



The Dispatch is for informational purposes. Unit Safety Officers are encouraged to use the articles in The Dispatch as topics for their monthly safety briefings and discussions. Members may go [eServices - Learning Management System](#), click on "Go to AXIS," search for this month's The Dispatch, take the quiz, and receive safety education credit.

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The Theme for This Month's Dispatch is Spring Break. These articles from Health Services, Safety and Chaplain Corps offer valuable information on the benefits and increasing awareness during spring break.

Primary Articles on Spring Break

Spring Break: Why Should I Care?

By: Ch Maj. Michael Morison, USAF Master Resilience Trainer, PCR-001

Spring Break is a time for individuals and families to disengage from their daily lives. The purpose of Spring Break is to step back, rest, and have a change of perspective that refreshes and renews. This is accomplished by separating from the regular routine and engaging in some type of recreational activities.

Disengagement is "the action or process of withdrawing from involvement in a particular activity, situation, or group," according to Oxford Language Dictionary. Disengagement is often done by stepping away from one's daily situation either on a staycation or travel. There are two types of travel – a trip and a vacation. While these are frequently understood as synonymous, they are not. The reason for a trip is to get something done and experience enjoyable sights and

activities. While enjoyable, a trip can be exhausting often characterized by the expression “When I get home, I need a vacation,” requiring additional time for rest. A vacation is characterized by the thoughts of relaxing and restful activities, you should be focused on your physical and emotional well-being. When planning, you don’t have to do either a trip or a vacation; rather you can experience the benefits of both, participating in events and resting.

One of the most foundational elements of resilience is physical rest. Spring Break offers an opportunity to unwind from the daily stressors, to experience physical relaxation through exercise and sleep, it is also important to balance activities and spiritual (including psychological and emotional) restoration.

Spiritual, is defined by the Oxford Language Dictionary as:

1. Relating to or affecting the human spirit or soul as opposed to material or physical things.
2. Relating to religion or religious belief.

A few things that we can do to embrace the spiritual aspect of our life:

1. Be mindful of being in the moment. This will help you to be focused, present, and fully engaged. Take time to savor the flavors of your food and beverages during the day.
2. Appreciate the good things in your life. Develop a habit during spring break that increases one’s optimism, coping with stress and improve social relationships. At the end of day, take a moment to reflect on what you can be thankful for.
3. Celebrate accomplishments and build good relationships. Find reasons to celebrate with someone, doing an activity together or sharing good news.
4. Spiritual Strengthening. Reflect on who you are and why you are here. Be in touch with your God or Higher Power. Check-in on your personal values to know where you will stand in any situation. This will allow you to gain perspective, self-confidence, and strength of purpose as you return to your daily routine.

Whether at home for a staycation or traveling to a special destination, a weekend or entire week, Spring Break should be a special time to renew physically, emotionally, and spiritually. Balance time between activities and relaxation to return home refreshed and resilient.

Spring Break: Health and Safety Considerations

Maj. Gerald “Gerry” Creager, Deputy Senior Program Manager, Health Services, CO-080

Spring Break’s on the horizon, but it’s important to remain cautious and don’t compromise your safety or anyone else’s. Right now, in most areas of the country, viral respiratory illnesses, including COVID-19, influenza, and respiratory syncytial virus (RSV) are trending down, but influenza isn’t dropping very fast. Be aware of this when you’re out, in crowded settings, indoors in poorly ventilated spaces and with groups of people.

Masks are effective in reducing your chances of catching a respiratory viral illness, although good air exchange and filtration is a great solution for buildings to improve respiratory health. Deaths from COVID-19 are still ranging a bit more than 2000 per week and are outpacing deaths by influenza. Bring a mask and stay home if you're sick, in an effort not to infect others. Vaccination is the best way to avoid significant illness or worse.

Heat and sun protection are important in the Spring, especially if you're emerging from a long, cold winter. You can also try to prevent skin cancer by using a good quality sunscreen, with an SPF of at least 15 (45 is better), wear sunglasses to protect your eyes and protective (ultraviolet-blocking) clothing. As the day warms up drink plenty of fluids (remember the signs at Encampment about hydration) and rest frequently in shady areas.

Communicate: Cadets and siblings should travel with a trusted adult (or adults) in a responsible group. Make sure you're always moving with a Wingman, and everyone knows when and where to meet. Rely on your Wingman, and be a Wingman, keeping each other safe.

If you see something unsafe, say something immediately. Tell an adult (or adults), or call "Knock It Off" to stop whatever your group is doing and rethink what needs to be done.

SENIORS need to set clear boundaries and expectations for the Cadets and siblings they are traveling or working with. Be a positive role model and represent the Core Values and 5 Pillars. Assure you're approachable and the lines of communication are always open between you and the younger contingent. ANYONE can call a "Knock It Off" and stand-down for safety. Collaborate with the entire team on identifying and mitigating safety concerns, expectations, and decision-making. Be prepared to intervene if you see unsafe activities involving your group or anyone else. Like a mission and the associated ICS-206 form, know what medical services and resources are available to you or someone in your group if needed. Be able to provide basic first aid, even if it's just for a sunburn and blisters.

Being Safe During Spring Break

2d Lt. Francis O'Looney, Safety Officer, PA-066

Spring Break is the time many students transform from studying to tranquility. After working through the fall semester and thoughts of the impending end of year exams, spring break is the ideal opportunity to let your hair down. You can rejuvenate your thoughts and prepare for the final few months of the academic year. A week at the beach, at Disney, or at a resort. What more could any student wish for? Students should be extra vigilant during this time and be mindful of your actions.

There are several aspects to be aware of, personal security and personal safety. The temptation to follow the crowd can be overwhelming, especially when away from the supervision of your parents or other adults. Overindulgence in alcohol and drug use is a major threat, excessive alcohol usage can seem irresistible in the moment until you wake up in the ER suffering from alcohol poisoning, visiting the local police station or worse.

Illegal substances are sadly too easily available and unscrupulous drug dealers will prey on those whose guards are down. Always avoid unsafe and illegal activities, a conviction can ruin a promising college and professional career.

When you are on your break, enjoy yourselves, live life to the fullest, stay safe and remember our motto, *Semper Vigilance*, always vigilant or always ready.

Tips For Staying Safe During Spring Break:

- Avoid going out alone, especially at night or visiting any unfamiliar places.
- Be careful about what you post on social media and how you share your location.
- Never leave a drink unattended, be mindful of your alcohol use and your friends.
- Always be attentive to your surroundings and secure your belongings.
- If transportation is needed use a reputable company.
- Keep your phone charged, a portable charger and a list of your emergency contacts.
- Before your trip pack any necessary medications.
- Keep a written copy of the address and phone number of your hotel, the phone numbers of the friends you're traveling with, in case your phone dies or gets lost or stolen.

For more information check out: [Spring Break Planning and Safety](#)

Secondary Articles/Information of Special Interest

Take a Safety Break for Spring Break

Maj. Randall "Randy" Ankrom, Safety Officer, IN-806

Spring Break, the new American holiday was previously for college students heading to Florida for a week. Now, many families plan a family vacation for Spring Break week. If you plan to take a vacation over spring break, do not leave your **Safety Sense** at home.

Always remember that **All Accidents Are Preventable!** If you ever had an accident, and if given a chance to do it over, what would you change to avoid the accident? So, why do we have so many accidents? Most accidents occur when we are in either in a rush or exhausted, these are two prime causes. Therefore, not paying full attention, we lose our "Situational Awareness," which is being familiar with the elements in the environment, completely understanding the situation, and analyzing what could the potential future outcome be.

On spring break, we are constantly on the move to try to pack all the activities we can do into a day, this can be tiring. Whatever you do on spring break, always take time to think of the hazards and risks that are involved and the possible consequences of your actions.

For example, if you are going swimming at a beach. Don't just jump in, think about the situation first. What are the hazards and risks involved with this event? Are there any lifeguards, are there warning signs such as rip tides, are there other swimmers or people in your group that could help if you get in trouble, can you swim? If the answers are NO here, you should find something else to do or a safer place to swim.

Just taking a few minutes for a Safety Break will provide great benefits for having a pleasant and safe Spring Break. This ensures that everyone returns home safe to their families at the end of the break.

Human Trafficking S.O.S. Signal

By: Ch Lt. Col. William Adam, PCR-001

(A repost of an earlier article published in The Dispatch – October 2023)

Human trafficking has now surpassed drug and weapon trafficking. Using one small, discreet hand gesture becomes one huge act to help stop human trafficking. In a true story, a young girl had been abducted by a 61-year-old man. She had recently seen a popular TikTok video about using a hand signal to alert others that a human trafficking situation was occurring. The single-handed gesture is done by putting one's hand up with the palm facing outward, tucking the thumb in while the four fingers face up the fingers to "trap" the thumb.

Entire article located here: [Human Trafficking S.O.S. Signal](#)

Safety and Training Requirements: The Critical Balance

By: Capt Eran East, NM-073

How does a program director meet their curriculum's goals while maintaining safety when some activities have an inherent level of risk? As leaders in Civil Air Patrol – down to the squadron commander – we are duty-bound to maintain the safety of our members. Perhaps the biggest part of this is creating a safety-minded culture with members who are first vigilant and confident to report any hazard they encounter, but this confidence can be easily broken with just one interaction with a commander that results in confrontation, rebuke, or inattention from the leader.

Our first responsibility as leaders is to listen to our members' concerns with respect. Along with listening to your people, we need to utilize and train them. A leader utilizes their people when they use a member's experience and knowledge to address safety issues, you may be surprised what creative mitigations can come out of this.

Entire article located here: [Safety and Training Requirements](#)

Congratulations Members on Achieving their Master Rating in the Safety Officer Specialty Track!!



- *Maj. William "Bill" Trussell - DE-019*
- *Maj. Sarah Belk - KY-057*
- *Maj. Keith Doughty - LA-005*

****Message From Safety, Health Services and Chaplain Corps****



The Dispatch recognizes the diverse knowledge and talents that each member of Safety, Health Services, and Chaplain Corps brings to Civil Air Patrol, and we would like to solicit your valuable input for The Dispatch articles. We follow a theme each month and we are also open to unrelated but beneficial articles as well. Each article should be about 250 - 300 words in length, a link to a website can also be included though it must be documented and shareable. Please include your name, grade, and your specialty track.

Articles maybe submitted to the following editors:

Safety - safety@capnhq.gov

Health Services - sleighton@capnhq.gov

Chaplain Corps - mmorison@hc.cap.gov

Upcoming Edition: The Dispatch - April - Theme: Cyber Security

If interested, please kindly submit your article for consideration by March 15th.

We look forward to your participation and appreciate your assistance!

*****ENJOY YOUR SPRING BREAK*****

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