

# SUMMER SAFETY



# CHECKLIST



## GENERAL SAFETY

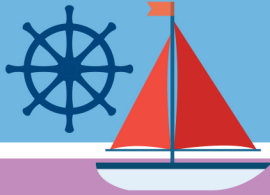
- ✓ Always be aware of your surroundings.
- ✓ Do not drink alcohol while swimming, biking, boating, or driving.
- ✓ Always make sure someone is with you or knows where you are in case of emergencies.



## AT THE POOL OR BEACH

- ✓ Do not dive in less than nine feet of water.
- ✓ Be aware of sandbars.
- ✓ Don't run on a pool deck.
- ✓ No board, no diving!
- ✓ Be aware of signs at the beach signaling rough waters or other dangers.

## ON A BOAT



- ✓ Keep your distance from other boats.
- ✓ Obey speed limits.
- ✓ Don't dive off the boat – go feet first.

## WHILE BODY SURFING

- ✓ Hold board so it extends past head.

## ON YOUR BIKE

- ✓ Always wear a helmet that is snug, fitted, and level.
- ✓ Replace your helmet if it is cracked, damaged or more than 3-5 years old.



## HEADING DOWN THE HIGHWAY



- ✓ Just drive! Don't let passengers in the car or other motorists distract you.
- ✓ Never text while driving.
- ✓ Buckle up. Make sure the bottom strap rests across your hips and the shoulder strap across your chest.
- ✓ Children and young teens should always be seated in the back of the car.
- ✓ Obey car and booster seat guidelines. Make sure every child is in a car seat appropriate for their age, weight, and height.