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Summertime/Safety Time



**Summertime and the Livin’s Easy**

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Coach Michael of the First Tee of Cleveland is outdoors and thinking that **summertime is safety time** at Washington Park. Whether we are at the golf course, home, school, camp, at the grocery, or the beach, we should take every measure to ensure the safety of ourselves, family, friends and others.

With summer in full swing, Coach Michael says that now might be a good time to remind ourselves of **The Nine Healthy Habits** of the First Tee of Cleveland are **PHYSICAL: (1)** Energy; (2) Play; (3) Safety; **EMOTIONAL: (4)** Vision; (5) Mind; (6) Family; **SOCIAL: (7)** Friends; (8) School; (9) Community. How might wet help insure that we and our friends and family have a safe summer?

|  |
| --- |
| Here are a few suggestions |
| * Practice **Social Distancing** at least 6 feet apart whenever possible in the general public
 |
| * **Masks** can help mitigate the spread of viruses
 |
| * **Wash your hands** thoroughly ( 20 seconds or more) and when you can’t wash your hands use **Hand Sanitizer** and **Gloves**
 |
| * **Coming from outside the home**, sanitize your hands, door handles, objects and counter tops.
 |
| * Sanitize **frequently or high touch areas** ongoing
 |
| * Sanitize **the car** door handles, steering wheel and high touch interior areas.
 |
| *Let’s make Summertime a Fun-time for everyone!!!* |

**ACTIVITY**

***How Many other ways might we help insure the health and well-being of our ourselves, friends, Family and other?***



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|  | **Actions/ things that we can do** to insure the safety of ourselves friends, family or others | Who will this most likely affect**Ourselves Friends, Family** or **Others** |
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