

Safe spring break tips

By Round Up Reports

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New Mexico State University administration and campus programs are urging students to exercise caution during spring break.

The Wellness, Alcohol and Wellness Education Program held a Safe Spring Break event Wednesday, in an effort to share safety tips with the campus community.

"We want to be sure students are aware of how to drink responsibly," said John Rivers, WAVE community organizer. "If they decide to, we focus on alcohol and risk reduction and wellness."

Among the suggested safe alcohol tips WAVE provide to students are: eat before and while drinking, set drinking limits, alternate between alcoholic and non-alcoholic drinks and designate a driver.

According to the United States Department of State Web site, "overdoing it" results in the majority of spring break related arrests, accidents, violence, rape and deaths. The site gives tips for spring breakers who plan to travel abroad, including obeying local laws, avoiding excessive alcohol consumption, using licensed taxis and contacting the local U.S. embassy if caught in a legal jam.

NMSU President Barbara Couture and Associated Students of NMSU President Travis Dulany issued a spring break safety advisory in an e-mail message Wednesday. The message advised students to take "common-sense precautions" to ensure a safe holiday.

"No one envisions negative consequences as part of a vacation, but it happens all too often when alcohol is involved," the note stated.

The e-mail message mentioned a travel advisory issued Sunday by the U.S. State Department.

The travel advisory, which warns about the increased violence in Mexico, recommends that travelers stay in well-known tourist areas, according to the State Department Web site.

Aside from violence- and alcohol-related tips, the Student Health Center is focusing on skin cancer safety during spring break, said Amanda Gallivan, Student Health Center health educator.

Students are advised to wear sunscreen, stay out of the sun from the hours of 10 a.m. to 4 p.m. and stay in shaded areas, Gallivan said.

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