

# The Critical 101 Days of Summer

## Honor Memorial Day: Celebrate Responsibly.



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**Memorial Day marks the start of the Critical 101 Days of Summer. Begin your summer journey safely.**

### Remember the Fallen:

Memorial Day is a time to honor those who served and sacrificed for our nation. Protect their legacy by making safe, responsible choices you can be proud of.

### The Start of the 101 Days of Summer Safely:

Memorial Day weekend kicks off the summer with increased gatherings, travel, and outdoor fun. It's also a time when substance misuse and alcohol-related incidents rise. Stay alert to make this summer enjoyable and safe.

**Each year, DUIs and alcohol-related incidents spike during the summer. Know Your Limits!**

**Make responsible choices this holiday: Avoid excessive alcohol, plan a safe ride, and look out for your peers!**

### Practice self-awareness and ask yourself the tough questions:

Am I making choices that honor the fallen, protect my fellow Sailors, and safeguard my readiness?  
Your decisions make a difference.

### Use this Checklist to Protect Your Health, Safety, and Career:

<p><b>Know Your Limits:</b> Avoid excessive alcohol consumption, and monitor your intake to maintain clear judgment and control.</p>	<p><b>Avoid Water Activities Under the Influence:</b> Alcohol and prescription substance impair your ability to swim, navigate, and react quickly.</p>	<p><b>Stay Hydrated:</b> Drink water regularly, especially if consuming alcohol. Avoid dehydration by monitoring your fluid intake.</p>
<p><b>Take Breaks:</b> Avoid overexertion in high temperatures take breaks in shaded areas and stay cool.</p>	<p><b>Report Unsafe Behavior:</b> If you see someone engaging in unsafe substance use or alcohol misuse, intervene when possible and notify leadership.</p>	<p><b>Grill Safety:</b> Ensure your grill is in proper working condition before use. Place grills on stable surfaces and keep them away from flammable materials (e.g., decorations or dry grass).</p>
<p><b>Wear Sunscreen:</b> Apply sunscreen frequently to protect yourself from harmful UV rays, and wear a hat and sunglasses.</p>	<p><b>Check Your Gear:</b> Inspect all equipment, including jet skis, boats, paddleboards, and bicycles, to ensure they are safe to use. Look for damage, wear, or malfunctions before heading out.</p>	<p><b>Prioritize Safety Over Fun:</b> Remember that reckless decisions can impact your health, career, and the operational effectiveness of your team.</p>