



COPE

.....
Be ready for disasters!
.....

AVAILANCHES

By Martha Keswick +

Mariko Jesse +

Timothy Sim



What are natural hazards ... and disasters?

Forces of nature that happen with little warning and occur all over the world, such as earthquakes, tsunamis, floods, landslides, tropical cyclones (and other storms), storm surges, heatwaves, wildfires, droughts, volcanic eruptions and blizzards. When these **natural hazards** pose a threat to humans or the environment they can lead to **disasters**, and cause destruction in a community.

What are avalanches?

An avalanche is a mass of snow and ice that falls rapidly down a mountain slope. Weather conditions such as heavy snowfall, strong winds and rising temperatures, as well as human activities such as snowmobiling and skiing, can all loosen snow on a slope. An avalanche can be extremely dangerous, causing injury or even death to those caught in its path.

The World Meteorological Organization helps countries to better forecast and manage avalanches.

*COPE will teach you how to
be ready for avalanches!*







Be ready for disasters – Avalanches

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ISBN 978-988-8658-04-6

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.....
PUBLISHER PPP Company Limited, Hong Kong, China
PRINTER Suncolor Printing Company Limited, Hong Kong, China

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www.cope-disaster-champions.com

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Special thanks to:

Thomas Russell
Liberty Rae Robertson

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Who is Grand Mistress Fu?

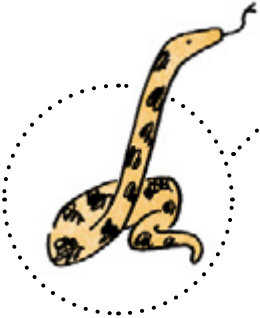
A famous Chinese martial arts teacher and founder of the Mount Emei Wushu School. Grand Mistress Fu, also known as Shifu, is disciplined and tough yet has an enormous heart. She narrowly escaped death as her school collapsed during the Wenchuan Earthquake in May 2008 and has since dedicated her life to Disaster Risk Reduction.



What is The COPE Academy?



An international disaster hub, hidden in Sichuan Province, set up by Grand Mistress Fu. The COPE Squad – Candy, Ollie, Ping and Eddy are teenage orphans who were plucked out of their care homes to live at The COPE Academy and trained to be disaster risk reduction agents.



Sense THE SNAKE

A beautiful 25-year-old python. Sense has a special gift for predicting disasters. Grand Mistress Fu feeds her mice every month.

Rescue THE DOG

A huge 8-year-old Kunming Wolf Dog, Rescue tracks missing people. His favourite hobby is catching flies.



The C O P E Squad



Candy

THE CARER

12 years old from Kranshoek, South Africa, Candy is kind, strong, lively and loves playing drums and hula-hooping. Her role is to care for vulnerable groups affected by disasters such as children, elderly or disabled.

Disaster Experience:
Wildfires



Ollie

THE SCIENTIST

13 years old from Christchurch, New Zealand, Ollie is clever, popular, sporty and loves astronomy and rugby. His role is to understand weather patterns, climates and ecology.

Disaster Experience:
Earthquakes



Ping

THE NETWORKER

12 years old from Hong Kong, China. Ping is practical, chatty, creative and loves cooking and Wushu. Ping is the networker and spokesperson within the COPE squad.

Disaster Experience:
Floods



Eddy

THE ENGINEER

12 years old from Bahia, Brazil. Eddy is curious, witty, chilled out and loves Lego and skateboarding. Eddy is a talented engineer focusing on the safety of buildings.

Disaster Experience:
Landslides



COPE Signs

Since Eddy has a hearing disability, COPE sometimes chat using the Brazilian sign language, LSB. Can you spot the signs for **avalanche**, **ready** and **hearing aid**?

In May on Mount Emei, the red blossoms are blooming.
There was a gentle breeze as The COPE Squad came back
from a hike with Grandmistress Fu.





Where's Sense?

Over there, Shifu, under the rock!

Eddy was in charge of lunch.
He cooked up a healthy meal of
noodles and green vegetables
followed by some sweet melon.

Thanks Eddy!



After a quick go on the jigsaw puzzle, it was back to work.

Hmmmm. Where does this piece go?

Here, found it!!!



COPE was learning all about *avalanches*.

Remember the key message:
KNOW BEFORE YOU GO!

Listen to the *weather forecast* and *local news*.



Look out for the warning signs –
recent fresh snow, cracks,
or loud woofing noises.



Avoid steep snow-covered slopes.

Travel with an **adult**.
When walking, go one at a time, not side by side.



What should we do
IN CASE OF AN AVALANCHE?



*Swim with
the slide,*
staying as close to the
surface as you can.

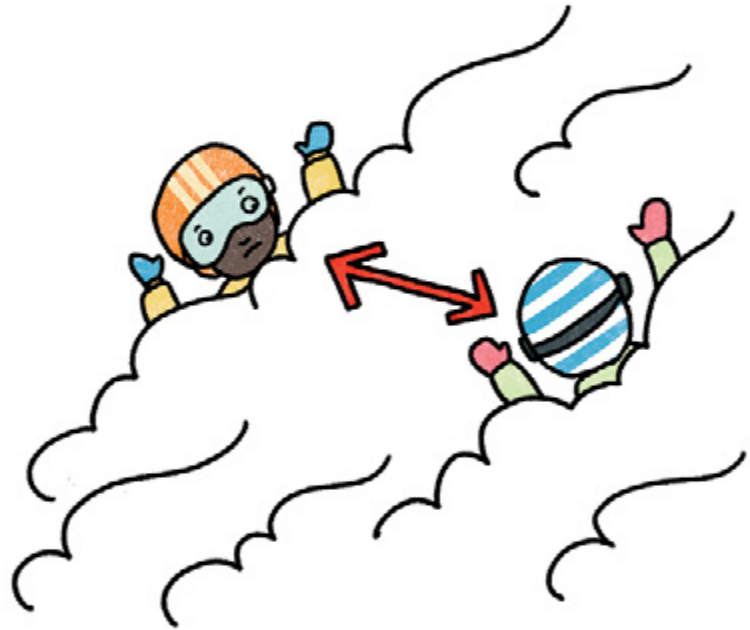


Try to get to the
side of the avalanche.
*Grab a tree
as an anchor.*



Keep a close eye on each other.
Breathe slowly. Stay calm.

Close your mouth.
Clench your teeth.



AND AFTER THE AVALANCHE?

Alert the
Rescue Services.



Punch your arm up towards the
surface. Clear a space in
the snow around your head.





Keep away
from avalanche prone areas.

Go to a warm
room or shelter.



COPE's avalanche mission was to New Zealand.

Destination:

QUEENSTOWN!!

They flew over the towering snow-capped mountains and shimmering crystal lakes.

I feel like an eagle, over!

Incredible, over!





When we land, *remember to wait* for the propellers to stop before jumping out, over.

Always, Shifu, over.

COPE inhaled the cool fresh air,
wrapped up warm and headed
straight into town.



This place is awesome!

It's buzzing!

They treated themselves to a juicy burger and a creamy hot chocolate.



Yum!!!

Out of this world!

Next morning, COPE visited the primary school in Te Anau.

Kia ora! We're here to get you ready.

KNOW BEFORE YOU GO!

Stay tuned
for recent
avalanche activity.



Never travel alone.

Always look out for each other.

Stick to the path. Avoid slopes
steeper than 30 degrees.

Safety comes first!

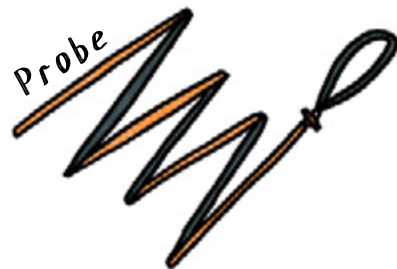
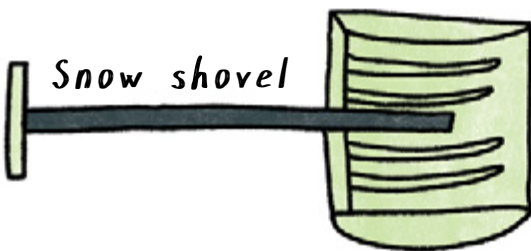
Ready



COPE showed school kids how to pack their survival bags:

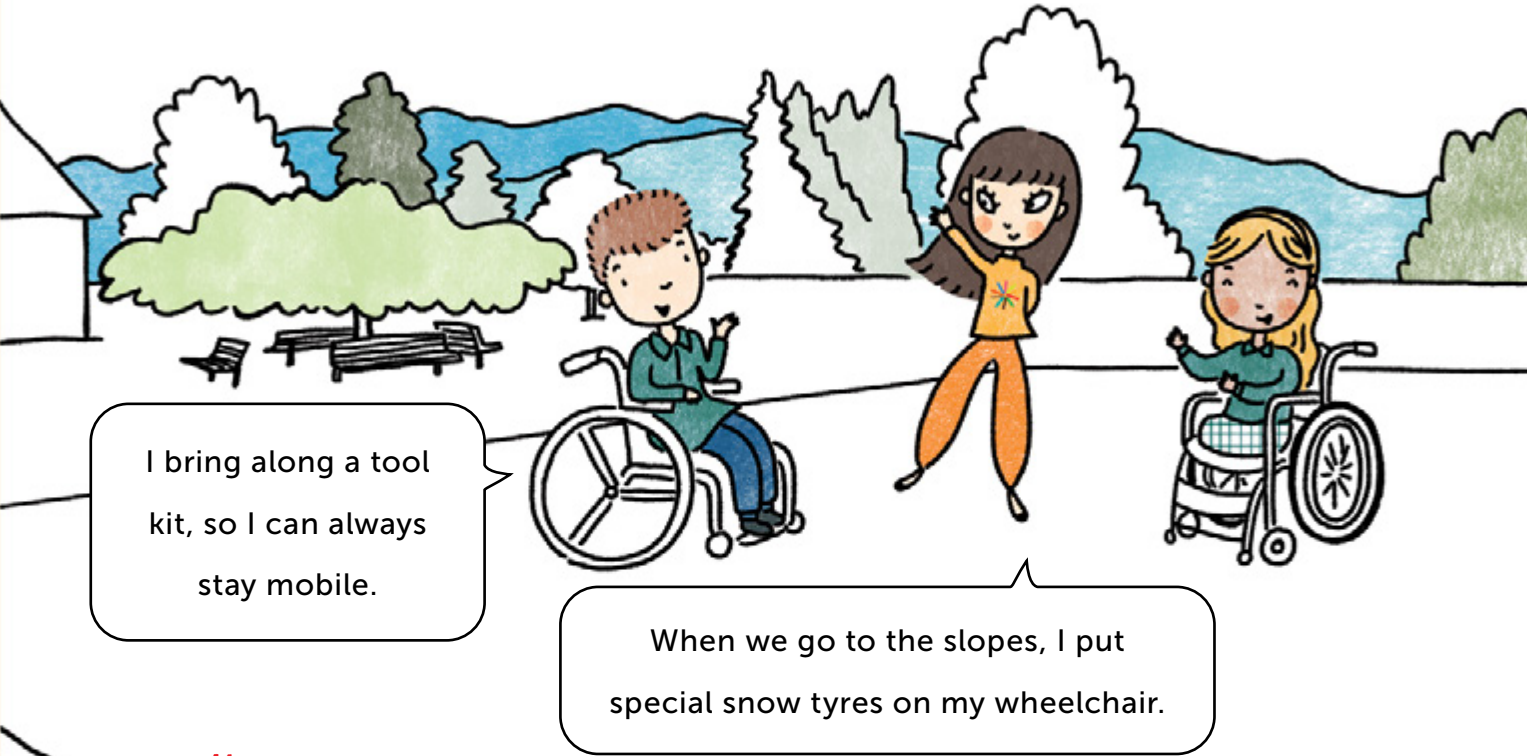


The avalanche rescue beacon signals your location. **Practise** using all your kit before you set out.



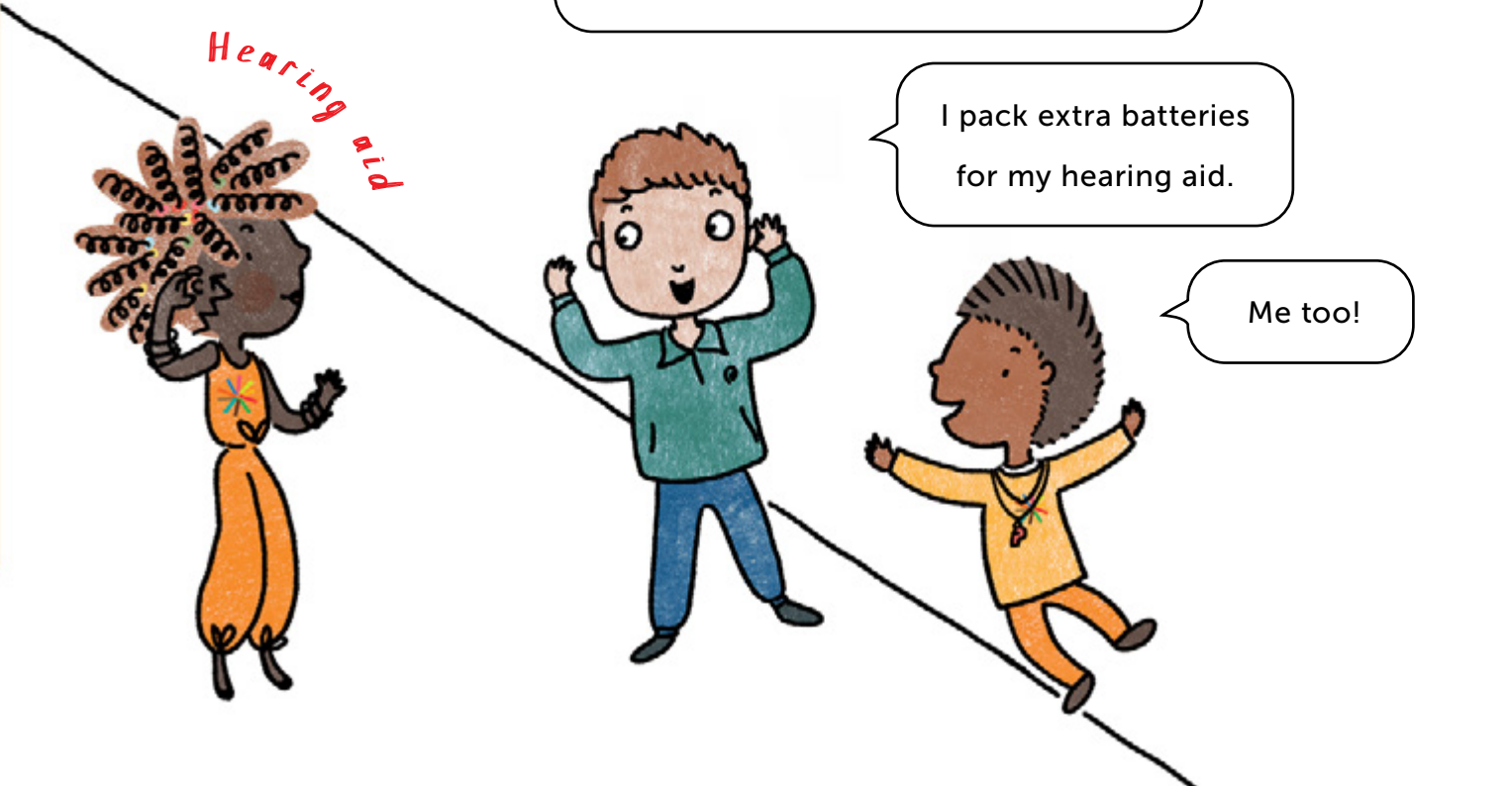
COPE spoke to *children with disabilities.*

They considered everyone's needs to make sure no one was left behind.



I bring along a tool kit, so I can always stay mobile.

When we go to the slopes, I put special snow tyres on my wheelchair.

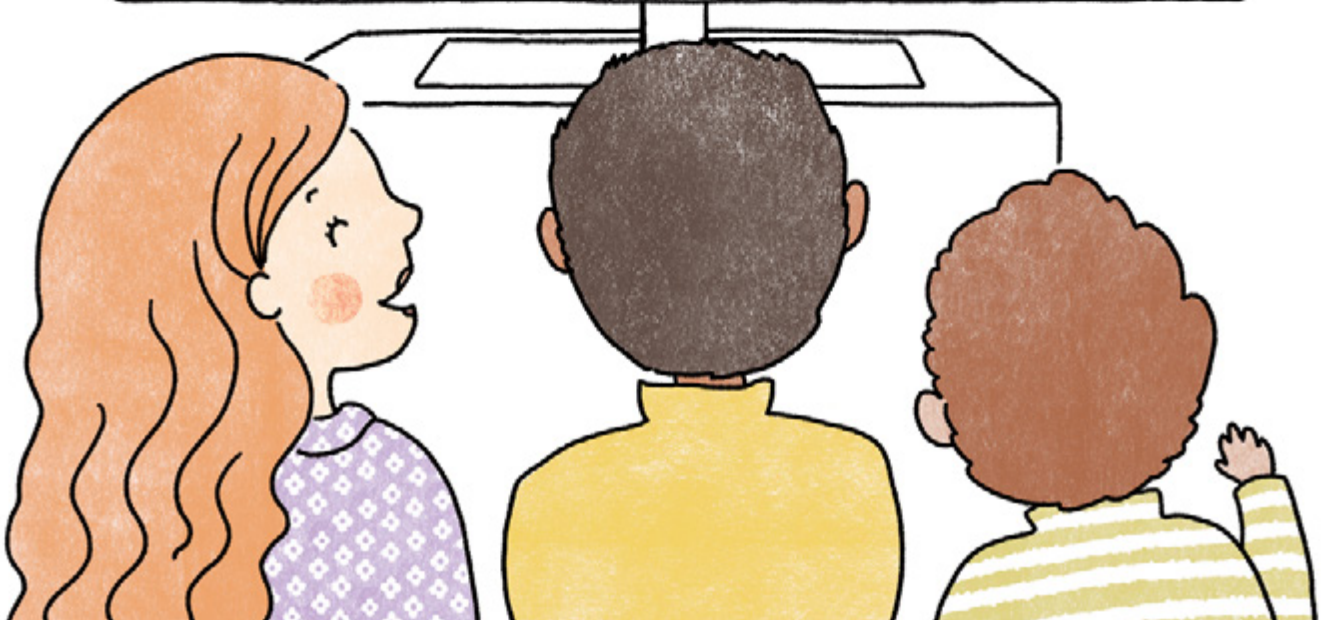


I pack extra batteries for my hearing aid.

Me too!

COPE set off up to the North Island, recruiting *COPE Champions*.
In no time, they were all over the TV, radio and the internet.

Let's be ready!



They went from city to city, town to town, and into the countryside.

Tell your family and friends –
KNOW BEFORE YOU GO!!

COPE Champions,
you're doing great!



COPE chatted to kids who live near the beach,
helping to raise their avalanche awareness.



We don't have avalanches around here, eh!?

That's true, bro!






It's best to *be prepared*.
You might visit snowy mountains
somewhere in the world.

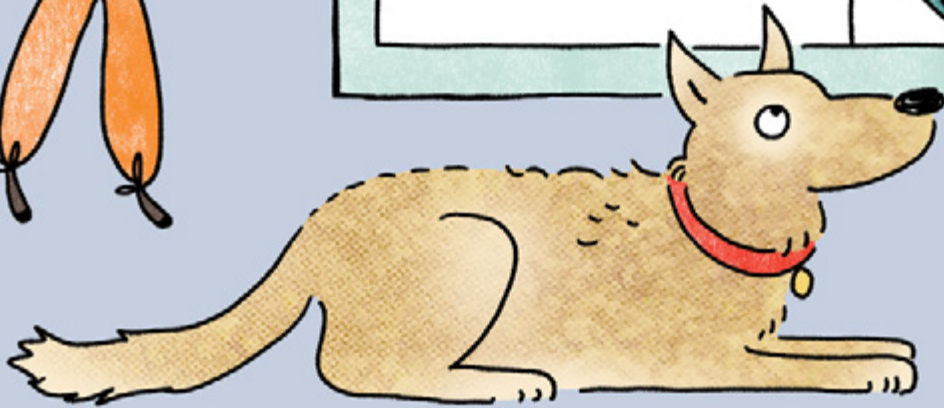


COPE visited the *Mountain Safety Council*.

They learnt all about the Avalanche Danger Scale.

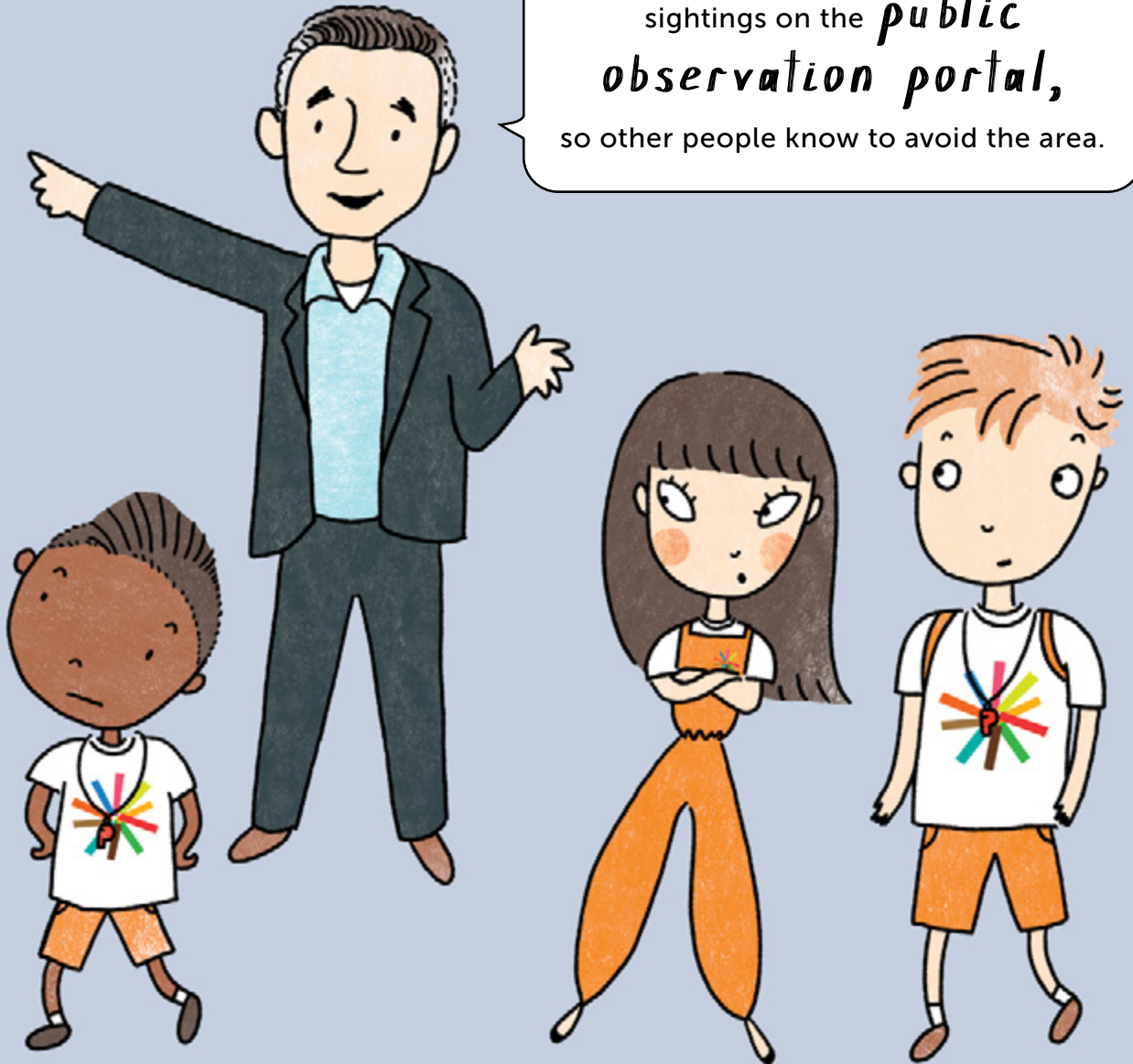


AVALANCHE DANGER SCALE	
5 – EXTREME	
4 – HIGH	
3 – CONSIDERABLE	
2 – MODERATE	
1 – LOW	



Avalanches are common when the sun is at its highest,
from mid-morning to mid-afternoon. At this time
stay off the snow, unless the risk is **LOW**.

Ask your parents to update any
sightings on the *public
observation portal*,
so other people know to avoid the area.



In Wellington, COPE looked around *MetService*,
hanging out with the weather experts.

Did you know that avalanches are triggered by changing *weather conditions* such as heavy snowfall, strong winds, rising temperatures, piled up deep snow and melting water under the snow? Also by *human activities* such as playing, skiing, snowmobiling or hiking.



Avalanche warnings are part of New Zealand's *Early Warning Systems*, along with other hazards such as earthquakes, volcanoes and tsunamis.



Along the way, COPE took some time off!

Ollie showed them around Christchurch, the city where he grew up.

Welcome to my home,
Ōtautahi Christchurch.
This is where we used to play rugby after school!



And this is *Kura Tāwhiti*,
where we used to go rock climbing.



Woof! Woof!



This land has a deep connection to
The Māori and their ancestors.
We must respect it.


Those boulders are huge!



Next day it was back to work.

In stunning *Milford Sound*,

COPE met a famous alpine forecaster.



Our job is to *keep all the tourists safe* when travelling on the Milford Road. We drop explosives from helicopters to trigger snow into avalanching off the hillside, creating a controlled chain reaction.



Wow. Look at that bird!

Beautiful feathers!



That's a Kea, the naughty alpine parrot.
They're really clever. Once they stole our
road blocks in the middle of the night.

I heard they can even play chess!!

Unreal!

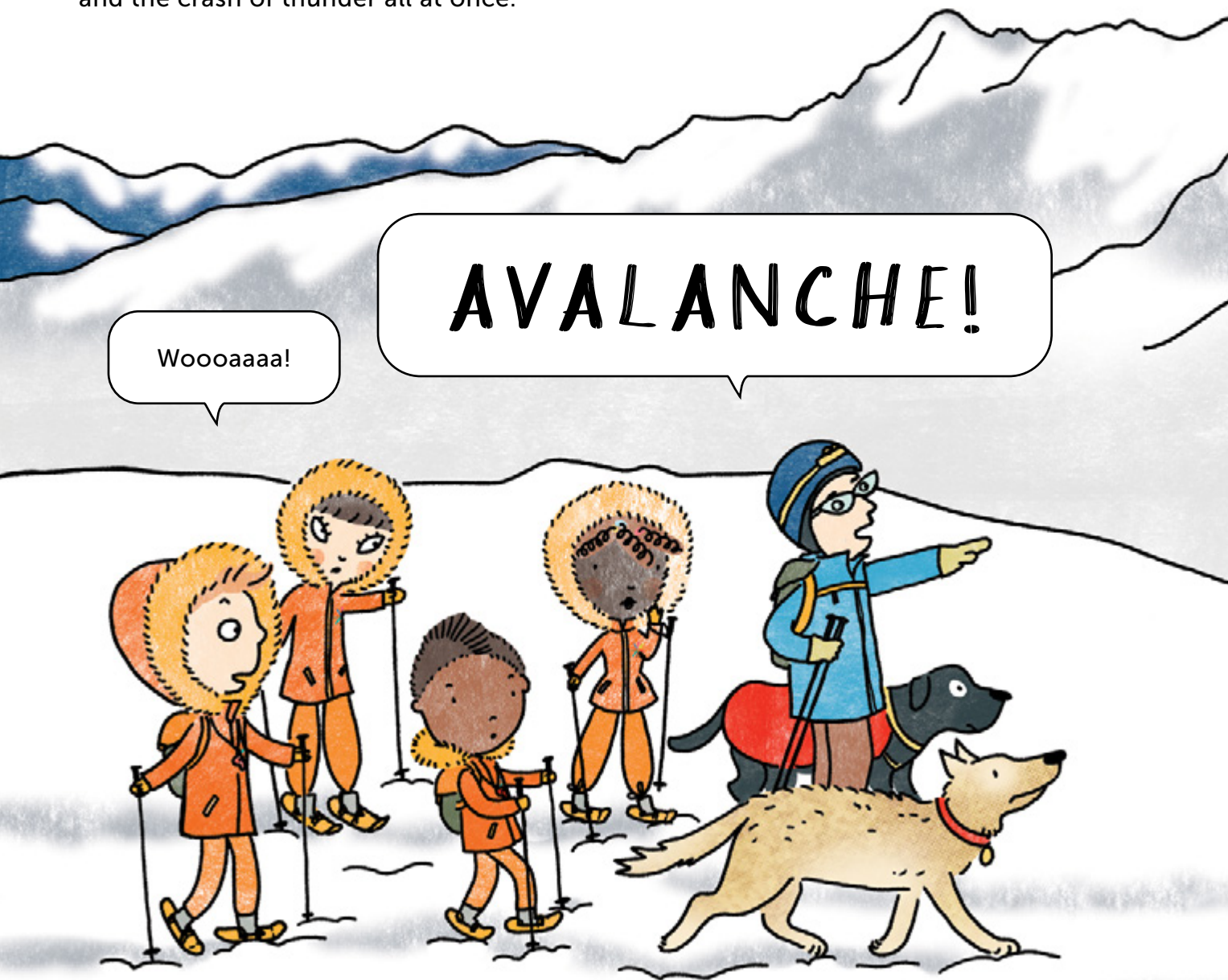


COPE headed off into the backcountry to try out some snowshoeing.

The wind had picked up but the day was warm and clear.

Fresh snow covered the ground.

There was a *rumbling sound*, like the booming of a train and the crash of thunder all at once.



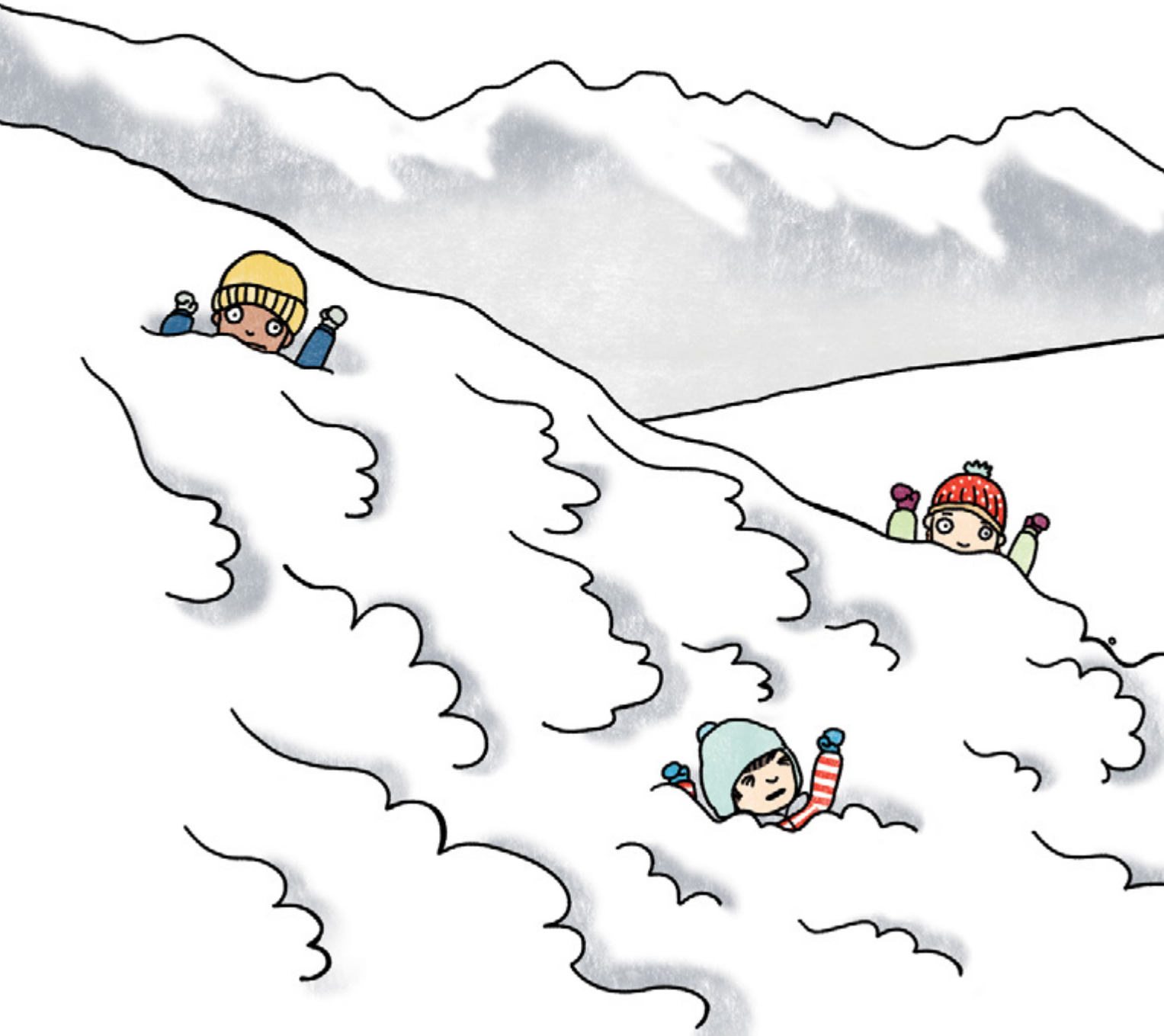
Everyone gasped when they watched the *massive wave of snow* hurtling down the mountain, moving super fast, at a speed of 115 km/h.



Don't worry. It is far away.
We're safe here.

Hsssssss

All of a sudden, a much smaller avalanche was triggered nearby. COPE spotted three teenage boys caught up in the flow. They swam on top of the moving snow, keeping their hands high. As the boys landed in a heap, they *punched up*, breaking the surface.



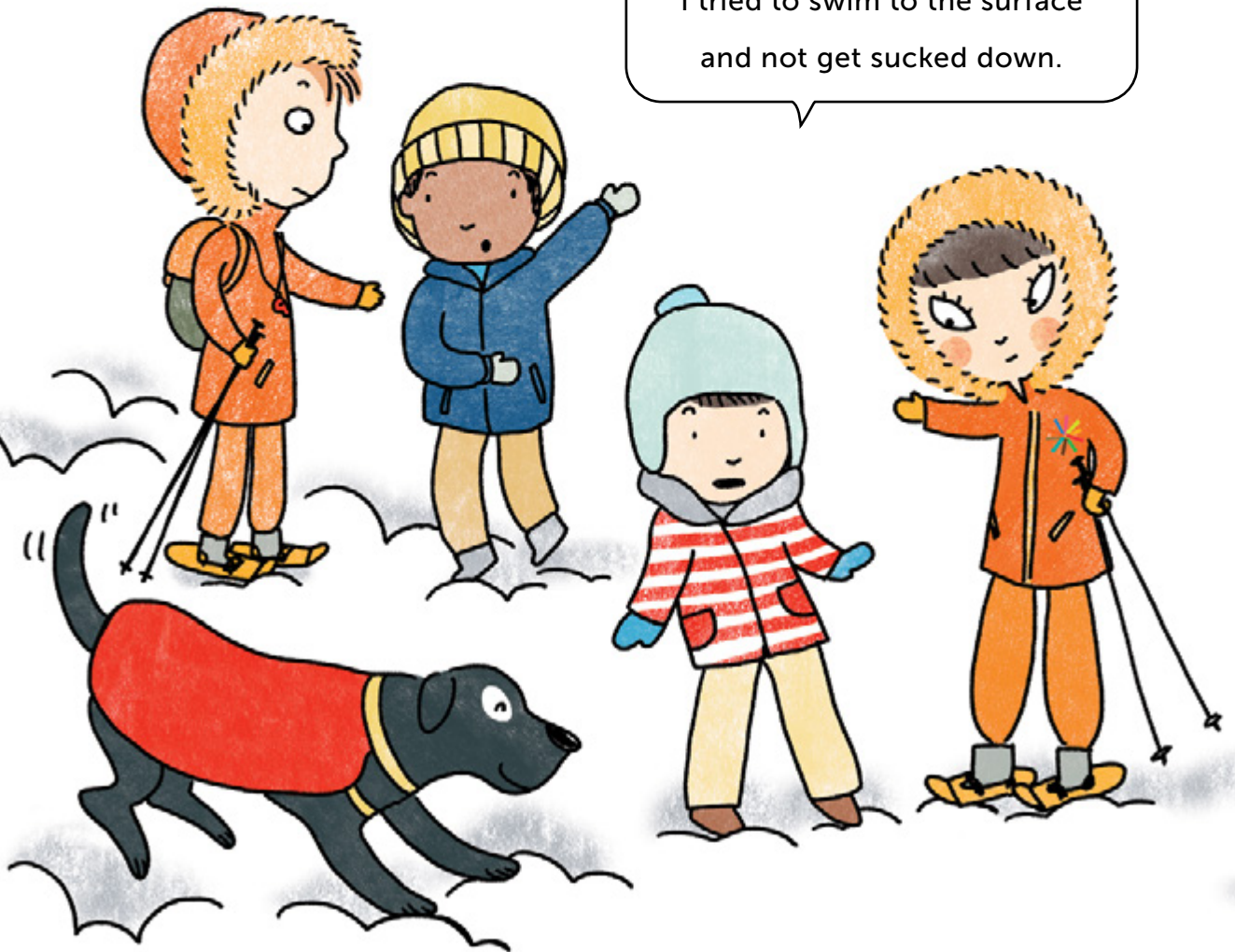
A search dog raced over, digging and sniffing around to make sure there were no other missing people.



Everyone cheered when they could see the boys were safe.

I closed my mouth and
kept calm.

I tried to swim to the surface
and not get sucked down.



Good as gold! You did everything right.

The boys were wrapped up in blankets,
and guided into the warm lodge.



Back in Queenstown, COPE said farewell
to begin their long journey home.

Goodbye, COPE.

Always remember –

KNOW BEFORE YOU GO!



Thank you, COPE. You have made a real difference.
Haere pai atu. Safe travels.

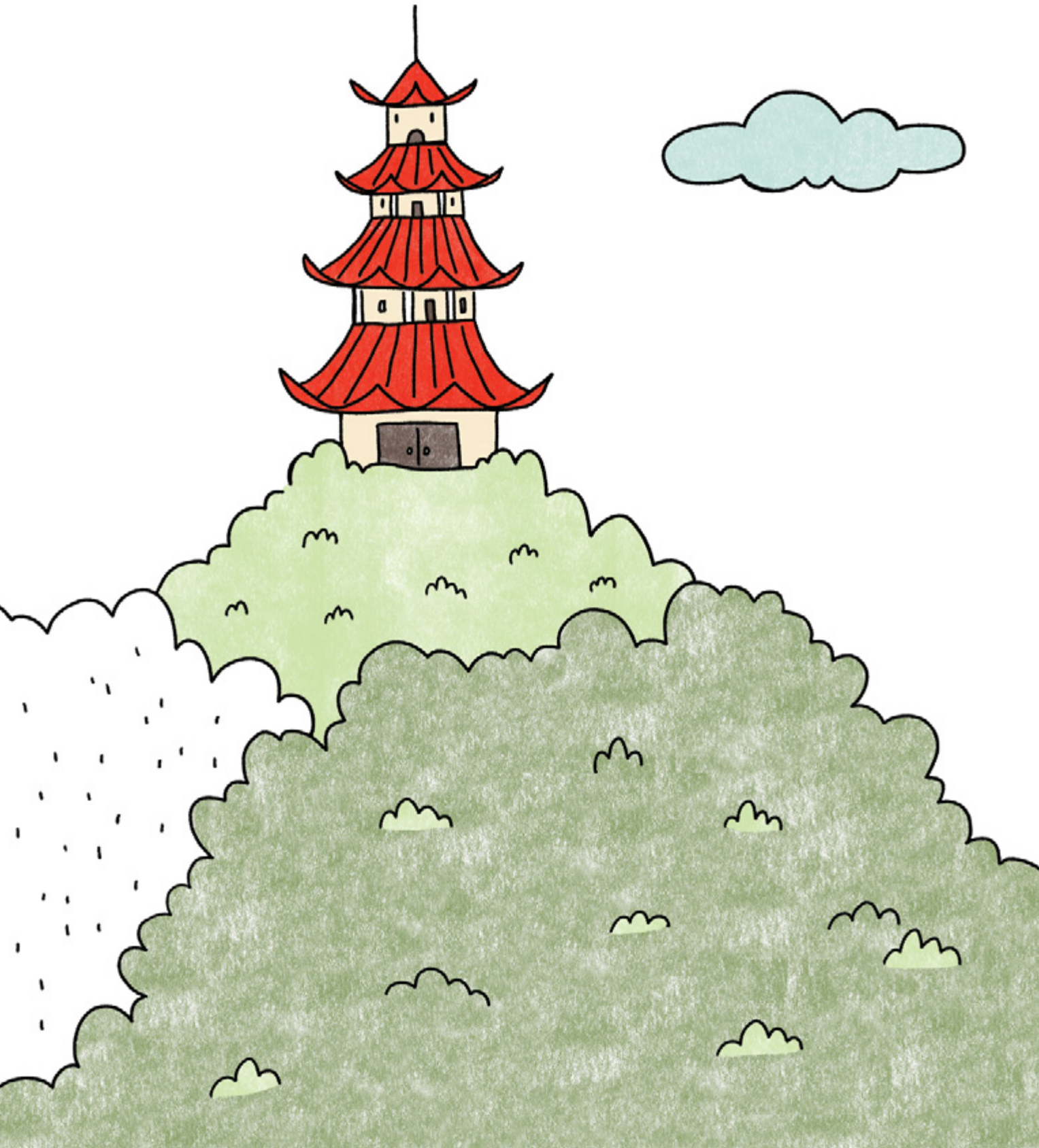


Summer was in full swing as they landed back on Mount Emei.

COPE could not wait to finish the puzzle... and relax.



COPE, we are home, over.



T H E C O P E C O N T R I B U T O R S



**Martha
Keswick**

**COPE
AUTHOR**

Martha Keswick is the author of the popular bilingual *Max and Mei* picture book series, the factual *Zhongguo Mingren* series, and the action packed *Pangu* comic book series, all designed for children learning Chinese as a foreign language. Martha's work for the Keswick Foundation often supports disaster related projects in China.

Martha lives in Hong Kong, China with her husband, their four children and two dogs.



**Mariko
Jesse**

**COPE
ILLUSTRATOR**

Mariko Jesse studied at Central St Martins, where she went on to be an Associate Lecturer. She is an award-winning illustrator, working on a variety of projects around the world from picture books to ceramics.

Mariko lives in San Francisco, USA where she is always in a state of preparedness for earthquakes.



**Timothy
Sim**

**COPE
EDITOR**

Dr Timothy Sim started out as a social worker, specializing in family therapy. In 2008 Tim focused on Disaster Risk Reduction after working with children, their families, schools and communities affected by the horrific Wenchuan earthquake in 2008. He has written many books in Chinese and English.

Tim is currently a professor at the Singapore University of Social Sciences.

COPE Academy, Sichuan Province.

Under Grand Mistress Fu, the COPE squad receive intensive training on disasters and how to be prepared. Join their epic avalanche mission to New Zealand, where COPE visit the backcountry, and have to put their disaster risk reduction skills into action.



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COPE TITLES

- Earthquakes
- Tsunamis
- Floods
- Cyclones
- Storm Surges
- Landslides
- Wildfires
- Droughts
- Volcanoes
- Heatwaves
- Blizzards
- Avalanches**



COPE

.....
*Make the Difference.
Be Ready!*