



## **Slide 1**

**Background:** (For the presenter's knowledge)

The 101 Critical Days of Summer (CDOS) encompasses the longest period of the year where people take advantage of the warm weather to take some needed rest and refresh vacation time, beginning Memorial Day weekend and ending Labor Day weekend. This season is important as it includes several holidays which are typically approved as long weekends for uniformed personnel, creating the potential for more mishaps.

Statistics from previous years prove judgment lapses while engaging in summer activities negatively impact the readiness of Sailors and Marines. Data shows a general lack of situational awareness and complacency are root causes for numerous off-duty mishaps every summer.

**Introduction** (start of the script)

The 101 Critical Days of Summer (CDOS) is the longest period of the year when people take vacations, beginning Memorial Day weekend and ending Labor Day weekend.

This briefing is intended as a general summer safety stand-down presentation filled with information to help you – and your team – maintain an active risk management mindset and help ensure an enjoyable and safe summer.

Note: These slides can be localized to fit the needs of your command.

## **Slide 2 -Weather Safety**

It's important to note tracking the weather is a necessary part of any season, but particularly during summer months when you are planning long trips and outdoor activities.

In 2024, the Atlantic basin tracked five hurricanes that made landfall and 18 named tropical cyclones making it an above-average season. Also, for the year, tornadoes were the second highest on record with at least 1,735 confirmed. And let's not forget about wildfires, which reached an average of almost 61,000 reported events and burned nearly nine million acres. Last year also ranked as the warmest year on record for CONUS as well as the second highest year for the number of **billion-dollar disasters** in a calendar year. These disasters included 17 severe storms, five tropical cyclones, two winter storms, one flooding event, one drought or heat wave and one wildfire event.





Since severe weather can cause accidents, property damage, injuries and deaths, it is important to become familiar with the terminology and procedures for what to do in the case of a weather-related event.

- Know the difference between watches, warnings, advisories and statements.
- Sign up for alerts through your installation, TV and radio stations. The Wireless Emergency Alerts system sends emergency alerts to participating mobile phone users.
- Consider buying a portable emergency weather radio with weather band capability that can run when power is lost, or cell phone service fails.
- Make a kit – although we generally cover this in September during Emergency Preparedness Month, summer is an excellent time to ensure you have what you and your family need in case of an emergency weather event. There is never a better time than the present!

Note: For more information and infographics, check out our [off-duty disaster preparedness](#) page.

### **Slide 3 - Heat and Sun Safety**

It's summertime and although we all know these are the hottest months of the year, that doesn't always mean we pay attention to the basics.

- Limit sun exposure during midday hours and in places of potential severe exposure, such as beaches.
- Drink plenty of nonalcoholic fluids and replace the body's salts and minerals, which sweating can release. Do not take salt tablets unless under medical supervision.
- Reduce your risk of skin damage and skin cancer by seeking shade under an umbrella, tree or other shelter before you need relief from the sun. When possible, long-sleeved shirts and long pants and skirts can provide protection from UV rays.
- Wear sunglasses to protect your eyes from UV rays and reduce the risk of cataracts. They also protect the delicate skin around your eyes from sun exposure.

Remember that while sweat evaporation is the normal way your body removes heat, sweat does not evaporate as quickly when humidity is high. This, in turn, prevents the body from releasing heat quickly.





When dealing with any heat-related illness, prompt treatment with aggressive fluid replacement and cooling of core body temperature is critical to reducing illness and preventing death.

#### **Slide 4 - Swimming Safety**

One of the summer seasons favorite pastimes is swimming. However, there are important things to remember before you “dive in”:

1. Know and observe your swimming limitations and capabilities.
2. Don't get too tired, too far from safety or too much sun.
3. Avoid swift-moving water. If you are caught in a current, swim with it and angle toward shore or the edge of the current. ([Rip currents](#) are powerful currents of water moving away from shore that can sweep even the strongest swimmer out to sea.)
4. Stay out of the water during thunderstorms and severe weather.
5. Don't swim when you are under the influence of alcohol, drugs or medication.
6. Always test water depth before diving. If you unable to see below water surface, don't dive.
7. Never dive into rivers or other moving bodies of water. Keep your arms extended above your head when diving.
8. NEVER swim alone – swimming should be a partner activity! Make sure you have a buddy!

#### **Slide 5 - Diving Safety**

If you are planning to dive this summer season, follow these tips to help minimize your risk:

- **Don't drink.** Drinking before a dive entails several risks, including nitrogen narcosis, heat loss and impaired judgment affecting reaction time, attention span and visual tracking.
- **Don't smoke.** It's advisable to abstain from smoking at least 12 hours before diving.
- **Get medically assessed.** Some medical conditions are not compatible with diving. Even a common cold or sinus infection can prevent you from going under.
- **Double-check your gear.** Whether you own your gear or rent it, always do a safety check. Inspect the gear for wear and tear; look for faulty zippers, cracked buckles,





straps or frayed areas that could lead to leaks. Your regulator and tank should also get checked regularly for functional compliance.

- **Label gear with contact info.** Labeling gear with your name and two contact numbers could help the U.S. Coast Guard identify your equipment in case of an emergency.

### **Slide 6 & 7 - Boating Safety**

A day spent out on a boat during the warmer months is a classic American pastime. Just remember these safety tips before and during your journey.

- **Follow a pre-departure checklist.** This checklist is a helpful way to ensure the boat is ready, and proper gear is aboard.
- **Always check local, route and destination weather and water conditions.** Make sure to do this before departure and ensure it is safe to go out. Use common sense.
- **Always operate at a safe speed.** This is especially important in crowded areas; stay alert and steer clear of large vessels and watercraft that can be restricted in their ability to stop or turn.
- **Know the nautical rules of the seas.** Maintain a proper lookout and respect buoys and other navigational aids, all of which are in place to ensure your safety and the safety of your fellow boaters around you.
- **Remain sober if you are the skipper.** A boat operator is likely to become impaired quicker than a driver. Operating a boat while intoxicated is illegal. Nearly half of all boating accidents involve alcohol. Designate an experienced assistant skipper. Make sure more than one person aboard is familiar with boat handling, operations and general boating safety, in case the primary operator is incapacitated and someone else needs to get the boat back to shore.
- **Develop a float plan.** Let someone else know where you're going and your estimated time of return. A float plan can include the following information: name, address and phone number of trip leader and passengers; boat type and registration information; trip itinerary; types of communication and signal equipment aboard, such as an Emergency Position Indicating Radio Beacon or Personal Locator Beacon.





- **Have life jackets on hand.** Assign and fit each passenger and crew member with a life jacket before departure. Be aware of carbon monoxide (CO). Maintain fresh air circulation throughout the boat. Educate all passengers about the symptoms of CO poisoning and where CO may accumulate.
- **Have a way to call for help.** Ensure cell phone is charged and in a waterproof case or take a two-way radio with you. For serious adventurers, consider purchasing a personal location beacon, outfitted with a flotation sleeve.

Note: Here's a great boating [graphic](#) for you to use in your brief.

### **Slide 8 & 9 - Sports and Fitness Activities**

In 2024, there were 21 reported mishaps in off-duty recreational activities.

Between 2019-2024 101 CDOS timeframe, the top reported mishaps included basketball, other sports and recreational activities, bicycling, baseball/softball, skateboarding, jogging/running/walking, swimming, soccer, and football.

### **Sports Injury Prevention**

When participating in any off-duty sports activities this summer, make sure to wear protective equipment required for the sport: shoulder pads, elbow pads, knee pads, helmets, etc.

When engaging in cardio activities, such as walking, jogging or running, make sure you're executing a warmup exercise and you've chosen the correct shoes for the activity you're engaging in.

- As with anything during the hotter summer months, be sure to drink plenty of fluids (water or sports drinks) before, during and after.
- Allow a cool-down period.





### **Slide 10 & 11 - Bicycling**

When a crash occurs between a vehicle and a bicycle, it's the cyclist who is most likely to be injured. A large percentage of crashes can be avoided if motorists and cyclists follow the rules of the road and watch out for each other.

In 2023, 857 cyclists were killed in traffic accidents in the United States, representing a 10% increase from the previous year.

As you prepare to take your bike out for a spin, consider these safety measures:

- Wear equipment to protect yourself and to make you more visible to others. Examples are an approved bike helmet, bright clothing (during the day), reflective gear, a white front light and red rear light and reflectors on your bike (at night or when visibility is poor).
- Remember to use arm and hand signals.
- Ride **with** traffic, not against it.
- Avoid riding at night, if possible, but if you must ride at night, install front and rear lights on your bicycle and wear reflective clothing to maximize safety.
- Plan your route, choose routes with less traffic and slower speeds. Your safest route may be away from traffic altogether, in a bike lane or on a bike path.
- Bicycle-related deaths peak in the summer months, starting in June and they remain high through September.

Note: For more information on bicycling safety, read our [Bicycle Safety Awareness Dispatch](#).

### **Slide 12 - ATV Safety**

There are more than 700 deaths and 100,000 injuries every year involving All-Terrain Vehicles (ATVs), according to the Consumer Product Safety Commission. Follow these tips for a safer ride:

- Before you ride, read the owner's manual carefully and ensure the ATV or Recreational Off-road Vehicle (ROV) is in good working condition.
- Always wear an approved helmet.
- Never drive an ATV while under the influence of drugs or alcohol.





- Never drive an ATV on paved roads. Never operate ATVs or ROVs on streets, highways or paved roads, except to cross at safe, designated areas. Familiarize yourself with the terrain BEFORE you ride.
- As with any vehicle, read up on the local laws.
- Never ride alone and always tell someone where you are going and when you will return. Always supervise young operators and never carry extra riders.

Note: For more information, review our [High Risk Recreational Activity Risk Assessment for ATV Operations](#).

### **Slide 13-15 – Cars/Motorcycle Safety**

#### **Last Summer fatalities**

During the 101 Critical Days of Summer in 2024, the Department of the Navy lost 27 Sailors and Marines to preventable off-duty mishaps. Motor vehicle and motorcycle crashes were the leading causes. **One off-duty mishap is one too many.**

#### **Safe Driving**

In 2024 during the 101 Critical Days of Summer, the Department of the Navy lost 18 sailors and Marines as a result of vehicle (PMV-4) and motorcycle (PMV-2) crashes.

Overall, there were 24 PMV-4 and 48 PMV-2 Class A-C mishaps.

In today's world, we're more distracted than ever, so it's crucial to know the basics of safe driving and practice them every time you're on the road.

- Ensure you and your vehicle are in the right condition before you get behind the wheel.
- Keep your attention on the road at all times – do not multi-task!
- Don't use your phone or any other electronic devices while driving
- Don't drink and drive.
- Follow the rules of the road.
- SLOW DOWN!!! Speeding gives you less reaction time and increases your risk for a crash.





## **Motorcycle Safety**

In 2024 during the 101 Critical Days of Summer, the Department of the Navy lost 12 Sailors and Marines as a result of motorcycle (PMV-2) mishaps.

While we have a standalone motorcycle training stand-down (see link below) there are several important things to remember when in the summer season.

- Complete a formal riding education program, get licensed and take riding courses periodically to improve riding techniques and sharpen your street riding strategies.
- Obey the speed limit; the faster you go the longer it will take you to stop. Know and follow local traffic laws and rules of the road.
- Always wear a helmet with a face shield or protective eye wear. A motorcycle rider not wearing a helmet is five times more likely to sustain a critical head injury.
- Ride defensively. Nearly two-thirds of all motorcycle accidents occur from a driver violating a rider's right of way.

\*For more information, check out our [motorcycle safety stand-down](#).

## **Slide 16 & 17 - Pedestrian Safety**

### **Pedestrian Roadside Safety**

We've all found ourselves in situations where our vehicles have let us down, whether through a breakdown or an accident. In moments like these, it's important to remember that our physical safety should always be our top priority.

Below we have listed a few tips to follow in case you find yourself on the side of the road:

1. **Get as far off the road as possible:** If an emergency occurs while you're driving, getting to a safe place is the best thing you can do. Look for a shoulder if that's all you can manage, but the safest choice is to exit major roadways and pull into a well-lit rest stop or parking lot. Always avoid pulling over on corners or curves, the bottom of a hill, or on a narrow road.
2. **Don't exit your car until it's safe:** If you do experience an emergency and absolutely **MUST** get out of the car, exit through the passenger side (if there is traffic on the driver's side), being sure to look for traffic before you open the door.





3. **Warn others you're having trouble.** Turn your hazard lights on. Have a vehicle emergency kit that includes, at a minimum, a flashlight, road flares, and reflective markers to help make you more visible
4. **Remember you're in traffic:** If you have stopped on the shoulder, remember that you are not protected from the other cars speeding past. Do your best to keep your distance from the flow of traffic. Leave if it is safe to do so but remember that the safest place to be in your seat with your seat belt fastened. And lastly, if you do get out of your vehicle to assess the damage, don't stand behind or next to your vehicle if you are facing the flow of traffic.

### **Pedestrian Safety**

Over the past five years, the Department of the Navy lost 7 Sailors and Marines to pedestrian-related mishaps during the 101 Critical Days of Summer.

The Governors Highway Safety Association reported that drivers struck and killed 7,318 people who were walking in 2023 – down 5% from the year before but 14% above 2019.

To help with safe practices, adhere to these guidelines when walking:

- If you are walking, be sure to use crosswalks and look left, right and then left again before crossing the street.
- Avoid distractions such as texting while walking.
- Avoid walking when impaired by alcohol.
- Be visible at all times. Wear bright clothing during the day and wear reflective materials or use a flashlight at night.
- Never assume a driver sees you. Make eye contact with drivers as they approach to make sure you are seen.
- Walk on sidewalks. If no sidewalk, walk facing traffic and as far from traffic as possible.





### **Slide 18 - Grill Safety**

According to the U.S. Fire Administration, over half (57%) of grill fires on residential properties occur in the 101 CDOS months. Grill fires on residential properties result in an estimated average of 10 deaths, 100 injuries and \$37 million in property loss each year.

Remember these tips for proper grill safety:

- Only use your grill outside, away from siding, deck rails and overhanging branches.
- Clean grills regularly to remove grease buildup.
- Never use gasoline or any flammable liquids other than starter fluid and never add charcoal starter fluid to a fire.
- Keep a hose or water source nearby to extinguish the fire quickly if needed.
- When you have finished grilling, ensure fires are completely out.

### **Slide 19 - Alcohol Safety**

For some, summer activities may include alcohol, but risky drinking can put a serious damper on your summer plans.

The sun causes your body to sweat to stay cool and if those fluids aren't replaced, your body will undergo adverse reactions. You may feel extremely thirsty, dizzy or fatigued. When people drink alcohol, they may become lackadaisical and reckless, which can have dangerous implications when off-duty activities are involved.

If you are drinking in or near a body of water, be aware you may lack the dexterity needed to stay afloat, which can increase your risk of drowning (the third leading cause of unintentional injury and death worldwide and fifth in the United States). Sun and heat exposure only amplifies this risk. So be smart, have a plan before you begin drinking and, as always, continue to stay safe!

### **Slide 2 – Final Slide**

Thank you so much for your participation in today's presentation.





Additional resources are available on the Naval Safety Command website, [QR code in the slide]. Thank you again and remember it is important to maintain an active risk management mindset in order to keep our Sailors and Marines safe.

