



JULY 4TH BEACH SAFETY

Enjoy the holiday — stay safe, respectful, and prepared

Since temperatures are expected to soar during our Independence Day Celebrations, it's important to take precautions to prevent heat related illnesses. During extreme temperatures, it is best to limit physical activity to the cooler parts of the day, like early mornings or evenings, and avoid the peak heat. With everyone's safety in mind, we've made the tough decision to **cancel Friday's cornhole** tournament.

Please read the tips below to ensure you and your family can safely enjoy the holiday:

1. No Alcohol on Beaches or Water

- Alcoholic beverages are prohibited in Lake Monticello common areas, including beaches and on the water.
- Alcohol is a leading factor in water-related deaths and can worsen heat-related illness.

2. Respect Lifeguards

- Additional lifeguard staffing will be on duty for the holiday.
- Swim only in designated areas.
- Stay off docks unless boarding or debarking a boat.
- Follow lifeguard instructions — don't distract them from keeping everyone safe.

3. Respect Your Neighbors

- Enjoy the beach while respecting your neighbors' right to enjoy theirs.
- Disrespectful behavior or language will result in police calls and disrupt public safety.

4. Know the Weather & Protect Yourself

- High heat expected — temperatures may exceed 100°F.

- Use sunscreen SPF 30+ and reapply regularly. Wear hats and UV-protective clothing.
- Take frequent shade and water breaks to avoid dehydration, heat exhaustion, and heat stroke.
- Storms can develop quickly. If you see dark clouds, lightning, or hear thunder: get out of the water, clear the beach, and seek shelter immediately.
- Never leave children or pets in cars. Temperatures inside the car can rise almost 20 degrees within the first 10 minutes, even with the windows cracked.
- Make sure pets have plenty of water and shade.
- Check on others. Learn to recognize the signs of heat-related illnesses and know what to do. It could save a life. If someone has hot, red skin, a rapid, strong pulse, a body temperature of 103°F or higher, or loses consciousness, **call 911 immediately**. Heat stroke is a medical emergency.

In an emergency call 911

Lake Monticello Security (non-emergencies): 434-589-3215

Have a safe and happy 4th of July!