



UNIVERSITY OF CENTRAL FLORIDA

Neighborhood Relations and Safety Education

12424 Research Parkway, Suite 110
Orlando, FL 32826-3225

SPRING BREAK SAFETY TIPS

(Please read carefully)

- 1. Don't allow technology to make you unaware of your surroundings**
Don't let everyone with headphones, a smartphone and an MP3 player knows – the minute you're plugged in, you barely exist anymore! You stare at your phone, zoned out; not knowing what is going on around you. This, in essence, is exactly what you should be avoiding.
- 2. Be aware of your surroundings.**
When you start to find yourself becoming unaware of what's going on around you is the time you need to consider turning the music down, putting your phone away and opening your eyes to what's happening. The key to getting out of a potentially dangerous situation is to recognize it as such. This is nearly impossible if you aren't even aware of the situations you're walking
- 3. Create a code word.**
Create a secret signal or code word to let your friends know when you are uncomfortable and need them to intervene. When you are with friends, arrive together and leave together. Establish a place to meet in advance if you get separated.
- 4. Don't drink in a hot tub.**
Forget about all those MTV videos that makes drinking look essential for a hot-tub experience. Alcohol can dilate blood vessels and lower blood pressure to dangerous levels. The effects of drinking are felt faster and stronger if you're sitting in a hot tub.
- 5. Before traveling get up-to-date on your vaccines.**
That advice comes from the [Centers for Disease Control and Prevention](#). Click on the [CDC's vaccine quiz](#) to find out if you need to be vaccinated



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6. Running Safety Tips

- Only run when it's light out
- Run with a buddy
- Plan your path careful
- Vary your routine
- Minimize earbud noise
- Remain present and scan the area so you always aware of what's going on around you
- Carry a personal safety tool

7. Bear Safety Tips for spring:

- Make noise
- Travel in groups
- Avoid odors attracts bears: spray on hand when out grilling
- Carry Bear spray

8. Mistakes you might be making

- Blasting music in both ears: listen to music at a reasonable volume in one ear only
- Getting lost in your thoughts: stay present. Keep part of your mind on your surroundings at all times.
- Being too private about your plans, it will likely take longer for your friends and family to realize something's amiss. Choose one trusted person that you'll text every time you leave for a workout. Tell them the route you're taking and when you should be back. Then text them again when you arrive home safely.
- Not thinking about visibility: choose color for your workout gear, you want cars and fellow athletes to see you coming.
- Exercising outdoors without protection: no matter how alert and visible you are, there is no guarantee that someone with bad intentions won't cross your path.

****Division of Student Development and Enrollment Services****