Spring Break Safety

Spring break safety is a big deal! No matter where your Spring Break vacations take you, please take these safety tips to heart.

**Before You Leave:** Pack Smart! Pack light and simple, bringing as few valuables as possible. Items that are a MUST BRING include: cell phone, identification, health insurance information, contact numbers, medication, and sunscreen. You may want to consider packing a simple first aid kit as well.

**Let People Know Where You Are Going!** Make sure someone back home has your contact information for every place you are going to be. Pre-plan your itinerary as much as you possibly can.

**Money Safety.** Pre-plan your expenses and do not bring more than you think you will need. Traveler’s checks are smarter than cash, and all credit cards should be locked up whenever you don’t plan to use them in the immediate future.

**Health Safety:** Sunscreen. Avoid sunburn by the regular and ample use of sunscreen. This should not be an option! SPF 15 is a bare minimum. If you will be swimming be sure to use water-resistant sun block and reapply as often as possible. It is not just for beach vacations, the sun is everywhere, so lather up before going out.

**Drink Lots Of Water.** Force yourself to hydrate regularly, even when you do not feel thirsty. Alcohol and carbonated beverages do not count. When traveling outside of the country drink bottled water.

**Behavior:** Buddy System. Never go anywhere alone. Having an assigned buddy is a great start. You need someone to keep you in line of sight at all times and instigate a search party whenever someone is not able to be seen. Having 3 or 4 buddies is even better! Strength in numbers!

**Water Safety!** Never swim alone. If possible, only swim when a life guard is present. Never swim under the influence of alcohol and obey all beach advisory warnings.

**Your Room!** Never invite anyone you do not know into your room, especially if you are alone. Always have personal belongings locked up unless you are using them at that very moment.

HAVE FUN AND BE SAFE!

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**What To Look For At The KLARC:**

- **How To Clinic: Fitness and Exercise**
  Wednesday March 3rd 12pm and 1pm in Fieldhouse Classroom

- **Fitness Orientation:**
  Wednesday, March 24th at 10am. We will meet in the lobby of the KLARC

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**Recreation Services Contacts:**

- **Joe Santorine**
  Assistant Director of Athletics/Recreation Services
  joe.santorine@bucknell.edu or 577-1656

- **Annette Stutzman**
  Fitness/Strength Assistant
  annette.stutzman@bucknell.edu or 577-1465
Fitness 101: Equipment Orientations

Weight and cardio equipment orientations are available on the designated dates and times. Sign-ups are not required for scheduled sessions. Interested participants should meet in the lobby of the KLARC at the start time. Sessions may last 30 to 60 minutes. Please attend any of the following dates and times:

**Wednesday, March 24 @ 10 am OR Wednesday, April 21 @ 10am**

Any questions please contact Annette Stutzman via e-mail annette.stutzman@bucknell.edu or office phone 577-1465.

New Year’s Resolution Challenge Participants

Below are the meeting dates and allotted time slots for each day. If you are unable to make your designated time slot please contact Annette Stutzman. You are free to go to any other time slot on either day. **THERE WILL BE NO MEETINGS OUTSIDE OF THE DESIGNATED DATES AND TIMES!**

<table>
<thead>
<tr>
<th>Monday Dates</th>
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<tbody>
<tr>
<td>Mon., March 22</td>
<td>10 am 11am 12pm</td>
<td>Tues., March 23</td>
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<td>Mon., April 12</td>
<td>1pm 2pm 3pm</td>
<td>Tues., April 12</td>
<td>11am 4pm</td>
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<td>Mon., May 3</td>
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<td>Tues., May 4</td>
<td>12pm 4:30 pm</td>
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Any questions or concerns please contact Annette Stutzman via e-mail annette.stutzman@bucknell.edu or office phone 577-1465.

How To Clinics

**Fitness and Exercise:** I will discuss the different modes of exercise, introduction to exercise, and exercising while traveling. **This will be held Wednesday March 3rd at 12pm and 1pm in the Fieldhouse Classroom next to the group fitness/dance studio,** Sign ups are required! If interested please contact Annette Stutzman via e-mail annette.stutzman@bucknell.edu or office phone 577-1465.

**Stress Management:** We will go over relaxation techniques and do a meditation exercise. **This will be held Wednesday, April 28 at 12pm and 1pm in the Fieldhouse Classroom.** Sign ups are required!