

ARE YOU READY for safe summer fun?

Family trips, bicycling, boating, swimming, whatever your summer plans include, are you ready for safe summer fun?

Plan. Create a plan for safe summer fun for your family.

- What recreational activities do you and family members participate?
- How do you make sure that recreation equipment is safe and used correctly?
- Do family members know how to contact you in an emergency?

Prepare. Put together emergency kits for your family, including the following:

- Travel kit for bicycles.
- Travel kit for various vehicles—cars, campers, motorcycles, boats.
- Work with your children to ensure that they know and follow safety rules.

Practice. Make sure family members know safety rules to follow.

- Wear a helmet—bicycle and motorcycle.
- Buckle up every time you ride in a motor vehicle.
- Wear water safety vests.
- Practice. Parents/adults should demonstrate by example.

Stay Informed.

- What special events are taking place in my community where I can learn more information?
- What information is available from local public safety, public health, and community organizations?

Resources:

- Check these websites for additional information on safe summer fun:
 - National Bike Month – <http://www.bicyclinginfo.org/insight/features/started.htm>
 - Buckle Up America – http://www.nhtsa.dot.gov/people/injury/airbags/buckleplan/bua_website/
 - National Safe Boating Council – www.safeboatingcouncil.org
- The websites of the agencies/organizations listed below will also provide you with information for safe summer fun.

The above information is provided by the Sherburne County Are You Ready Workgroup: Sherburne County Sheriff's Department-Emergency Management, Sherburne County Public Health Department, Big Lake Police Department, Elk River Police Department, Caring Rivers United Way, American Red Cross, Salvation Army, ISD #728-Elk River Area Schools, Fairview Northland Hospital, USDA-Farm Service, Elk River Star News, West Sherburne Tribune, and community volunteers.

For more information on the Sherburne County Are You Ready Workgroup, contact Marcia Engvall at Sherburne County Public Health Department 763-241-2750 or 1-800-433-5237.