

## Staying Safe During Spring Break

- **Protect Your Location**- sharing too much information on your social media may endanger your safety.
- **Arrive and Leave with your friends/family**-there is safety in numbers, don't stray away from family and friends.
- **Be smart about the ocean**- watch for rip currents and rip tides, swim where there is a lifeguard.
- **Practice good water safety**-wear life jackets when necessary, stay within comfortable water depth.
- **Be careful getting too much sun**-wear sunscreen before and after getting into the water.
- **Watch your stuff**-keep your bags in sight at all times, make sure if left unattended, have someone you trust look after them.
- **Stay away from drugs/alcohol**-don't drink, don't drink and drive, don't get into a vehicle where someone else has been drinking and don't consume any drugs.
- **Make sound decisions**-use your instincts, if it doesn't seem right, avoid it.
- **Check the weather**-always be aware what the weather will be like.

