

## What are you doing for Spring Break?

*RMF reminds everyone to have a safe spring break*

The choices of where to go and how to spend your time once you arrive at your spring break destinations are endless. However, if members act carelessly, their fun can escalate into unwelcome, unexpected, unfortunate, or even dangerous situations. So, when you finally reach your spring break destination, consider the consequences of your actions, and remember that you are always representing Sigma Chi and its values.

In the face of the large crowds and alcohol that often make up the spring break experience for college students, remember to be aware of your safety and the safety of your friends. Here are a few tips to keep in mind:

- Call friends or family members to let them know you have arrived safely at your destination, and call them to inform them of your safe return.
- Carry the minimum amount of cash you will need when out and about.
- Know the alcohol laws at your destination. Be sure you understand local laws regarding alcohol use, especially when traveling outside the country.
- Plan ahead regarding alcohol use and designated drivers. Decide before the event who is drinking and who is not.
- Make a plan for how you will return to your hotel, and stay with someone who knows you.
- Only accept drinks from a licensed bartender or drinks that you pour yourself.
- If a friend feels sick, don't leave them alone. If you feel sick, ask someone you know to look out for you.
- If a member of your group passes out, turn them on their side to prevent choking and call 911 right away.
- Limit your sun exposure. The Skin Cancer Foundation recommends using sunscreen with an SPF of at least 15. Reapply your sunscreen every two hours or immediately after swimming.
- Practice safe sex. Purchase a supply of condoms before departing and while there, check with your hotel as they sometimes provide free sample packs of condoms for their guests.

And remember:

*"I will neither use nor support the use of illegal drugs; I will neither abuse nor support the abuse of alcohol ... I will respect the dignity of all persons; therefore, I will not physically, mentally, psychologically, or sexually abuse ... any human being."*

**- The Sigma Chi Code of Conduct -**