



RESORT DIRECTORY



Dear Guests:

It is with great pleasure that we welcome you to Couples Resorts on our beautiful island of Jamaica.

We look forward to transforming every moment of your visit with us into a memory you will treasure for a lifetime.

The entire Couples Resorts family is here to ensure that you enjoy a relaxing and romantic vacation with the person you love. Delight in the privacy of our pristine beaches, explore the lush landscape of our resorts, pamper yourselves with award-winning spa treatments, and savor the finest cuisine Jamaica has to offer.

Our expert Guest Services team would be delighted to make any special arrangements — from private gourmet dinners under the stars to thrilling one-of-a-kind excursions around the island to festive beach celebrations with family and friends.

We are honored that you have chosen Couples Resorts as your home away from home — and welcome you with open arms to the most enchanting place on earth!

One love,



Lee Issa
Chairman, Couples Resorts



Tower Isle | Sans Souci | Swept Away | Negril

Couples.com

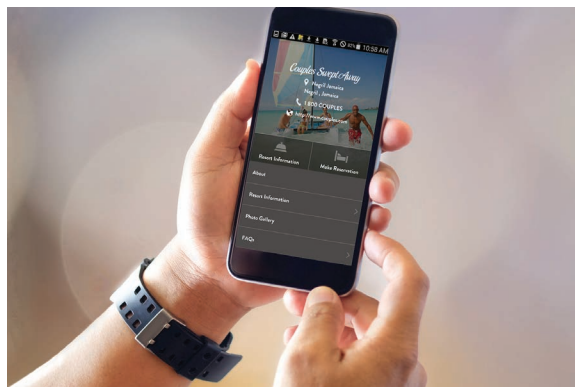
CONTENTS

COUPLES APP	4
ENTERTAINMENT.....	4
ACTIVITIES.....	4-5
WATER SPORTS & SCUBA.....	6-7
COMPLIMENTARY OFF SITE EXCURSIONS	8
EXPLORE JAMAICA - ADDITIONAL OFF RESORT EXCURSIONS	9
TELEVISION CHANNELS.....	10
TELEPHONE EXTENSIONS	11
RESORT SERVICES	12
DINING & DRINKS	13
DINING - THEMED NIGHTS.....	14
IN ROOM DINING MENU	15
CELEBRATION PACKAGES	16
ROMANCE PACKAGES.....	17
PHOTO SHOP	18
GIFT SHOP	18
SPA.....	19
COUPLES RESORTS ENVIRONMENTAL POLICY.....	20
HEALTH & SAFETY INFORMATION	21
EMERGENCY & DISASTER PREPAREDNESS	22-23
ISSA TRUST FOUNDATION.....	24

COUPLES APP

OUR APP TAKES YOUR VISIT TO ANOTHER LEVEL

Check-in, unpack, relax and then download the Couples Resorts app on iOS or Android. Make dinner reservations, ask housekeeping for extra towels or shampoo, receive the most recent activity schedules, and check the property map. You can even send digital postcards to friends and more! Use the app for every need and want while you stay with us.



ENTERTAINMENT

Join us for live music performances every evening in the Patio Restaurant.



Every Monday

at 6:30pm, the General Manager is pleased to host the Manager's Cocktail Party at the Main Dock.

Every Tuesday

at 5:30pm, guests celebrating their honeymoon are encouraged to head over to the dock and board a boat headed to the private island. Enjoy cocktails and mingle with fellow newly weds as the sun sets.

Every Wednesday

at 6:30pm, guests can enjoy our Beach Party which features delectable Caribbean specialties and music under the stars.

Every Saturday

at 6:30pm, we host a celebration of gourmet cuisine from around the world.



ACTIVITIES

FITNESS CENTER

The fully air-conditioned Fitness Center is equipped with state-of-the-art Cybex cardio equipment, including treadmills, Lifecycle bikes and Stairmasters. A full range of free weights and weight machines are also available.

There is a separate aerobic area offering spinning, step aerobics and yoga classes taught by a rotating roster of international instructors. A schedule of these activities is posted on the notice board in the Patio Restaurant.



POOLS AND JACUZZIS

Couples Tower Isle offers you the choice of three fresh water swimming pools, two Jacuzzis and an additional swimming pool on the Au Naturel Island. There are also two jacuzzis in the male and female locker rooms and a Buddah Pool at the Spa.

INDOOR GAMES

We invite you to play a game of backgammon, cards, and dominoes, as well as billiards in our air-conditioned Games Room. A wide variety of board games are also on hand.

WATER SPORTS AND SCUBA

Couples Tower Isle offers a selection of the finest water sports equipment and complimentary instruction by our qualified staff. Dive into windsurfing, kayaking, hydro biking, paddle boarding, sailing, snorkeling, scuba diving, waterskiing and glass bottom boat rides.

Please inquire at the Water Sports Centre or call **ext 46586** from 9:00 am – 4:00 pm.



WATER SPORTS ACTIVITIES

Hobie Cat & Sunfish Sailing

Daily: 9:00 am – 4:00 pm

Instruction: 2:00 pm

Waterskiing

Daily: 9:00 am – 12:00 pm and

2:00 pm – 4:00 pm

Instruction: 9:00 am

Windsurfing

Daily: 9:00 am – 4:00 pm

Instruction: 2:00 pm

Kayaking

Daily: 9:00 am – 4:00 pm

Hydro Biking

Daily: 9:00 am – 4:00 pm

Sign up required 1 day in advance for below activities.

Snorkeling

Daily: 11:00 am and 3:00 pm

Knee Boarding

Daily: 9:00 am – 12 pm and 2:00 pm – 4:00 pm

Glass Bottom Boat Rides

Daily: 9:30 am

Private Snorkeling Tours

Inquire at Guest Services for weekly schedule.

SCUBA ACTIVITIES

Certified Dives

Sunday to Friday: 9:00 am and 1:30 pm

Saturday: Two tank dive at 9:00 am

PADI Certification, Night Dives And Night Snorkeling

Please inquire for schedule and cost at the Water Sports Centre.

Beginner's Dive

Resort Course: Mondays to Fridays at 8:30 am

Sign up required in advance.



Note: Activities and schedules are subject to change without notice

COMPLIMENTARY OFF SITE EXCURSIONS

Sign-up at least one day in advance by calling **Guest Relations, ext 46419/46422, 8:00 am – 8:00 pm daily**

UPTON GOLF AND COUNTRY CLUB

Daily complimentary shuttle departs from the Lobby at 8:00 am (18 holes) and 1:00 pm (9 holes). Green fees are included but caddies are mandatory. Caddies, rental cart, clubs and balls are also available at an additional cost. Registration is required 1 day in advance at the Guest Relations Desk.

DUNN'S RIVER FALLS TOUR

One of Jamaica's national treasures, Dunn's River Falls is an all-time favorite island excursion and it's well worth making the time to climb these spectacular natural waterfalls. A complimentary shuttle departs every day (except Friday) at 9:00 am from the Lobby. Water shoes and towels are required. *No sign-up is required.*

SUNSET CATAMARAN CRUISE *(except Sundays and Wednesdays)*

Our Sunset Catamaran Cruise picks you up directly from the beach and sails along the picturesque Ocho Rios coastline, weather permitting (the boat can sail from Ocho Rios). Sign-up at Guest Relations 1 day in advance. Swim suit and towel are required. Schedule and availability are subject to change. Check with Guest Relations for schedule.

OCHOS RIOS SHOPPING TRIP (2.5 hours)

A shuttle departs every Tuesday and Wednesday at 2:15 pm and every Friday at 10:30 am. Meet in the Lobby 10 minutes prior to departure time. No sign-up is required.

JIMMY BUFFETT'S MARGARITAVILLE

A complimentary shuttle departs every Monday at 10:30 pm. Meet in the Lobby 10 minutes prior to departure. No sign-up required. Gifts and purchases at Margaritaville are not included. Shuttle returns to the resort at 1:00 am.



EXPLORE JAMAICA - ADDITIONAL OFF RESORT EXCURSIONS

Please contact the Tour Desk for schedules and costs.

DOLPHIN COVE EXPERIENCE

Experience these amazing animals up close and personal at Dolphin Cove. From swimming with the dolphins to a shark encounter, this is an experience not to be missed.

BLUE MOUNTAIN DOWNHILL BICYCLE TOUR

Bike through Jamaica's highest mountain range, zipline through the rain forest and finish your adventure with a dip in a cool cascading waterfall.

MARTHA BRAE RAFTING

Enjoy the tranquil beauty of the island on a 30-foot bamboo raft down the Martha Brae River.

KINGSTON TOUR

Visit Jamaica's capital and explore historic Spanish Town, the Bob Marley Museum, and the stunning views from the hills of Kingston. Shop local crafts, souvenirs, and a wide selection of duty-free merchandise.

GLISTENING WATERS TOUR

Experience the wonder of Jamaica's famous Luminous Lagoon with a magical evening boat ride.

MYSTIC MOUNTAIN

Enjoy an exhilarating bobsled ride down Jamaica's famed Mystic Mountain.

CHUKKA ADVENTURE TOURS

Fly through the canopies of trees, trek along the sea on horseback and experience so much more on one of the wild Chukka Adventures.

TELEVISION CHANNELS

4 ISSA TRUST	86 DISCOVERY WORLD
5 IN HOUSE CHANNEL	87 TNT
60 ABC	88 BET
61 CBS	89 MTV
62 FOX	90 JAMAICA TRAVEL CHANNEL
63 NBC	91 TLC
64 PBS	92 DW
65 BBC WORLD	93 TV5
66 CNN	94 FLOW 1
67 HLN	100 CCTN
68 BLOOMBERG TV	101 ZEE TV
69 CVM	102 CARTOON NETWORK
70 TVJ	103 HUB (DISCOVERY KIDS)
71 CBC	104 NICKELODEON US
72 CITY TV	105 DISNEY CHANNEL
73 KTLA	106 TBN
74 WGN	107 TVJ SPORTS NETWORK
75 WPIX	108 FLOW SPORTS 1
76 TBS	109 HBO PLUS E
77 MY9	110 HBO PLUS W
78 CALA WEATHER	111 CINEMAX
79 A&E	112 HBO FAMILY
80 LIFETIME	114 FOX1
81 ESPN CARIBBEAN	117 SPORTSMAX
82 ESPN 2	118 SPORTSMAX2
83 GOLF CHANNEL	119 FLOW SPORTS 2
85 DISCOVERY	120 RUSH

Channels are subject to change by the service provider without prior notice.

TELEPHONE EXTENSIONS

Operator - 0

Beauty Salon - 46415/6

Bell Desk - 46510

Bayside Restaurant - 46541

Currency Exchange - 46509

Block 1-5 - 3+ Room Number

Entertainment Office - 46417

Front Desk - 46514/46513/46512

Guest Services - 46419/46422

Fitness Center - 46552

Housekeeping - 46548/46549

JUTA Taxi - 46412

Nurse's Station - 46528

Piano Bar - 46529

Photo Desk - 46562

Reservations Department - 46507/46508

Room Service - 46413

Spa - 46415/46416

Swim-Up Bar - 46430

Tennis Court - 46558

Tour Desk - 46546

Water Sports - 46586

Wedding Coordinator - 46420

RESORT PHONE SERVICES

Local Calls: 9 + 1 + 876#

Calls to U.S.A./Canada/Caribbean: 92 + area code + #

Calls to U.K.: 93 + 44 + area code + #

Other International Calls:

9 + 011 + country code + area code + #

Toll-Free Calls Overseas: 9 + 1 + Toll-Free number

(Service charge US\$2.00 for connection)

Note: Not all 800/888/866 numbers are Toll-Free from Jamaica.

HOTEL INFORMATION

Hotel Number: (876) 975.4271

Toll-Free 1.800.COUPLES

Hotel Fax Number: (876) 975.4439

Email Address: cti.gm@couple.com



RESORT SERVICES

MEDICAL FACILITIES

A qualified nurse is available to attend to minor illnesses and injuries. A limited supply of medical items is also available. The hotel may arrange for the services of a doctor at an additional cost due at the time of the visit.

BEACH TOWELS

Two beach towels are provided in your room for your convenience. These may be exchanged at the Watersports Shop or outside the Patio Restaurant whenever you require fresh towels.

PHOTO SHOP

Our in-house photographers enjoy capturing special candid moments that reflect your vacation experiences. Visit with them in the Photo Shop, located off the Main Pool, to view and make your selections.

CURRENCY EXCHANGE

Located in the Lobby, the Currency Exchange your currency to Jamaican dollars.

Open Sunday – Friday: 8:00 am – 11:00 am
and 1:00 pm – 3:00 pm

Open Saturday: 8:00 am – 11:00 am and 1:00 – 2:00 pm

RESORT SHOPS

Main Gift Shop

Chic Caribbean apparel, accessories, and gifts, located just inside the entrance to the property.

Open daily: 8:00 am – 8:00 pm

Subject to Change without notice.



DINING & DRINKS

PATIO RESTAURANT

Mediterranean Cuisine

Breakfast: 7:30 am – 10:30 am

Lunch: 12:30 pm – 2:45 pm

Dinner: 6:30 pm – 9:30 pm

Dress code: Resort Casual (evening)

Reservations: Not Required

Closed: Wednesday & Saturday

VERANDAH RESTAURANT

Fine Jamaican Cuisine

Dinner: 6:30 pm – 9:30 pm

Dress code: Resort Casual

Reservations: Not Required

Closed on Saturdays

EIGHT RIVERS RESTAURANT

Caribbean Cuisine

Dinner: 6:15 pm – 9:30 pm

Dress code: Cocktail Elegant

(dress jeans allowed; no shorts, t-shirts or flip flops)

Reservations: Required — please dial ext 6419/6422

Closed: Monday

BAYSIDE RESTAURANT

Asian Cuisine

Dinner: 6:15 pm – 9:30 pm

Dress code: Resort Casual

Reservations: Required — please dial ext 6419/6422

Closed: Saturday & Wednesday

THE POOL GRILL

Casual Caribbean Grill Day & Night

Day: 11:00 am – 6:00 pm

Night: 10:30 pm – 5:00 am

Dress code: Resort Casual

Reservations: Not Required

BAR SERVICES

The Lounge: 10:00 pm – 1:00 am - Closed Sundays & Tuesdays

Piano Bar: 6:00 pm – 2:00 am

Swim-Up Bar: 10:00 am – 6:00 pm

Main Bar at the Patio Restaurant: 10:00 am – 1:00 am

Au Naturel Island Bar: 10:00 am – 5:00 pm

Martini Hour on the Roof: 6:00 pm – 9:00 pm
Sunday & Thursday

OTHER DINING OUTLETS

Java Coffee Shop: 7:00 am – 10:00 pm

Veggie Bar: 11:00 am – 6:00 pm

Subject to Change without notice.



DINING - THEMED NIGHTS

MONDAY NIGHT

Manager's Cocktail Party | 6:00 pm – 7:00 pm
at The Main Dock

Cocktail Party for Repeat Guests | 6:30 pm
at the Piano Bar

Repeat Guest's Dinner | 7:00 pm – 8:30 pm
in Eight Rivers Restaurant
Dress Code: Resort Elegant
(dress jeans, no shorts, flip flops or tank tops)

WEDNESDAY NIGHT

Beach Party on the Main Beach | 6:30 pm
featuring a Jamaican buffet, Caribbean Steel
Band and dynamic entertainment

FRIDAY NIGHT

Lobster Night | July 1 through March 31
featuring lobster dishes in all restaurants
when in-season.

SATURDAY NIGHT

Starlight Gala | 6:30 pm
in the Patio Restaurant featuring live
entertainment by the resident band

SUNDAY & THURSDAY NIGHT

Martinis and Melodies | 6:00 pm – 9:00 pm
enjoy cocktails and music
on the Roof Top Terrace.



IN ROOM DINING MENU

Please dial ext **46413** to place your order. Menu is subject to change.

CONTINENTAL BREAKFAST

(Served from 6:30 am – 10:00 am)

Enjoy breakfast in bed or on your private balcony.
Breakfast Request Cards are in your room.

BREAKFAST

(Served from 7:30 am – 10:30 am)

Deli Platter

Smoked Fish / Deli Meats / Served with Pickles,
Onions and Capers

Fruit Plate

with Yogurt

Eggs Any Style

Omelet / Fried / Poached / Boiled

Sides

Bacon / Sausages / Potatoes / Baked Beans / Toast-
Whole Wheat or White

Jamaica Classic

Please call for Daily Special

LUNCH

(All Day Dining)

Soup Of The Day

Please call for Daily Special

Classic Caesar Salad

Crisp Romaine Lettuce / Capers Anchovies /
Parmesan & Garlic Croutons /
Grilled Shrimp or Jerk Chicken Slivers

Club Sandwich

Crispy Bacon / Chicken / Tomatoes / Eggs

Asian Steak & Noodle Salad (Dressing)

Grilled Beef Strips / Rice Noodles / Roasted Peanut

Classic Hamburger or Cheeseburger

Tomato / Lettuce / Pickles / Onion / Cheese

Escovitch Snapper Sandwich

On Jamaican Cocoa Bread / Lettuce / Tomatoes /
Pickled Vegetables / Lemon Herb Mayo

Pasta Marinara

Tomato Basil Sauce / Roasted Peppers / Mushrooms

Jamaican Jerk Chicken

French Fries / Cole Slaw / Corn on the Cob

DINNER*

(6:00 pm – 9:30 pm)

Cobb Salad

Grilled Chicken Breast / Boiled Egg / Blue Cheese /
Bacon / Tomatoes / Creamy Italian Dressing

Fish & Chips

Beer Battered / Tartar Sauce

Shepherd's Pie

Lamb / Green Peas / Mushrooms / Potato Crust

DESSERTS

(Served from 11:00 am – 9:30 pm)

Cheese Cake

Coconut Sauce Anglaise

Fruit Plate

Selection of Local Exotic Fruits

Cheese Platter

Dried Fruits / Crackers / Grapes

Plate of Homemade Cookies

CELEBRATION PACKAGES

The following packages are available through Guest Services at an additional cost.

HONEYMOON DECORATION FROM \$80*

Transform your room with candles, rose petals and a bottle of sparkling wine for two.

ROMANTIC BREAKFAST IN ROOM FROM \$50*

Wake up to mimosas and a delicious breakfast of Eggs Benedict, smoked salmon, fresh pastries and fresh tropical fruit platter.

CANDLELIGHT BEACH DINNER FROM \$200*

For the ultimate romantic evening, allow our culinary team to create a private candle-lit meal for you under the stars — complete with our wine, Caribbean-inspired cuisine and the soothing sounds of the waves lapping onto the beach.

PRIVATE ISLAND DINNER FROM \$270*

Fall in love again with our private dinner on our beautiful beach or island. Contact Guest Relations for reservations and cost. Dinners are offered each day on the beach and island except Mondays and Thursdays at 6:30 pm, 6:45 pm, 7:00 pm, 7:15 pm, 7:30 pm, 7:45 pm or 8:00 pm.

**Prices are subject to change and are listed in US currency.*

PRIVATE CRUISES – PRICE UPON REQUEST

What better way to soak up the fiery hues of a Caribbean sunset than on board your private boat with a drink in hand? We time the return perfectly, bringing you home under a glorious canopy of color. You may also opt for a fabulous tour of the Ocho Rios coastline — admiring the sights as you sip champagne.

WINES AND CHAMPAGNES RANGE FROM \$35 – \$270*

Please consult your Dining and Drinking section for details.

Please contact Guest Services for details. Prices are subject to change.



ROMANCE PACKAGES

Contact **Guest Services** at ext **6419/6422** from 8:00 am – 8:00 pm daily.



EASY TING – \$50

Kick off your stay with a bottle of sparkling wine and a sweet plate of petit fours

JUST BECAUSE – \$139

This package features fresh tropical flowers, a bottle of sparkling wine, a \$100 spa gift certificate, and a \$25 gift shop certificate

FOREVER YOURS – \$289

Toast true love with this package featuring fresh tropical flowers, sparkling wine, private dinner for two, a \$100 spa gift certificate, and \$50 gift shop certificate



MAGICAL HONEYMOON MEMORIES – \$389

Fuel a romantic stay with this package featuring fresh tropical flowers, sparkling wine, a 25-min couples massage, private dinner for two, a \$100 spa gift certificate, and \$50 gift shop certificate

Prices are subject to change.

**Prices are in US currency.*

PHOTO SHOP | DIAL 46562

Relive a favorite moment from your romantic getaway with a keepsake photo. Couples Tower Isle welcomes you with a complimentary photo shoot at the resort location of your choosing. Call us or visit the Photo Shop to book your complimentary session today! Photos are available for purchase.



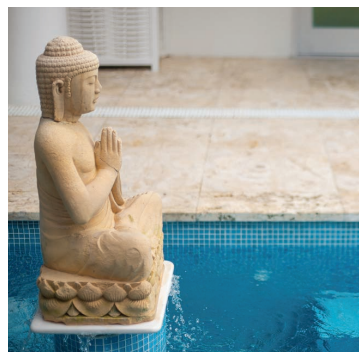
GIFT SHOP | DIAL 46525/46527

Our well-stocked Gift Shop features a curated assortment of souvenirs and special keepsakes to remind you of your stay or surprise loved ones back home. Highlights include Jamaican Blue Mountain Coffee, island spirits, logo items, locally made clothes, hand-crafted jewelry and art made by local artisans. We invite you to stop by the Gift Shop today.



SPA | DIAL 46415/46416

No stay at Couples Tower Isle is complete without a spa experience, especially if it's made for two. Our Oasis Spa offers a variety of services designed for couples, including side-by-side Swedish massages, seaweed wraps, and his-and-her mani-pedis in pure white treatment rooms clustered around an outdoor Buddha plunge pool.



COUPLES RESORTS ENVIRONMENTAL POLICY

Couples Resorts is committed to protecting and preserving the environmental resources and natural beauty of Jamaica—the island we call home. To that end, we have implemented the following across all of our resorts:

- Compliance with all environmental laws & regulations – we do not allow smoking under any roof, which includes room balconies.
- Executive and management level implementation of all policies
- Active conservation of energy, water and all scarce natural resources
- Ongoing educational and training programs for staff
- Invitation to all vendors and suppliers to join our environmental efforts
- Clear communication of all policies and regulations to staff and guests
- Active reduction of air emissions, waste water, solid waste and pollution
- Active monitoring of our policies and their environmental impact
- Employment of locals from neighboring communities
- Annual review of the environmental and social sustainability policy



HEALTH & SAFETY INFORMATION

During your stay at Couples Resorts, we want to ensure your safety and wellbeing at all times. Please be aware of the following information and health tips.

MEDICAL ASSISTANCE

In the case of minor illnesses or injuries, our attentive nursing staff is available on a complimentary basis. Please call the Front Desk for assistance. Should you require more serious medical assistance, there is also a doctor on call, at an additional cost.

SUNBATHING TIPS

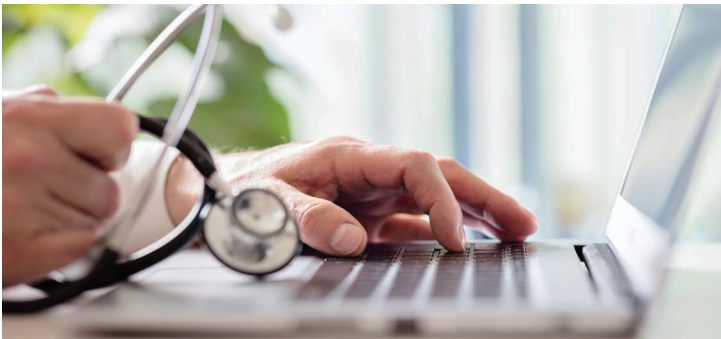
We recommend avoiding direct and unprotected exposure to the sun, particularly between 10:00 am and 2:00 pm. It is advisable to always use sunscreen, preferably a waterproof brand. Dehydration can be a problem due to the intense heat at midday. This condition may be exaggerated with heavy alcohol consumption. Please drink plenty of fluids, especially water, throughout the day.

TRAVELER'S DIARRHEA

Some guests may develop diarrhea due to changes in diet or travel to a new area. We recommend that you visit the Resident Nurse should this occur. He/she will make dietary and medication recommendations suited to your condition. Self-medication may not be the best solution, so please seek advice immediately.

INSECT BITES AND MARINE HAZARDS

While visiting a tropical country, you may be exposed to flying insects such as mosquitoes or sand flies in the morning and at twilight. Applying insect repellent is an excellent guard against insect bites. If you step on a sea urchin or are stung by a jellyfish, please visit the Nurse's Station immediately. During off-site excursions, it is advisable to wear rubber-soled shoes or sandals to protect your feet on rocky terrain along the cliff side.



EMERGENCY & DISASTER PREPAREDNESS

HURRICANE PLAN

A hurricane does not happen often in this part of the Caribbean, but meteorologists have determined that the period between June and November is when they are most likely to develop. We have taken every precaution to ensure your safety, and want to equip you with the most helpful information in the event of a hurricane.

WHAT IS A HURRICANE?

A hurricane is an intense storm with winds of over 75 miles per hour. It is usually accompanied with heavy rain, and sometimes high seas.

PHASES OF A HURRICANE

When a hurricane is in the area, there are three phases in which it is brought to our attention. These are: hurricane alert, hurricane watch and hurricane warning.

HURRICANE ALERT

This means that hurricane is in the general vicinity and though it may be several hundred miles away, it is heading towards our location. During this phase, the hurricane may change course and go elsewhere. You will be advised by our General Manager and team when a hurricane alert is announced. Updates will be made available at the Front Desk.

HURRICANE WATCH

A hurricane watch is announced when a hurricane is about thirty-six hours away. The General Manager and Couples Resorts team will make an official announcement as soon as a hurricane watch is announced. It is advisable to check in with the Front Desk for the latest information and to ensure that your home address, telephone number and other contact information is on file.

HURRICANE WARNING

A hurricane warning is announced when a hurricane is expected to strike our location within 24 hours. You will be advised of a hurricane warning by our General Manager and team. As soon as the warning is confirmed, you should do the following:

1. Secure your passport and other travel documents in your room safe along with any other important papers. Make sure to put money, jewelry and other valuables in your room safe. The hotel cannot be held liable for valuables not deposited in the safe.
2. You may find it convenient to settle your bills at this time; it will make it much simpler and easier for you in case there are any disruptions after the hurricane. Pack a small bag with essential personal items such as medication, towels, contact lenses, toiletries, and one change of clothing.
3. Pack away all your clothes and non-essential personal items in your suitcases and put the suitcases in plastic garbage bags. Housekeeping will supply these for you. Seal the plastic bags with masking tape provided and put them in the armoire in your room. Lock your room and take the key with you.
4. Go to the designated hurricane shelter as soon as you are told to do so. The hurricane shelter is located in the executive offices and lobby. Remain in the shelter and stay away from glass windows and doors at all times. Do not go out until you are told to do so.
5. Trained staff members will be assigned to help you find the shelter and manage safely during the hurricane. Please follow their instructions. It is advisable to check in with the Front Desk for the latest information. Also, ensure that your home address, telephone numbers and contacts are on file at the Front Desk.

EARTHQUAKES

Earthquakes are unpredictable and strike without warning. They range in intensity from slight tremors to great shocks and may last from a few seconds to as long as five minutes. Aftershocks may come in a series over a period of several days.

In the event of an earthquake, please follow these critical action steps.

1. Stay calm.
2. Stand in a doorway or crouch under a solid desk or table away from windows or glass dividers.
3. Stay away from buildings, trees, telephone and electric lines.
4. Wear shoes and protective clothing.
5. Cooperate fully with any instructions from the resort's safety team and relief organizations.
6. Do NOT use the telephone.
7. Do NOT go into damaged areas unless authorized by appropriate personnel.

FIRE PLAN

For Fires in Room

In the event of a fire in your room, please follow these critical action steps.

1. Stay calm.
2. Do NOT shout "fire".
3. Call the telephone operator at extension "0" to secure help, if time allows.
4. If you have time, place a moist cloth over your nose and mouth to prevent the inhalation of excess smoke.
5. If an easy exit from the room is impeded due to the presence of heavy smoke, crawl along the floor to access an exit.
6. Do NOT attempt to fight the fire.
7. Do NOT waste time packing or unpacking anything.
8. Move towards your exit as quickly and as safely as possible.

For Fires Outside of Room

In the event of a fire outside your room, please follow these critical action steps

1. Stay calm.
2. Do NOT shout "fire".
3. If fire or smoke is detected on your block, immediately call the telephone operator at extension "0", and report the location you spotted the fire. If you are not in danger, pull the fire alarm located at the end of your block.
4. Remain in your room until a safety marshal comes to remove you.
5. Do NOT attempt to fight the fire.
6. Closely follow the instructions provided to you by the safety marshal.
7. Do NOT waste time packing or unpacking anything.
8. Do NOT make unnecessary phone calls.
9. Be ready to move quickly and orderly during any evacuation process.



The Issa Trust Foundation was established in 2005 by Couples Resorts as a nonprofit organization. The mission of the Foundation is to provide a system of prevention, health promotion and education, community health improvement and other services to promote well-being and development for the people of Jamaica. The Foundation strives to provide an environment conducive to the educational needs of children in collaboration with other community resources. Together, through educational and professional programs, we will work with, and advocate for families to provide a safe, nurturing and permanent home for children.

[Visit IssaTrustFoundation.com](http://IssaTrustFoundation.com)

