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HOW TO STAY SAFE FROM INJURY THIS SUMMER IN COLORADO

Summer in Colorado is a magical time. The state's natural beauty shines through its rugged mountains, expansive trails, and pristine lakes, inviting locals and tourists alike to explore and enjoy. However, with these adventures come potential risks. At VanMeveren Law Group, we care deeply about your safety and well-being. Here are our top tips to help you stay safe and injury-free while making the most of your Colorado summer.

1. Stay Hydrated and Manage Altitude Sickness

Colorado's high altitudes can be deceiving. If you're accustomed to lower altitudes, the elevation here can lead to dehydration and altitude sickness. To avoid these issues:

- **Stay Hydrated:** Drink plenty of water with electrolytes throughout the day, especially if you're hiking, biking, or participating in other physical activities.

- **Acclimate Gradually:** If you're visiting from a lower altitude, spend a day or two acclimating to the higher elevation before engaging in strenuous activities.
- **Recognize Symptoms:** Headaches, dizziness, nausea, and shortness of breath are common signs of altitude sickness. If you experience these, rest, hydrate, and descend to a lower altitude if necessary.

2. Prepare for Outdoor Adventures

Whether you're hiking, biking, or climbing, preparation is key to staying safe:

- **Plan Your Route:** Know your trail, including its difficulty and length. Inform someone about your plans and expected return time.
- **Check the Weather:** Colorado's weather can change rapidly. Always check the forecast before heading out and be prepared for sudden storms.
- **Pack Essentials:** Carry a map, compass, first-aid kit, extra food, water, and layers of clothing. Don't forget sunscreen and insect repellent.

3. Practice Water Safety

Colorado's rivers and lakes offer fantastic recreational opportunities, but they also pose risks:

- **Wear Life Jackets:** Always wear a life jacket when boating, kayaking, or paddle boarding.
- **Know the Water Conditions:** Be aware of current water levels and flow rates, which can change due to weather and dam releases.
- **Swim Safely:** Only swim in designated areas and avoid swimming alone. Be cautious of cold water temperatures, which can lead to hypothermia even in summer.

4. Drive Carefully

With more people hitting the road for summer trips, road safety is paramount:

- **Avoid Distractions:** Keep your focus on the road. Avoid texting, eating, or any activity that takes your attention away from driving.
- **Be Aware of Wildlife:** Animals often cross roads, particularly at dawn and dusk. Stay vigilant, especially in rural areas.
- **Drive Defensively:** Expect the unexpected and keep a safe distance from other vehicles. Watch for cyclists and pedestrians.

5. Fire Safety

Wildfires are a serious risk in Colorado, especially during dry summer months:

- **Follow Fire Bans:** Pay attention to local fire restrictions and bans. Never start a fire if it's not allowed.
- **Be Responsible with Fire:** When fires are permitted, keep them small and manageable. Always fully extinguish your fire before leaving the area.
- **Report Fires:** If you see an unattended or out-of-control fire, report it immediately to local authorities.

Summer in Colorado is a time to create lasting memories in one of the most beautiful states in the country. By taking these precautions, you can ensure your adventures remain safe and enjoyable. At VanMeveren Law Group, we're here to help if you find yourself in need of legal assistance due to an injury. Stay safe, be

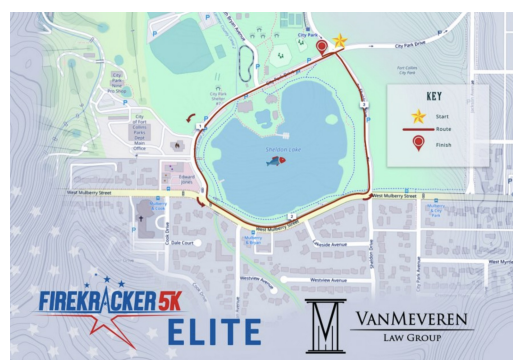
prepared, and have a wonderful summer!

- Bryan VanMeveren

FIREKRACKER 5K



Kick off your Independence Day weekend with the FireCracker 5k! The event takes place on Thursday, July 4th at City Park in Fort Collins. We are proud to sponsor this event and cheer on the participants each year. To register, visit the [Green Events website](#).



RECENT WIN

A 35-year-old pedestrian was struck by a hit-and-run driver, sending him into a ditch on the side of the road. When our client was found by a passerby the next morning, he was discovered to have multiple traumatic fractures to his spine and both legs. VanMeveren Law Group was able to find the hit and run driver, identify insurance coverage, and quickly obtained a settlement of the available policy limits of \$300,000.00.



HIT THESE TRAILS THIS SUMMER!

With the weather warming up, it's a great time to get active and get outdoors! Enjoy Colorado's beauty with a scenic hike this summer. Here are some of our local favorites.

ARTHUR'S ROCK TRAIL

Arthur's Rock Trail is a 1.7 mile path located in Lory State Park. This trail is easily accessible from town with magnificent views of Fort Collins and the Horsetooth Reservoir! You can't beat it!



TIMBER TRAIL



If you're longing for an all-day challenge, check out this 3.7 mile trail! Enjoy beautiful forest landscapes and spectacular views. Don't forget to pack your lunch and enjoy a nice picnic to recharge.

SHORELINE TRAIL

This quick 1-miler sits at the edge of Horsetooth Reservoir. Enjoy the moderately challenging trail on bike or on foot and check out the bays of Horsetooth Reservoir along your journey.



TESTIMONIAL

See what our clients have to say!



"VanMeveren was recommended to me as a student at CSU, and I am so grateful! I worked with Katherine Brownlow and her assistant Gabi, both of which were extremely helpful and professional. Katherine checked in each week, and was sure to stay on top of all the moving pieces needed to move forward with my accident claim. I was very pleased with the final outcome and am grateful for the VanMeveren team!" - *Former Client*

Adoptable Pet of the Month

Wyatt

VanMeveren Law Group is a proud supporter of Animal Friends Alliance. Learn more about how you can adopt, foster or get involved at savinganimalstoday.org or call the AFA Taft Hill Shelter at (970)-484-8516



Meet Wyatt! Wyatt is 41 lbs of pure wiggly joy! He has nothing but love and affection to offer everyone he meets. Wyatt is an energetic boy and would be the perfect hiking or running buddy! This cutie is sure to get adopted quickly, so come meet him today!

Follow us on social media!



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BRYAN VANMEVEREN

OWNER | ATTORNEY

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