

SAFETY AT THE AIRPORT & IN COSTA RICA

AT THE AIRPORT

Check with [tsa.gov/travelers](https://www.tsa.gov/travelers) for the latest information on security information and what items you can/cannot bring on the plane or in checked baggage.

- Attach the FedEx Office luggage tag that will be provided to you to your checked luggage.
- Tape a business card or personal identifier to the inside of your luggage in case your luggage tags are separated from your bags and do not pack any items of value in checked luggage.
- Stay alert and watch your bags carefully at all times.
- Do not let anyone but uniformed airline personnel handle your bags.
- Be careful in crowded areas and watch out for staged mishaps, like someone bumping into you or spilling a drink as often it's a ploy to divert your attention.
- Remember to pack your personal credit cards, passport, medical insurance cards, medications and cash in your carry-on bag.
- Wear shoes that are easy to take on and off during security screening.
- Avoid excessive jewelry and metal accessories while traveling.
- Four Seasons representatives will be visible in the Baggage Claim area to assist in providing ground shuttle transportation to and from the Four Seasons Resort, so do not accept help, directions or transportation from anyone other than a Four Seasons representative.

ON YOUR OWN

The FedEx Office Event Planning Team has arranged for numerous sponsored events throughout the week in Costa Rica. While we encourage Team Members to take advantage of these free activities provided to you, there may be some people who decide to extend their stay in Costa Rica and explore the area on their own. The venues in Costa Rica are safe, but always be aware of your surroundings and remain in tourist or public areas. If you decide to venture out, and especially if you do so alone and at night during an extended personal stay, speak with the hotel concierge or FedEx Office Events Planning Team to learn where to go.

Team Members and guests should follow standard precautions. These include:

- Always carry identification.
- Do not go anywhere alone at night, especially if you are drinking.
- Do not accept drinks from strangers or leave drinks unattended.
- Keep limited amounts of cash on your person.

*Note: Throughout the duration of the President's Club Trip, transportation will be provided for all organized activities. You will only have to rely on outside transportation if you decide to extend your stay for a personal vacation or explore the island on your own.

AT THE HOTEL

- Keep all hotel doors and windows locked and use all door locks provided.
- Learn the location of fire exits, elevators and public phones in case of emergency.
- Use the safe in your hotel room for valuables, including your passport. It is recommended that you keep your valuables at home.
- Do not display room keys in public or leave them on the restaurant tables, at the swimming pool, or in other places where they can easily be stolen.
- If you lose the plastic key card to your room, insist on a new-keyed card.
- When leaving your room, display "do not disturb" sign and leave the lights and TV on.
- Use the main hotel entrance, especially after dark.
- If an unexpected delivery comes to your room, do not open the door without checking with hotel front desk.

AT THE POOL AND IN THE OCEAN

It is important that everyone is watching out for themselves and those around them during all activities. Swimming, fishing, snorkeling, and boating are all happening at the same time in a relatively small area on the beach. Beaches can potentially be dangerous due to rogue waves or rip tides which causes the current to flow away from the coast.

Standard water safety rules which should always be observed include:

- Do not swim out further than you are capable of swimming back.
- Do not swim alone and rely on the "buddy system".
- Exercise precaution if consuming alcohol before or during water activities.
- Keep an eye on the weather, especially during this Hurricane season.

COMMON MEDICAL ASSISTANCE IN NEVIS

Make sure to stay hydrated - even if you're not thirsty! Bottled water is recommended. To protect yourself from fatigue, dehydration and heat-related injuries and illness, you must know the danger signs and the preventive measures. There are three types of heat injuries:

1. Heat cramps - Loss of energy and performance, muscle cramps, thirst, excessive sweating, dehydration
2. Heat exhaustion - Dizziness, light-headedness, headache, nausea, heat cramps, cold clammy skin
3. Heat stroke - Red, hot, dry skin, headache, dizziness, nausea, confusion, high body temperature, loss of consciousness