

Staying safe during summer

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SIERRA SUN



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On education

The summer solstice graced us with its presence last week, bringing longer hours of daylight and opportunity for fun. School ended just in time for the warm weather to kick in. It is official. Summer is finally here.

Lake Tahoe, Donner Lake, Truckee, and its surrounding areas provide a majestic and breath-taking natural playground for those who choose to take proper advantage of it. Kids are full of energy and ready to charge. Parents and guardians need to take responsibility by teaching children of all ages the appropriate behavior and codes of conduct that apply to summer activities.

Bodies of water, bike trails, mountain trails, and big huge boulders are a source of playtime for families and individuals alike. Knowing proper safety measures is insurance for the continuance of good times.

The Truckee River, Lake Tahoe, Donner Lake, local swimming pools and smaller bodies of water that allow for a quick dip when hiking are tons of fun and usually draw large numbers of people. Although splashing each other, showing off cannon ball techniques, and laughing at the top of your lungs seems like the right thing to do at the time, be mindful of who else is sharing the environment

with you. If there are couples without kids or individuals trying to appreciate the solitude and serenity of the area, toning it down a bit is considerate.

However, if the other people around you are whopping it

up, knock yourself out and have a great time being boisterous.

In addition to noise levels, being aware of obstacles posing potential danger is not only important, but life saving, as well. Being caught up in the moment is easily accomplished. Avoiding threatening objects will contribute to your ability of making it through the day unscathed.

Speaking of scratches and injuries, bike paths and mountain trails are open for the season. Both seasoned and inexperienced riders and hikers can be found at all times. Many trails are designated for only experienced or advanced riders and hikers. Take heed to these warnings to avoid potential harm to your body. Knowing common courtesies regarding the right-of-way when both riding and hiking is essential when sharing these paths with others. Most trails have signs instructing its users of the proper codes of conduct.

Climbing on boulders is yet another outlet for having a good time. Being conscious of skill levels and abilities is imperative when taking on the responsibili-

ty of playing on big rocks that can also potentially cause bodily harm. If it is your first time bouldering, consult an experienced climber at a local store, such as Alpenglow, The Back Country or Thousand Mile. Make sure you know where you are going, what you are doing, and practice safety at all times.

Summer is all about having fun, being active, spending time with family and friends, and trying new activities. Pushing your limits is adventurous and when done properly, can be cool. Trying to show off in an attempt to impress others can backfire, causing consequences that can end your summer fun. Overstepping your boundaries is stupid and ruins the good times of those who are in your company.

The high altitude of the mountains means we are closer to the sun and receive less oxygen. Those of you who think you do not need any sunscreen or water are demonstrating pure ignorance. Wear your SPF and drink plenty of water when playing and hanging with friends outside this summer.

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