1. Lie face down on your surfboard.
2. Place the palms of your hands in the middle of the board below you.
3. Push the top half of your body up.
4. Then quickly jump up, bringing your feet under your body so you are standing side-on to your board.
5. If you are right-handed, your right foot should be at the front of the board, and vice versa.
6. Your knees should be slightly bent.

HOW TO DEAL WITH SHOCK

Shock is a dangerous condition which happens when the body isn't getting an adequate flow of blood. Signs include:

- Cold, clammy skin
- Pale complexion
- Fast pulse and breathing
- Confusion and dizziness
- Nausea and vomiting

TAKE THE FOLLOWING STEPS:

1. Call for emergency help.
2. Lay the person down and raise their feet to increase the blood flow to the head.
3. Keep the person warm with a coat or blanket.
4. Do not let them eat or drink anything.
5. If the person vomits, turn them on to their side to prevent choking.

SHARK ATTACK!

WHAT TO DO:

1. If you're close to the shore, swim away as quickly as you can and get out of the water. If you can't, stay calm and keep as still as possible. Don't splash about – the shark will think you are injured and grow more confident.
2. Try to get into a position where your back is protected by rocks, a reef or by another swimmer. That way you can defend yourself from the front.
3. If the shark attacks, hit it with a sharp object or your fists. Aim your blows at its eyes, gills or the end of its nose.

**STAY
SHARK
SAFE**

- Avoid surfing at night or dawn.
- Don't splash about.
- Look for 'Shark Warning' signs on beaches.
- Always surf in groups.
- Avoid murky water.
- Don't wear bright colours and patterns.
- Stay away from large groups of seals and fish, or anything that sharks eat.