

## **Spring Break**

The following podcast is provided by UCF Office of Emergency Management, which strives to protect the wellbeing of UCF students, faculty, staff, and guests.

Heading to the beach for spring break? These tips will help to keep you safe while you're away.

Before you go, leave an itinerary and your house or car keys with someone you trust. Be sure all electrical appliances are off and lock up all doors and windows. If you're leaving your car behind, remove all valuables and make sure it's locked.

At the beach, protect yourself. Wear plenty of sunscreen, a hat and sunglasses. Drink plenty of water even if you don't feel thirsty. Never swim alone and stay within the designated swimming area and ideally within sight of a lifeguard. Most importantly, know what to do if you get caught in a rip current.

Rip currents are the leading surf hazard for all beach goers and they can be life threatening. They can occur at any beach or lake that has breaking waves and they pull people away from the shore. Don't panic if you find yourself caught in a rip current. Don't fight the current by swimming directly towards the shore, you will tire very quickly. Instead, swim parallel to the shore. You will eventually swim out of the current and be able to make your way back to the beach.

Enjoy your vacation and remember to stay safe!