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.

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.

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.