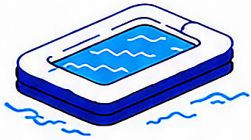




One People. One Heart. We're In This Together.



PARENTS: DROWNING IS SILENT.

WHAT EVERY PARENT NEEDS TO REMEMBER



Every parent is responsible for their own children.



Do not assume someone else is watching.



Avoid distractions. No reading, no phones while watching. Your attention should be 100% on your children.



Make sure pool gates automatically close and latch properly.



Children playing in the shallow end can accidentally step onto the slope leading to deeper water and suddenly find themselves unable to stand.



All children who are not swimmers yet MUST wear properly fitted swim vests (swimmies/floatation aids or life jackets) **while around the pool — EVEN IF THEY ARE NOT IN THE WATER.**



Never leave the pool area, even for a minute, with children in the pool or around the pool.



Large rafts and floaties can block visibility and create places where small children can become trapped underneath unnoticed.

PARENTS DO NOT GET DAYS OFF.



Watch the pool.



Put distractions away.



Active supervision saves lives.



BE PREPARED



Hosting a large gathering around the pool? Get a lifeguard.



Is there a possibility drinks will be served? Get a lifeguard.



Need to step away from the pool area for a moment? Make sure someone is responsible to watch until you return.



Learn CPR. It could save a life. Free community CPR classes are available through [SplashSafety.org](https://www.splashsafety.org).



Make sure to store Hatzalah Jersey Shore's number in your phone: 732-531-9988.



Get a free Hatzalah pool sign from [SplashSafety.org](https://www.splashsafety.org).



They also maintain a list of qualified community lifeguards available for hire through [SplashSafety.org](https://www.splashsafety.org).



DROWNING IS SILENT.

Most drowning victims do not yell, wave, or call for help.

WATCH THE WATER. STAY ALERT. STAY CLOSE.





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PARENTS: THESE CONVERSATIONS ARE **YOUR** RESPONSIBILITY.



✓ Helmets every ride.

Bicycles • E-Bikes • E-Scooters •
Kick Scooters • Roller Blades • Skateboards



✓ E-bikes and e-scooters are vehicles, not toys.

Young riders can panic, accelerate unexpectedly, or make a split-second mistake with devastating consequences.



✓ Never ride with AirPods, earbuds or headphones.

You must be able to hear traffic, sirens, horns, and other riders.



✓ Be seen. Be safe.

If riding after dark, use lights and reflective gear.



Attach a reflective safety pouch (with a vest inside) to the back of the seat. Get one for each bike today.



✓ Stay visible. Make eye contact.

Never assume a driver sees you. Be visible. Be predictable. Be aware.



✓ Stay to the side. Stay visible. Stay safe.

Do not ride in the middle of the street.



✓ Wait for the green light.



MOST SERIOUS ACCIDENTS HAPPEN AT INTERSECTIONS.

When crossing busy streets and roads, such as:
Monmouth Road, Deal Road, Ocean Avenue, Cedar Avenue, and similar roadways:



Get off your bicycle or scooter.



Walk it across the crosswalk.



Wait until traffic has completely stopped in **BOTH** directions.



Never assume drivers see you.



Traffic may be stopped in one direction and still moving in the other. Never enter a crosswalk until you have checked both directions and know it is safe to cross.



CHECK TO PROTECT



It's your responsibility. Their safety depends on it.



Check that the helmet fits properly.



Check that your child's bikes have reflectors and consider buying rechargeable flashing lights.



Attach a reflective safety pouch or reflective vest to your child's bike.



Remind your child of the rules every time they ride.



SIDEWALK SAFETY



Go slow around pedestrians.



Say "Excuse me" loudly and clearly.



If people don't move, stop and wait. Don't squeeze past people.





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PARENTS: These conversations matter. Your guidance today can protect your child tomorrow.



PRE-GAMING IS HAPPENING IN HOMES.

You are responsible.

- ✓ **LOCK UP ALCOHOL.** Store it securely and limit access.
- ✓ **IF YOUR TEEN HAS FRIENDS OVER,** you are responsible for what happens in your home.
- ✓ **OPT OUT OF ALCOHOL ORDERING** on your food delivery apps. Remove the option.
- ✓ **MAKE SURE YOUR CHILD'S PHONE HAS HATZALAH'S NUMBER STORED.** Be prepared.



TALK TO YOUR TEEN.

Believe it or not, your child is being exposed to drinking.

Don't wait to have the conversation.



ESTABLISH A CODE WORD.

A code word is for situations where your child needs help but doesn't feel comfortable explaining why.

- They may feel pressured.
- They may be embarrassed.
- They may be scared.
- Or there may be a serious situation they cannot safely explain over the phone.

THE CODE WORD MEANS:

“Come get me now.”

- ✓ No questions.
- ✓ No lectures.
- ✓ No judgment.



ZYN NICOTINE POUCHES.

Zyn is a nicotine pouch kids put between their inner lip and gums, they're easy to hide, come in flavors and are highly addictive.

- They're like smoking cigarettes without the smoke.
- Nicotine is addictive and can lead to cancer and other long-term health risks.



GAMBLING IS EASILY ACCESSIBLE.



Discuss the risks with your child.



Kids are exposed to gambling apps every day.



They sometimes use parents' credit cards to gain access.



Gambling has become normalized and widely accessible.

DISCUSS THE RISKS WITH YOUR CHILD.



VAPING AND EDIBLES – KNOW THE RISKS.

- ✓ Vapes are easy to hide, come in flavors and highly addictive.
- ✓ Some vapes are nicotine and some are marijuana.
- ✓ Edibles often look like candy and can be difficult to identify. Teach your children never to eat candy at parties.
- ✓ If they eat an edible, they may not feel the effects for 40–60 minutes. Many teens make the mistake of taking more during that time, which can lead to serious consequences.

BEING A GOOD FRIEND

Never let a friend drive drunk.

Never get in a car with a driver who has been drinking.

Never leave a friend alone who has had too much to drink.

If a friend needs help, call an adult.

If you're unsure what to do, call home.



The call you get is better than the one you don't.





Summer Safety & Community Awareness Guide

BEACH & OCEAN SAFETY. COMMUNITY AWARENESS

One People. One Heart. We're In This Together.



BEACH & OCEAN SAFETY



**NO LIFEGUARD –
NO SWIMMING.**



**LIFEGUARDS ARE
NOT BABYSITTERS –
WATCH YOUR
CHILDREN.**



**IF YOUR CHILD DOESN'T
SWIM – THEY MUST
WEAR FLOATIES.**

IF CAUGHT IN A RIP CURRENT



- 1 Don't panic.
- 2 Swim parallel to shore.
- 3 Wave and call for help.
- 4 Conserve energy.



WHEN IN DOUBT, STAY OUT.



DRIVING & PARKING RESPONSIBILITY

WE MUST BE MORE PATIENT.

- ✓ Drive as if your own child could enter the roadway at any moment.
- ✓ Imagine the driver in front of you is your grandmother. Would you still honk? Tailgate? Try to force your way around them?
- ✓ Aggressive driving puts everyone at risk.
- ✓ Double parking doesn't just create traffic. It creates dangerous situations for drivers, cyclists, and pedestrians.
- ✓ Plan ahead. Parking is limited.
- ✓ Leave earlier. Be patient.
- ✓ Getting somewhere 30 seconds sooner is never worth risking someone's safety.



WE ALL SHARE THESE ROADS.

Let's treat each other with patience, courtesy, and respect.



COMMUNITY AWARENESS & COURTESY

Discuss with your children that when in public, or even at a friend's house, they represent you and our community. Whether at the beach, park, or on the street, let's show respect and consideration for those around us.



BE RESPECTFUL

To everyone —
local residents and
community members.



BE CONSIDERATE

Keep music and
speakers at a
reasonable volume.



BE MINDFUL

Of those around you —
loud conversations,
language, and behavior
in public spaces.



**HATZALAH
JERSEY SHORE**

732-531-9988



**HATZALAH
FLATBUSH**

**718-387-1750
718-230-1000**



BLINK CPR

Learn CPR.
Save a life.

BlinkCPR.org



**SPLASH
SAFETY**

Water safety
education for all.
SplashSafety.org



SAFE FOUNDATION

Resources for
teens and families.

TheSafeFoundation.org



PROJECT CONNECT

| Awareness



Safety



Security



ProjectConnect18.com
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