

Saltwater Lessons with Dean Titley of VI Camping

By Jerelyn Callwood

In today's society, too many kids know more about YouTube than yellowtail snappers. Dean Titley is on a mission to change that, one hike, one conch shell, and one marine adventure at a time. As the founder and heart behind VI Camping, Titley has built more than just an outdoor adventure business in the Virgin Islands; he's igniting a cultural revival and giving families a chance to reconnect with nature, heritage, and each other.

We caught up with the retired educator-turned-outdoor guide to learn how a life steeped in teaching, scouting, and saltwater led to one of the most immersive and unforgettable experiences in the British Virgin Islands.

A Life Before VI Camping

Mr. Dean Titley is a retired educator who taught for 25 years, from 1985 to 2010, before retiring from the Government of the Virgin Islands. "I fish for a living now," he shared with a smile.

But don't confuse this with a quiet retirement. Titley's "fishing" is tied to a much bigger calling: getting kids away from screens and back into nature. As he puts it, "There's a big need in our islands right now for kids to be outdoors. Most of them can't jump or skip. They don't know how to swim, tie a knot, or save a life."

His deep connection to the outdoors stems from his own childhood and his time as a scout leader under Mr. Ulric Scatliffe. "I did my scout leader training in Barbados," he recalls, "and I took everything I learned—from teaching to commercial fishing—and combined it into something meaningful."

Not Just Another Hike

VI Camping doesn't offer basic eco-tours. Dean's adventures blend bushcraft, marine biology, and culture into an experience that feels like stepping into an island folklore story. "It's not just about hiking or marine life," he explained. "It's about knowing why that tree was used to clean pots, or how we cook fish the traditional way, scales and all."

The hike, usually slated for 90 minutes, often stretches well beyond three hours. "The kids don't want to leave," he laughed. "They're splashing in the water, learning to identify mangroves, jellyfish, conchs—stuff they've never even seen in books."





A recent discovery took the excitement up a notch. “While trying to find a safer trail for kids, I stumbled upon a series of hidden caves—including a honeycomb cave, which I think is even better than what’s in Virgin Gorda.”

Camping, the Island Way

Now, I enjoy a great outdoor camping experience and listening to Dean fueled my desire to experience what he has to offer.

Dean boasted, “Ask anyone who’s been on one of VI Camping’s overnight adventures, and they’ll tell you; it’s not just camping; it’s an immersion.” For just \$75 per person, guests meet at 2 p.m., help set up tents (or leave it to the team), and then begin what Dean calls “propping”, foraging for bait and prepping for a night of fishing.

“There’s a trap we bait a week in advance,” he shared. “We haul it up with the kids and see what we caught. Then, we cook the fish right over the fire, traditional style. No fancy seasonings—just saltwater and scales to protect the meat. The kids love it.”

The camps can accommodate up to 20 people, but are best experienced in smaller groups of 15 or fewer for a more intimate, hands-on feel. Activities include fishing, kayaking, archery, and even slingshot training—yes, real catapult action, just like Dean’s youth.

“We teach safety first, of course,” he added. “But I’ve had five-year-olds hitting the archery target and asking for more.”



What's Next for VI Camping?

Titley is continuing to expand VI Camping's offerings, adding more equipment, building new trails, and enhancing safety infrastructure. With kayaks, fishing rods (including kid-sized options), and life jackets, every experience is carefully planned, flexible, and passionate.

"There's nothing formal," he says. "It's all about the connection. The teaching. The passing on of something real."

So, if you're looking for a polished, luxury tour with neatly printed pamphlets, this isn't it.

But if you want your children to hold a jellyfish in their hand, roast fish the way their great-grandparents did, paddle a kayak while fishing, or crawl into a secret cave hidden by the sea, Dean Titley and VI Camping are ready to take you there.

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- Hikes: \$25 (kids), \$40 (adults) – 3+ hour immersive experience
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Adventures await, and with Dean Titley, they begin with those saltwater lessons.





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Fuel and Hydrate for Summer Heat



By iThrive

As the summer sun intensifies and temperatures soar, it becomes more important than ever to pay attention to what you eat and drink. The heat can dehydrate you quickly and affect your energy levels, digestion, and overall well-being. Eating healthy and staying hydrated not only helps your body stay cool but also supports your immune system, skin health, and mental clarity. Here's how to nourish your body and beat the heat with smart food and hydration choices.

Prioritise Hydrating Foods

When it comes to hydration, drinking water is essential, but your diet can also play a role. Many fruits and vegetables have a high water content, which can naturally boost your fluid intake.

Some of the best hydrating foods include:

- **Watermelon:** Made up of over 90% water and packed with vitamins A and C.
- **Cucumber:** Extremely hydrating and low in calories; great in salads or smoothies.
- **Strawberries:** Juicy, sweet, and filled with antioxidants and vitamin C.
- **Celery and lettuce:** Light, crunchy, and full of water and fibre.
- **Tomatoes and bell peppers:** Full of water and add vibrant colour to any dish.

Try adding these foods to your meals, or enjoy them as refreshing snacks throughout the day.

Drink Water Consistently

In hot weather, your body loses fluids more quickly through sweat. Make it a habit to:

- Carry a reusable water bottle and sip throughout the day.
- Infuse your water with fresh fruit or herbs (like lemon, mint, or berries) for flavour without added sugar.
- Avoid waiting until you're thirsty—that's a sign you're already mildly dehydrated.

Aim for at least 8-10 cups of water (8 fl. oz) per day, and more if you're active or spending time in direct sunlight.

Choose Light and Fresh Meals

Heavy meals can leave you feeling sluggish in the heat. Focus on meals that are:

- **Fresh and light:** Think grilled fish or chicken, colourful salads, whole grains, and seasonal vegetables.
- **Low in saturated fats:** Fatty, fried foods can slow digestion and increase body heat.
- **Rich in nutrients:** Summer produce is at its peak; take advantage of farmers' markets for the freshest options.

Cold soups, such as chilled carrot coconut soup or cucumber soup, can also be a great alternative to hot dishes on sweltering days.

Avoid Excess Sugar and Caffeine

While iced coffee and sugary drinks may seem refreshing, they can contribute to dehydration. Instead:

- Limit sodas, sweet teas, and energy drinks.
- Opt for herbal iced teas, coconut water, or homemade smoothies.
- Maintain a moderate caffeine intake and balance it with additional water.

If you do crave something sweet, reach for frozen grapes or a fruit popsicle made with real fruit.

Be Mindful of Electrolytes

When you sweat excessively, you lose not only water but also essential electrolytes, such as potassium, sodium, and magnesium. Replenish these with:

- Bananas, oranges, and avocados (excellent sources of potassium)
- A pinch of sea salt in your food
- Natural electrolyte drinks or coconut water (watch for added sugars)

For athletes or those engaging in intense outdoor work, hydration with added electrolytes can be crucial.

Final Tips for a Healthy, Hydrated Summer

- **Eat small meals more often:** It helps regulate body temperature and digestion.
- **Plan ahead:** Take snacks and a water bottle when you're on the go.
- **Listen to your body:** Fatigue, dizziness, or dry mouth can be early signs of dehydration.

Staying healthy during the summer doesn't require a complete overhaul of your lifestyle; it's about making smart, seasonal choices. Keep your body cool and energised by drinking plenty of fluids, choosing fresh and hydrating foods, and avoiding overly processed or sugary items. Your body will thank you with increased energy, improved focus, and enhanced resilience to the heat.

By eating well and staying hydrated, you can enjoy all the fun summer has to offer—without burning out.

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Explore Nature's Little Secrets

The British Virgin Islands aren't just a dream destination for visitors — they're a playground of natural wonders, cultural treasures, and outdoor adventures for local families, too. Whether you're looking to reconnect with nature, burn off some summer energy, or spend quality time together away from screens, there's something for everyone right here at home.

Here are some great ways to enjoy family-friendly fun in the BVI — no passport or plane ticket required!

Adventure Through the Baths' Giant Rock Maze

Have you taken the kids to explore The Baths lately? This natural wonder on Virgin Gorda is one of the most magical spots in the BVI — even for those who've been before. The towering granite boulders, hidden pools, and narrow passages feel like a real-life treasure hunt.

Local tip: Bring water shoes, a flashlight, and a sense of adventure. After exploring the maze, enjoy a swim or a picnic at the nearby beach.

Rediscover Our Beaches — with a Family Twist

We all know BVI has some of the best beaches in the world — but have you tried beach-hopping with your kids as a mini adventure?

Check out Smuggler's Cove for calm waves and shady spots under the palms. Cane Garden Bay is a hit with families thanks to the nearby food stalls and lively vibes. Try turning your

beach day into a scavenger hunt — spot crabs, collect beach glass (but leave shells and coral behind), and see how many different boats you can count.

Explore Nature at J.R. O'Neal Botanic Gardens

Right in the heart of Road Town, the J.R. O'Neal Botanic Gardens are an oasis for families needing a slower pace. Wander among blooming plants, spot lizards darting along the paths, and look out for butterflies in the shady corners.

It's a peaceful place for little ones to roam or relax with a picnic. It's often cooler here during the day, thanks to the abundance of trees.

Kayak or Paddleboard in Your Local Waters

You don't have to go far to get on the water. Kayak and paddleboard rentals are available around the islands, and it's a great way to see familiar places from a fresh perspective.

Early morning or late afternoon paddles are perfect for avoiding the heat. Cruise along mangroves, explore quiet coves and keep an eye out for turtles, rays, and fish. Older kids can paddle solo, while younger ones can ride along safely with a parent.

Whether you've lived here for generations or are raising your family in the BVI for the first time, there's no better time to explore everything these islands have to offer. Step outside, get curious, and make some fresh memories together — adventure is waiting just around the corner.



BEYOND THE REEF



OUR MISSION

Beyond The Reef is working to create an abundant and diverse marine ecosystem whilst simultaneously encouraging local community education and pride in the surrounding underwater habitat.



Founded in 2018 as a response to the devastation caused to the BVI by hurricanes Irma and Maria, Beyond The Reef has been working tirelessly to preserve and enhance every aspect of the BVI's ocean, including its animals, corals and coastlines. To volunteer or donate, please get in touch!

OUR PROJECTS

CORAL

Our coral reefs have suffered from Stony Coral Tissue Loss Disease, a fast spreading and highly lethal coral disease. We work to treat this in partnership with the government and local dive shops.



SHARKS

Did you know that the BVI is a shark sanctuary? We are gaining a better understanding of the BVI's shark populations through both adult and juvenile shark tagging, drone surveys, and BRUVs.



OCEAN CLEANUPS

We are working to systematically remove coastal and marine trash as well as "ghost fishing gear" such as ropes, nets and fish pots from BVI waters whilst educating the community to help prevent future damage.



ARTIFICIAL REEFS

The "Art Reefs" were created through salvaging derelict hurricane vessels harming the coastline, and repurposing them into interactive dive sites.

These sites not only help to grow coral and revitalize the surrounding underwater habitat, but also generate funds for local kids swim lessons!

WHALES

We are researching whales and dolphins within BVI waters with a focus on the North Side of Anegada. The data collected will be pivotal in ensuring their protection for years to come.



DIY Wellness Day VI Style

By iThrive

Here in the Virgin Islands (VI), wellness is not about rigid routines or high-end retreats. It's part of the islands' natural rhythm—the gentle breeze, the inviting beaches, the local cuisine, and the peaceful stillness. With its sandy-white beaches, tropical flavours, and calming sea, creating your own DIY wellness experience is as simple as stepping outside. Here's a guide to designing a rejuvenating day filled with movement, mindful nourishment, and relaxation—no need for a strict itinerary.

Start with a Walk by the Water

Begin your day early with a peaceful stroll along the shoreline. Beaches like Long Bay (Tortola) or Savannah Bay (Virgin Gorda) offer long, quiet stretches perfect for moving at your own pace.

Remember to wear sunscreen, stay hydrated, and be mindful of your surroundings. Ditch the shoes, listen to the rhythm of the waves, and let your breath match your steps. Nature does the rest. Connect with Nature in the Hills

Take your wellness journey inland with a gentle forest walk through Sage Mountain National Park or Gorda Peak National Park, where cool air and lush greenery wrap you in calm. Pause at a lookout point for some gentle stretching or simply to sit and take in the view. The island's natural spaces are perfect for a spontaneous yoga pose or moment of quiet reflection.

Nourish Your Body, Island Style

Wellness is as much about what you put in your body as how you move it. Refresh with a tropical smoothie made from fresh island fruits—try mango, soursop, passionfruit, or coconut water blends. Seek out a smoothie spot that can be paired with a light local dish—grilled fish, a veggie wrap, or a fruit salad—from one of our restaurants.

Let the Sea Hold You

Now, off to another tranquil beach. There's nothing quite like the healing power of a saltwater dip. Beaches like Cane Garden Bay (Tortola), White Bay (Jost Van Dyke), or Spring Bay (Virgin Gorda) offer calm, crystalline waters ideal for floating, swimming, or simply standing waist-deep with your eyes closed and the sun on your face. Let your thoughts drift away with the tide.


If you opt not for a saltwater dip, the smooth boulders and tide pools of The Baths (Virgin Gorda) or a west-facing beach like Smuggler's Cove (Tortola) are the perfect places to watch the sunset. Take a journal, a good book, or just your own thoughts. Wellness doesn't need a timer. Let the moment stretch.

Sip & Reflect

Round off your experience with a calming herbal tea or a light dinner made with local ingredients. Ginger, lemongrass, and mint grow abundantly across the islands, making for soothing brews that calm both the body and mind. Whether you're dining at a quiet café or back at home under the stars, the day ends in softness.

When you take time to move with intention, eat with joy, and rest deeply, you're practising a kind of self-care that's simple, natural, and unforgettable.





Unlock Your Potential

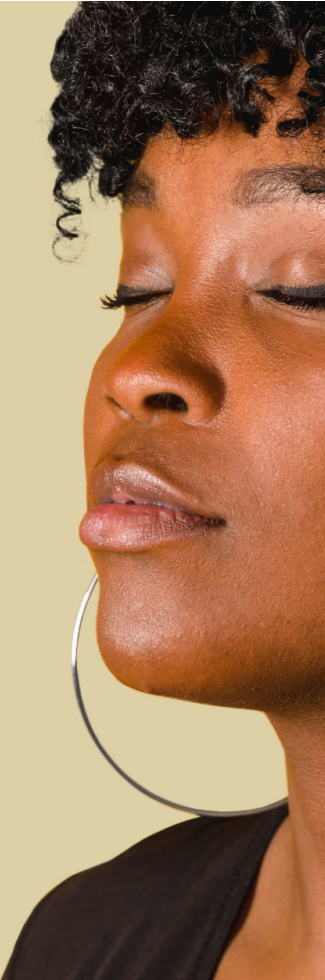
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Summer Vibes in Tortola, BVI

When summer rolls around in Tortola, it's a whole different energy. As the biggest of the British Virgin Islands, Tortola lights up with beach days, boat rides, and plenty of good vibes. But what really makes this time special is our Carnival—what we call the Emancipation Festival. From music and food to culture and celebration, summer in Tortola is not just a visit—it's an experience you feel.



Beach Days and Ocean Fun

Long, sunny days call for the beach, and Tortola's got plenty. Cane Garden Bay is the go-to spot with white sand, clear water, and a laid-back crowd. Perfect for swimming, paddleboarding, or simply soaking up the sun with a cold drink in hand. If you want something quiet, Smuggler's Cove is your escape—secluded, scenic, and ideal for a peaceful stroll or snorkel.

Into watersports? We've got that too. From kayaking and sailing to jet skiing and parasailing, there's no shortage of ways to enjoy the sea. Charter a boat and go island hopping or dive into colourful reefs where you might spot sea turtles and vibrant marine life. Summer is the best time to explore all the hidden spots we locals know and love.



Adventure in Nature

If you're not at the beach, chances are you're up in the hills. Sage Mountain National Park is a favourite for hiking, with trails that wind through rainforest and give you a bird's-eye view of Tortola and the surrounding islands. It's a refreshing way to cool down and reconnect with nature.

You can also explore local historical sites or go birdwatching—you might spot our national bird, the turtle dove, flamingos, an egret, or other interesting birds. Whether you're hiking or just driving around, the island's natural beauty is always close.

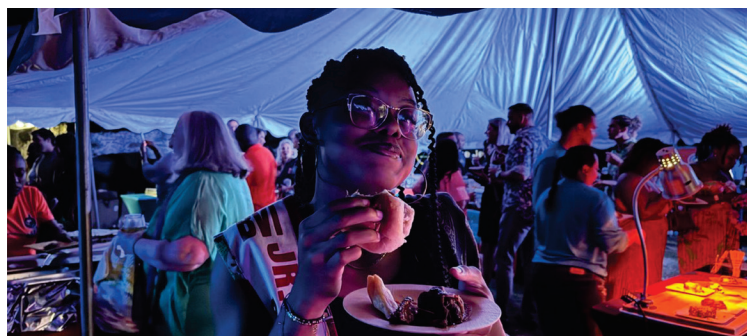


Carnival & Emancipation Celebrations

Now, this is where Tortola really shows its spirit. Every year, from late July into early August, we celebrate Festival, our version of Carnival. It marks the Emancipation of enslaved people in the Virgin Islands, and trust me, it's a celebration like no other.

You'll feel the energy in the air with calypso shows, food fairs, pageants, steel pan competitions, and nightly live bands. There are colourful parades full of feathers, sequins, and dancers winding through the streets, especially on August Monday, the biggest day of them all. Everybody's out—locals, visitors, young and old—celebrating freedom, culture, and Caribbean pride.

There's nothing like standing on the sidelines with a plate of local food in one hand and a drink in the other, moving to the rhythm of the beat. It's joy, it's history, and it's a whole vibe.



Food, Music, and Nightlife

Speaking of food, summer's a great time to eat your way through the island. Whether it's grilled lobster by the beach, roadside BBQ, or a plate of fungi and fish, you'll get a taste of authentic BVI flavour.

When the sun sets, things don't slow down. From beach bars to late-night jam sessions, the island is alive with reggae, soca, and dancehall beats. Grab a rum punch, meet some friendly locals, and enjoy the sweet island nightlife.

Make This Summer One to Remember

Summer is one of the best times to experience Tortola at its liveliest. With warm weather, buzzing events, and unforgettable festivals, it's a time when the island's heart beats loud and proud.

Whether you're relaxing on the sand, hiking through the hills, sailing through crystal waters, or dancing in the street during Festival—Tortola in summer is pure magic. Come and see what the real BVI feels like. You won't want to leave.

Early Morning Summer Guide

By iThrive

There's something magical about summer mornings. The early sunlight spills through your windows, birds are in full chorus, and the world feels like it's waking up with fresh possibilities. Embracing these early hours can transform your entire day — if you know how to use them well. Whether you're a morning person or simply looking to make the most of the season, the quiet beauty of early summer offers a perfect opportunity to reset your routine and tap into a new rhythm of energy and purpose.

Here's how to make the most of early summer mornings with a few intentional rituals:

1. Rise with the Sun

Even if you're not a morning person, adjusting your wake-up time during summer can be a powerful change. As daylight stretches longer, use the natural light to gently guide your body into the day. Waking up early gives you a peaceful window before the demands of the day begin, allowing you to start your day with a sense of calm and purpose.

Tip: Aim to wake up between 5:30 and 6:30 a.m. to maximise the cool, quiet hours.

2. Begin with Prayer

Before reaching for your phone or diving into your to-do list, start your morning by centring your mind, body and soul. Prayer offers a moment of peace, gratitude, and grounding — a way to connect with God and set a mindful tone for the day.

Whether it's a traditional morning prayer, quiet contemplation, or simply giving thanks for another day, this practice can bring clarity and calm to everything that follows.

Ritual idea: Create a small sacred space in your home — a corner with a comfy chair, your Bible, and a reflection journal. Here, you can begin each day in a state of stillness and reflection.

3. Hydrate

After a night of sleep, your body is naturally dehydrated. Starting your day with a glass of water, ideally with a slice of lemon or a pinch of sea salt, is a simple yet effective way to replenish your electrolytes and kickstart your metabolism. This act not only aids digestion but also helps you feel more alert and ready to take on the day.

Summer twist: Try chilled cucumber-mint water or lightly infused fruit water to add a refreshing seasonal flavour.

3. Step Outside

There's no better time to connect with nature than a summer morning. Whether it's a walk, some light stretching on the porch, or a complete outdoor workout, getting outside in the early light boosts your mood and regulates your circadian rhythm. Exposure to natural light helps your body produce serotonin, setting the stage for a positive, focused day.

Ritual idea: Create a 10-minute morning nature loop — a short walk around your neighbourhood or a mindful pause in your garden or balcony.

4. Move Your Body

You don't need an intense workout first thing in the morning. A simple yoga flow, a light jog, or even dancing to your favourite playlist can awaken your body and mind. Summer is ideal for movement. The air is cool and energising, and your muscles are more relaxed than in the cooler months.

Try this: A 20-minute bodyweight routine on your deck or in the park while listening to the morning sounds.

5. Fuel With Purpose

Summer is bursting with fresh fruits and vegetables; take advantage of them. Start your day with a breakfast that's energising but light. Think smoothies with berries, oats with nuts and fruit, or a protein-packed avocado toast.

Pro tip: Prep your breakfast the night before (like overnight oats) so you can spend more of your morning enjoying, not cooking.

6. Journal or Set Intentions

Mornings are a prime time for reflection and clarity. Before the noise of the day sets in, take a few minutes to continue journaling or jot down your intentions. What do you want to feel, accomplish, or experience today?

Prompts to try:

- What am I grateful for this morning?
- What would make today feel fulfilling?
- One thing I will do for myself today is?

7. Protect the Peace

Perhaps the most precious gift of early summer mornings is their quiet. Limit screen time, resist the urge to jump into emails or social media, and treat this space as sacred. It's your chance to ease into the day, not dive headfirst into chaos.

Create a ritual: Sip a cup of tea while you sit in silence for 5 minutes before doing anything else. Let that be your daily anchor.

Final Thoughts

Early summer hours are like a gentle invitation to breathe, realign, and begin your day on your own terms. With a few simple rituals, you can turn ordinary mornings into a time of nourishment, creativity, and calm.

Embrace the light. Rise early. And let your summer mornings set the tone for something deeper than just a routine — let them be a return to yourself.

Summer Camps: Where Adventure Builds Character



Summer is a time for adventure, exploration, and growth, and for many children, that journey takes place at summer camps. Whether it's a traditional overnight camp or a day camp focused on sports, arts, or academics, summer camps offer children a unique and enriching experience that extends beyond the formal classroom setting and the comforts of home. Here's a look at some of the key benefits of summer camps for children.

Fostering Independence and Confidence

One of the most significant benefits of summer camps is the opportunity for children to gain independence. Away from the watchful eyes of parents, children learn to make decisions independently, take responsibility for their belongings, and manage their daily routines. This newfound independence helps boost their self-confidence and prepares them for future challenges.

Building Social Skills and Friendships

Camp environments are naturally social, providing children with opportunities to interact with peers from diverse backgrounds. Whether they're working as a team to solve a challenge or simply sharing stories, they develop essential social skills such as communication, cooperation, and empathy that will serve them well in all areas of life.

Encouraging Physical Activity

With outdoor games, swimming, hiking, and other physical activities, summer camps keep children active and engaged. Outside of screen time, camps provide a healthy and fun alternative that promotes fitness and an appreciation for nature.

Learning New Skills and Discovering Interests

From archery and canoeing to coding and drama, camps expose

children to a wide range of activities they might not encounter elsewhere. Trying new things can spark passions, uncover hidden talents, and encourage lifelong hobbies. It's an excellent environment for safe experimentation and creative exploration.

Promoting Resilience and Problem-Solving

Summer camp life comes with its share of challenges, including learning to navigate an unfamiliar setting, dealing with homesickness, and resolving disagreements with other campers. These experiences teach children how to adapt, persevere, and solve problems, helping them build resilience and emotional strength.

Unplugging from Technology

Many camps have policies that limit or eliminate the use of electronic devices. This unplugged time allows children to engage with their surroundings and peers fully, helping them develop mindfulness and stronger interpersonal connections.

Cultivating Leadership and Teamwork

As children grow within the camp community, they often take on leadership roles, whether as team captains, mentors to younger campers, or even junior counsellors. These experiences nurture leadership skills and reinforce the value of teamwork.

To wrap this up, remember that summer camps are more than just a way to fill the calendar during school breaks. They are transformative experiences that support a child's development in countless ways—socially, emotionally, physically, and intellectually. Whether for a week or the entire summer, the lessons learned and memories made at camp can last a lifetime. For parents seeking to provide their children with a meaningful and enjoyable break, summer camp is a worthwhile investment.



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Make a Splash with Water Safety

Swimming is one of the most enjoyable and refreshing activities, whether you're diving into a pool or splashing in the waves at the beach. However, water can pose serious risks if proper safety precautions aren't taken. Whether you're a seasoned swimmer or a first-time beachgoer, keeping safety at the top of your mind ensures a fun and incident-free experience. Here's a comprehensive guide to staying safe in and around water.

FOR ADULTS

Never Swim Alone

One of the most fundamental rules of water safety is the buddy system. Always swim with someone, regardless of your confidence in the water. In an emergency, having someone nearby can make all the difference.

Swim in Designated Areas

At beaches, always swim in areas patrolled by lifeguards. These zones are monitored for currents, underwater hazards, and other dangers. At pools, stay within the marked depth levels that are appropriate for your swimming ability.

Follow Lifeguard Instructions and Posted Signs

Lifeguards are trained professionals tasked with keeping

swimmers safe. Obey their instructions and be aware of posted warnings, such as flags indicating strong currents, jellyfish, or pool rules.

Be Aware of Rip Currents at the Beach

Rip currents are powerful channels of water flowing away from shore. If caught in one, stay calm—don't try to swim directly back to shore. Instead, swim parallel to the shoreline until you're out of the current, then head back to land.

Know Your Limits

Don't overestimate your swimming ability. Fatigue, cold water, or panic can quickly become dangerous. Stick to depths and conditions you're comfortable with, and take breaks as needed.

Watch Children Closely

Drowning can happen quickly and silently, especially with young children. Always supervise kids when they are near water—no distractions. Even if a lifeguard is on duty, your watchful eye is still essential.

Use Flotation Devices Wisely

While floaties, tubes, and other devices can offer support, they





are not substitutes for swimming skills or life jackets. Only certified life vests should be used for non-swimmers or in open water.

Avoid Alcohol

Swimming under the influence is dangerous. Alcohol impairs judgment, coordination, and reaction time—all of which are critical in and around water.

Learn Basic Rescue and CPR Skills

In an emergency, knowing how to respond can save a life. Basic CPR and rescue skills are valuable whether you're by the pool or at the beach. Consider taking a certified class through the Red Cross or a similar organisation.

FOR KIDS

Always Have Constant Supervision

Even if your child knows how to swim, they should never be left unattended near water. Drowning can happen in seconds and often without noise or struggle.

Teach Kids to Ask Before Entering the Water

Establish the rule: "Always ask for permission before going into the water." This helps ensure an adult is aware and ready to supervise.

Enroll in Swimming Lessons Early

Professional swimming lessons help kids learn water safety skills and boost their confidence. Many programs offer water familiarisation classes starting as early as six months old.

Use Coast Guard-Approved Life Jackets

Water wings, pool noodles, or inflatable toys are not reliable safety devices. For non-swimmers or weaker swimmers, use a

properly fitted, Coast Guard-approved life jacket.

Stay Within Arm's Reach (Touch Supervision)

For toddlers and younger children, an adult should always be within arm's reach—even in shallow water. It only takes a moment for a child to slip or panic.

Designate a "Water Watcher"

When a group of adults is present, assign one person to actively watch the kids for a set time (e.g., 15 minutes), then rotate. This avoids the false sense of security that "someone else is watching."

Teach Beach Safety Rules

Explain beach hazards, such as waves, currents, and jellyfish, and ensure they understand the importance of staying between the flags and close to shore. If they get knocked over by a wave, teach them to get on their hands and knees and crawl to shallower water.

Make Pool Rules Clear

Set clear rules, such as "No running," "No diving in shallow water," and "No pushing others." Kids need to understand why the rules exist and the consequences of not following them.

Protect Little Feet

Have kids wear water shoes to prevent slips around the pool and protect against sharp objects or hot sand at the beach.

Encourage Communication

Teach children to shout for help if they feel unsafe or see someone else who needs assistance. Make sure they know it's always okay to ask for help, no matter what the situation.

Remember: safety first—always. Stay safe, and enjoy the water!



FREE SUMMER SWIM & SNORKEL LESSONS

This summer, BVI Swim School is partnering with the Unite BVI Foundation for the 9th year to bring free swimming & snorkel lessons to youth in the British Virgin Islands as a part of the Unite for the Sea Program. Lesson programs are planned in various locations on Tortola as well as on the Sister Islands of Jost Van Dyke, Anegada & Virgin Gorda. Have a look at the list and get in touch to sign up your kids for some summer fun in the water and to learn the valuable life skill of swimming!

SIGN UP NOW!



UPCOMING PROGRAMS: JULY

8 - 11 Stroke Improver Lessons @ Cane Garden Bay

12 - 15 Jost Van Dyke Swim & Snorkel

18 - 21 Anegada Swim & Snorkel

25 - 27 Learn to Swim Lessons @ Cane Garden Bay

25 - 29 Learn to Swim Lessons @ Therapy Works Pool

30 - 1 Virgin Gorda Swim & Snorkel

AUGUST

2 - 6 Festival Swim Lessons @ Nanny Cay Pool

CONTACT US!

To inquire and sign up!

WHATSAPP 544 7152

 BVI Swim School

Unite for the Sea



The Joy of Family Micro-Adventures



Do you believe that creating unforgettable family memories requires a long vacation or a plane ticket? Think again. Micro-adventures, which are short, simple, and close-to-home experiences, are redefining the concept of quality family time. They are designed to fit into a weekend, an afternoon, or even an hour, making them easily achievable for any family.

These bite-sized adventures, designed to fit into a weekend, an afternoon, or even an hour, are more than just activities. They are opportunities for families to come together in meaningful ways, strengthening bonds and creating lasting memories. And the best part? You don't need to spend a lot to make them special.

What are Micro-Adventures?

Coined by British adventurer Alastair Humphreys, micro-adventures are a short, fun, and accessible experience that gets you out of your routine — ideally outdoors, often spontaneous, and always memorable. For families, it's the perfect way to reconnect without the pressure of planning a major trip.

It's about doing, not just going. They remind us that connection isn't found in luxury or length—it's in laughter, curiosity, and shared experience. When we break routine, even briefly, we open up space for presence, wonder, and bonding.

Quick Tips for Great Micro-Adventures

- **Prep Lightly:** Bring snacks, water, a first aid kit, and a sense of humour. Safety should always be a priority.
- **Be Flexible:** Go with the flow—especially with little ones.
- **Let Kids Take the Lead:** Give them a say in where to go or what to try.
- **Capture It:** Take a photo or write about the experience in a family journal.

7 Easy Micro-Adventures to Try This Summer

1. Sunrise Breakfast Picnic

Wake up early, grab breakfast to go, and watch the sunrise from a hill, beach, or park. It's peaceful, magical, and surprisingly bonding.

2. Evening Nature Walk with a Twist

Turn an ordinary walk into an adventure with a themed scavenger hunt: "Find something red," "Spot a bird," or "Pick a wildflower."

3. Backyard Campout

Pitch a tent (or build a fort inside), roast marshmallows, and tell stories by flashlight. The novelty of "sleeping out" is always a hit.

4. Try a 'New-to-You' Trail

Explore a walking path, forest trail, or seaside route your family hasn't visited before. Let the kids lead the way!

5. Stargazing Night

Lay out a blanket, bring snacks, and use a stargazing app to find constellations. Add hot cocoa for an extra cosy touch.

6. One-Hour Road Trip

Pick a random spot and visit within an hour. It could be a beach, a fruit stand, or a small waterfall — adventure lives in the unexpected. Use a creative way to choose a random location.

7. Random Acts of Adventure

Ask the kids to pick three "mystery missions" from a jar. Examples: "Sing in public," "Find a heart-shaped rock," and "Make a stranger smile."

FREE

Would you like to try diving and explore the underwater world?
Come and join Sunchaser Scuba on either 17 or 18 July 2025
for a morning of bubble blowing in the pool and the ocean
in Leverick Bay, Virgin Gorda. BVI residents between
the ages of 10 and 18 years old can join our program!

Contact us for more information. Via WhatsApp,
provide your name, date of birth, the island you live on
and which day you would like to join us.

WhatsApp Message +1 284 344 2766



**17 & 18
JULY**



Unite for the Sea

DIVE

WITH SUNCHASER SCUBA



**LEARN
AND DIVE!**



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