

IN ONE INSTANT



SUMMER REMINDERS TOP 6 WATER SAFETY TIPS YOU NEED TO KNOW

Summer is the perfect time to spend in the great outdoors. From boating and kayaking to river rafting and camping, there are many ways to enjoy recreation in nature and forge fun memories. It is also a time to prioritize safety and be prepared for unexpected emergency situations. Here are some essential tips to ensure that your outdoor activities are both enjoyable and incident-free.

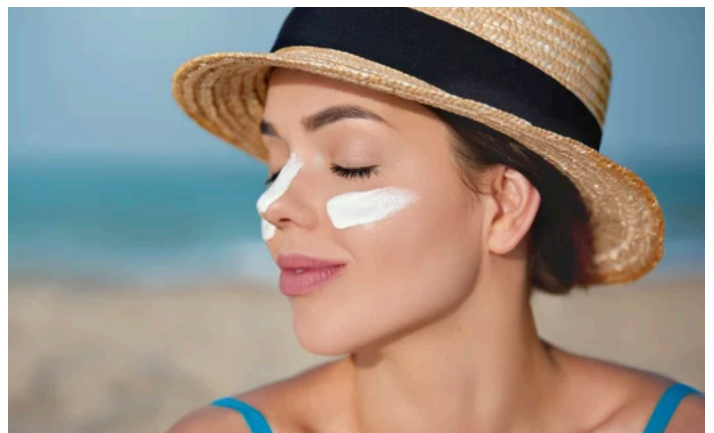


1. Prioritize Personal Flotation Devices in Water

Wearing a properly fitted Personal Flotation Device (PFD) is non-negotiable when participating in any water activity. Life jackets can seem like an annoyance, but they are literally a life saver—86% of those that drowned during a water activity were not wearing a suitable PFD. Whether on a boat, kayak, or river raft, make sure everyone on board can access a suitable PFD. Properly fasten and secure it before getting on the water.

2. Wear Sunscreen

The summer sun is no joke and sunburn can ruin an otherwise great holiday or trip. So, regularly apply sunscreen with an SPF 15 or higher to protect your skin from harmful UV rays. Wearing a wide-brimmed hat, sunglasses, and lightweight clothing can protect against the sun's rays. Taking these steps can prevent damage to your skin later in life.



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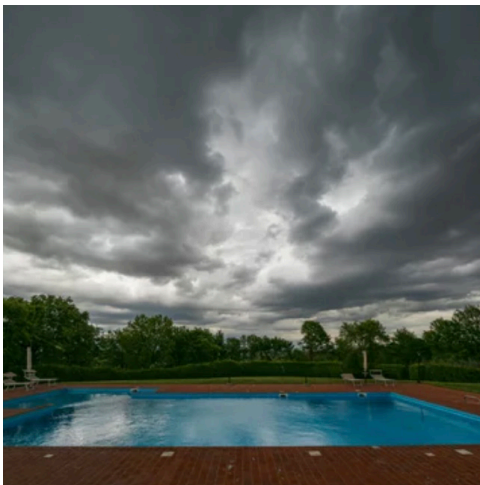
3. Stay Sober

Staying sober is not only relevant for driving a vehicle, but for any time you are operating another mode of transportation. Prioritize not drinking alcohol before and during any water activities you partake in this summer. If you are going to be drinking, make sure to allocate a designated operator who can be trusted with safely navigating your group. Learn more about BUI and how you can prevent boating under the influence this summer. By staying sober, you can safeguard your own well-being and contribute to a safer, more enjoyable experience for everyone.

4. Be Weather Wise

Check weather conditions and water forecasts before heading out for any water adventure. Obviously, you should

avoid going out on the water during inclement weather, high winds, or storms. Also make sure not to enter the water if it is too cold—though it is summer, some bodies of water remain



dangerously cold throughout the season. Additionally, be aware of water conditions such as strong currents, tides, or undertows. Above all, always prioritize your safety by respecting the power of nature.

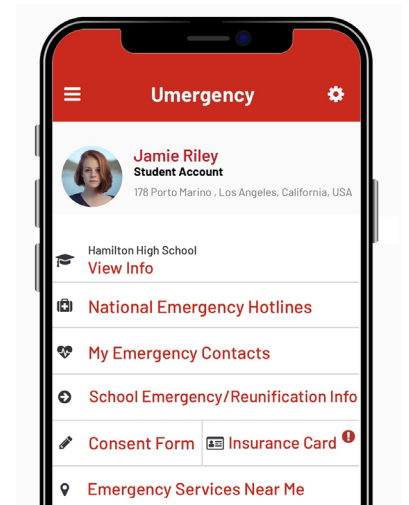
5. Inform Others of Your Plans

Before heading out, share your water activity plans with a reliable person. Such details should include your intended route, estimated time of return, and emergency contact information. This way, someone will be aware of your whereabouts and can alert authorities if needed. It's always better to be proactive and ensure help can reach you promptly in an emergency.



6. Umergency App

Umergency allows users to access critical resources when they need it most, including the nearest local emergency services (police, fire, and medical) and user-entered contact information (friends and family, classmates, roommates, dorm advisors, etc.).



Additional benefits and features include:

- A secure copy of the student's health insurance card
- Digital medical consent form
- Secure document upload
- When help is needed immediately, the Umergency "Urgent Alert" feature sends an instant emergency notification to a student's chosen contacts.
- The "I Am Safe" button allows users to notify their personal network when they are OK.
- Umergency also features built-in access to three of the most used national crisis hotlines—RAINN (National Sexual Assault Hotline), National Suicide Lifeline, and National Poison Control.

We want you to have a fun and safe summer. By following the above water safety tips, you can ensure that your vacation is memorable for all the right reasons. Stay safe and have a great time!