

# Summer Safety Checklist



## Driving

- Buckle up... properly! Bottom strap across hips and shoulder strap across chest.
- Do not be distracted by other passengers, motorists, cell phones, radio, etc. Stay focused!
- Obey car and booster seat guidelines.

## Swimming and diving

- Do not dive in less than nine feet of water.
- No board, no diving!

## Personal watercrafts

- Be watchful, defensive, obey speeds, and keep your distance.

## Body boarding

- Hold board so it extends past head.

## General Water Safety

- No re-dos; do not combine alcohol and water-related activities!
- Be aware of sandbars.
- Feet-first entry.

## Bicycle Riding

- Wear a helmet... properly! A helmet should be worn snug, fitted, and level.
- Replace helmet after three to five years and/or if cracked.