

**Deep Run High School PTSA
&
Mills E. Godwin High School PTSA**
present

**Know Before You Go!
A Beach Week Handbook**




Sample Beach Week Contact

HOUSE-MATE	CELL PHONE	PARENT	HOME PHONE
Mary Smith	380-1234	Wendy & Mike Smith	(804) 360-5432
Jean Doe	380-1254	Eva & Phil Doe	(804) 364-8877
Jane Smith	380-6622	Amy & Curtis Smith	(804) 360-6951
Susie Jones	862-1111	Taylor & Bob Jones	(804) 747-7734
Laura Lee	862-4545	Ann & Scott Lee	(804) 741-4628
Becky Lane	862-3737	Lorrie & Mike Lee	(804) 749-4736
Mere Dean	380-5984	Val & Thom Dean	(804) 360-1071

Sample House Information

Emerald Isle Realty
123 Ocean Drive
Emerald Isle, North Carolina 27954
Local: (919) 555-1234
Toll Free: (800) 987-6543
Emergency: (919) 911-7359

Your House: Ocean Breezes
2345 South Ocean Drive
Emerald Isle
(919) 555-7788



So you've decided to head to the beach to celebrate graduation. Here are some tips to think about before you hit the road. And if you're still deciding how to celebrate, this booklet also includes alternative graduation celebration ideas and resources.

HOUSE MEETINGS

- ☼ Before you go off to Beach Week, hold a "house meeting" with your fellow students renting with you. Involve parents at the meeting. Discuss behavior expectations.
- ☼ Go over the rental contract, responsibilities as renters, keeping the unit clean, safely locked, and respect for property and other vacationers.
- ☼ Keep a copy of the rental agreement in a safe spot inside the unit.
- ☼ Only housemates should have keys. Know where the keys are kept.
- ☼ Decide how to handle food and extra items before going. Will you pool your money, shop together, cook together, keep receipts in one place to divide up later?
- ☼ Decide as a group how to handle overnight guests. Are you okay with having guests of the opposite sex in the house? What if your roommate brings someone? Be frank ahead of time.
- ☼ Who's going to drive to the beach? This may depend upon how many parking spots come with the unit. How are supplies and luggage divided up for the ride?
- ☼ Think about added safety... what about a parent escort to drive the group to the beach and then another parent to drive the group back home afterwards?



The 411 for Parents...
KEEPING IN TOUCH with your TEEN

- ☼ Be clear and specific about your expectations. Talk candidly about the risks of drug use, drinking, alcohol poisoning, violence, sexually transmitted diseases, and sexual assault.
- ☼ Give clear no-use messages about drugs and alcohol.
- ☼ Network with and connect with other parents to confirm plans and coordinate ground rules.
- ☼ Send your teen with a group of friends and at least one adult that you have met and trust.
- ☼ Know your teen's itinerary and where he/she is staying.
- ☼ Require a daily check-in via cell phone and make sure your teen is reachable.
- ☼ Make sure to have cell phone numbers for your teen's friends and check in with them, too.
- ☼ Give your teen the option to call you during the week to ask for help or be picked up without questioning.
- ☼ Be a good listener; maintain an open and honest dialogue with your teen.
- ☼ Supervision without invasion – Parents may consider renting a house near where teens are staying.
- ☼ Make sure the adult who signed the contract is on site. They are ultimately responsible for what happens inside the house.



DRIVING SMART

- ☼ Consider your car insurance –do you want someone other than your child driving your vehicle?
- ☼ Consider if you are prepared to drive six hours to your destination.
- ☼ Do not ride with anyone who is/has been drinking. Have a system in place so you can call someone to get you.
- ☼ Night driving is not recommended.
- ☼ Keep your car registration and insurance information handy.
- ☼ Decide in advance who else, if anyone, may drive your car.
- ☼ Be aware of parking regulations for your house and beach area.

HAVE FUN, BE SMART

- ☼ Remember in all 50 states it is illegal to consume alcohol under the age of 21!
- ☼ Keep gatherings to small numbers and know everyone who is there. Do not announce a party in a large group or in a public place where unwanted guests might overhear.
- ☼ Attend parties where you know the people and have the ability to leave if necessary.
- ☼ Decide ahead of time what you will do if you are in a situation where there is substance or alcohol use.
- ☼ Take along information on alcohol poisoning.
- ☼ Avoid hanging on balcony railings. Every year someone is very seriously injured or killed doing this.



SAFETY

- ☼ Be sure you have your insurance card or a copy of your card (both sides). Also, have a listing of the medications you take, allergies, date of last tetanus shot, and significant medical history. If under 18, you should have written parental authorization for medical treatment.
- ☼ Place second copies of all housemates' emergency information in a folder to keep handy. (Imagine needing information concerning a housemate who is not lucid.)
- ☼ Prepare a list of emergency numbers such as the police department, hospital, and other such emergency contacts. Include phone numbers of family or friends for emergencies.
- ☼ Know the house address and phone numbers (even if you use cell phones).
- ☼ Have an emergency/safety kit containing things such as aspirin, bandages, disinfectants, cold compress, and sun block.
- ☼ Stay close to your friends. Three or more people watching out for each other are better than one. Support, protect, and take care of each other. Never allow a friend to go off alone with someone they've just met.
- ☼ Walk through different scenarios and discuss how to handle pressures, including offers of drugs or alcohol and other risky situations.
- ☼ Have a plan "B" in mind in case things get out of hand or you need to get out of an uncomfortable situation. Feel free to leave, not take part, and even to go home earlier than planned. Respect yourself and your dignity.
- ☼ Swim close to guarded areas. Undertow, riptides, and body surfing in large waves are the cause of rescues and deaths. Watch for warning flags and swimming conditions posted on beaches near life guards.
- ☼ Leave valuables at home. Lock extra money hidden in a car or other safe place.



TAKE A RISK, EXPLORE OTHER GRADUATION ADVENTURES

- ☼ How about a beach weekend instead of a whole week?
- ☼ Take a trip elsewhere with a few good friends
- ☼ Learning Adventure Vacations: experience a country's culture in-depth by taking cooking classes and learning a language.
- ☼ Family cruise
- ☼ Take advantage of local attractions: rafting, tubing, rock climbing, hiking, theme parks, etc.
- ☼ Community service projects (i.e. Habitat for Humanity, Meals on Wheels, etc.)
- ☼ Mission trip with a local church

ADDITIONAL SOURCES OF INFORMATION

Local Coalitions

www.drugfreealliance.org
www.toosmarttostart.com
www.maddva.org
www.sadd.org
www.abc.state.va.us

Other Resources

www.away.com	www.i-to-i.com
www.playitsafeoceancity.com	www.alcoholfreechildren.org
www.theantidrug.com	www.activaterichmond.org
www.vdh.state.va.us	www.daodas.state.sc.us
www.connectnetwork.org	www.nccrimecontrol.org
www.globalroutes.org	www.alternativebreaks.org
www.beansandrice.org	www.dosomething.org
www.syta.org	www.servenet.org



Beach Week Packing Suggestions

General House

- Paper towels
- Toilet paper
- Paper cups, plates and napkins
- Soap
- Cleaning supplies
- Dish Detergent (check to see if your unit has a dishwasher)
- Laundry Detergent
- Water Bottles
- Beach Blankets
- Check to see if your unit has beach chairs and umbrella (you can also rent these on the beach)
- Note pad and pens/pencils to leave each other notes and make shopping lists
- Beach bag and cooler

Medical

- First Aid Kit
- Headache medicine
- Suntan/Sunburn lotion
- Bug repellent
- Stomach remedies
- Prescription medicine
- Antibiotic cream

Documents

- Valid form of I.D. with your picture and birth date
- Copy of beach house lease
- Copy of housemates emergency information and contacts
- Copy of your insurance card

Food

Discuss and decide this with your housemates. You might save money buying in bulk before you go. Things can be more expensive at the beach.



Personal Items

- Beach Towels
- Bath Towels
- Sheets (what size beds and how many are in the unit?)
- Pillow
- Pajamas
- Toiletries and cosmetics/hair dryer
- Lip balm
- Swimsuits/trunks and cover-up
- Shoes (sandals, flip flops, tennis)
- Pants/Sweatshirt
- Shorts and Tees
- Underwear
- One or two nicer outfits
- Workout clothes
- Rain Jacket/pullover
- Umbrella
- Hat(s)
- Sunglasses
- Change for vending machines, laundry, parking meters
- Camera and new batteries
- Cellphone and charger
- Disposable underwater camera

Activities

What will you do if it rains? What will you do at night?

- DVDs/movies/video games
- Radio/CDs/iPod/MP3 player
- Board games
- Deck of cards
- Sports gear (football, volleyball, frisbee, fishing pole/tackle)
- Guitar
- Beach activities (surfboard/boogie board, paddleball)
- Books/magazines



BEACH WEEK PLEDGE

I understand that _____ is the adult legally responsible for the house I am renting for Beach Week. I pledge to _____ that I will _____ follow these rules to ensure a safe, police-free week at _____ beach house in _____.

*We will create a daily house manager rotation that will be agreed upon in advance of arrival and posted at the beach house.

*I will be a house manager one day during the week to ensure that the house is in good condition. I will be responsible for the key and locking the house when everyone is out. I will handle any problems that occur that day. "Problems" may include broken glass around the house, spills, toilet clogs or other maintenance problems.

*I will be aware of where at least one other person is during the day and at night in case of an emergency.

*We will post emergency numbers (fire, police, hospital) at the beach house.

*We will figure out a buddy system so that no one person is on the beach, in town or at a party by himself/herself.



- I will stay in _____ and not drive or be driven to another beach community/town during the week.
- I will not host parties at the beach house.
- Only those persons in our group who have paid a share of the week's rent will spend the night at the beach house. There will be no overnight guests.
- If something is broken or damaged, I agree that everyone will pay for it regardless of how it happened or who did it.
- I agree to leave the house in the same condition it was in when we arrived and participate in its clean-up.
- As a parent concerned about the health and safety of my child, I pledge that I will not provide him/her, and especially someone else's child, with alcohol, nor will I support underage drinking parties. Underage drinking can ruin a young life, and I want to be a part of a caring community that says "We do not support underage drinking!"

Teenager Signature

Date

Parent or Guardian Signature

Date

The PTSA's of Deep Run High School and Mills E. Godwin High School would like to extend a special thank you to the following individuals and busi-

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Coalition

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