



# 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*

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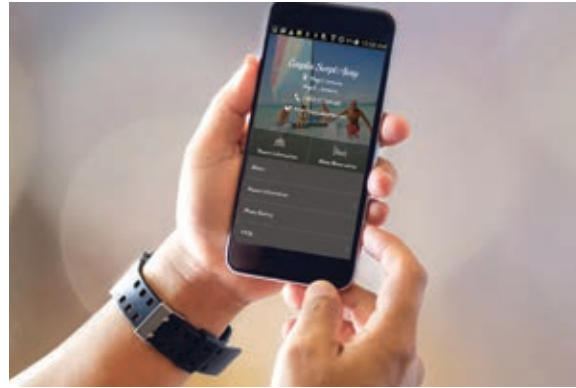
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## COUPLES APP

### 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 on the Cassava Terrace.



### Monday

6:30 pm - Join the General Manager and team for the Manager's Welcome Cocktail Party by the Main Pool.

7:00 pm - Repeaters Cocktail Party Piano Bar.  
*Please RSVP by contacting our Guest Relations Desk.*

### Thursday

Dance the night away at our Beach Party under the stars.

## FITNESS CENTER

Explore our exceptional air-conditioned fitness center - featuring high-tech cardio equipment, free weights and ergonomically designed weight machines. Our certified trainers will customize a routine that suits your specific needs. Two fully lit tennis courts are open for day and night games.

## WATER SPORTS

Dive into the legendary Caribbean waters with windsurfing, kayaking, sailing, snorkeling, scuba diving, waterskiing and catamaran cruises. Enjoy complimentary instructions by our highly qualified staff.

## INDOOR GAMES

Take part in a game of backgammon, cards, dominoes, board games or billiards in our air-conditioned Games Room.

## POOLS AND JACUZZIS

Our main pool with swim up bar and Jacuzzis at each end is located at the center of the property. There is also a dive training pool and Jacuzzi ensconced in the Water Sports area. A fourth Jacuzzi is located off the Au Naturel Beach.

## 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.

### BEACH TOWELS

Two beach towels are provided for your convenience. These may be exchanged at the Water Sports Shop and at the Towel Hut located close to the Pool Bar.

### PHOTO SHOP

Our in-house photographers enjoys capturing special candid moments that reflect your vacation experience. Visit with them in the Photo Shop, located downstairs from the Lobby, to view and make your selections at a cost.

### CURRENCY EXCHANGE

Exchange your currency to Jamaican dollars, located in the lobby.  
Open Daily: 9:00 am – 3:30 pm

### RESORT SHOPS

#### Shades\*

Chic Caribbean apparel and accessories.  
Open daily: 8:00 am – 8:00 pm

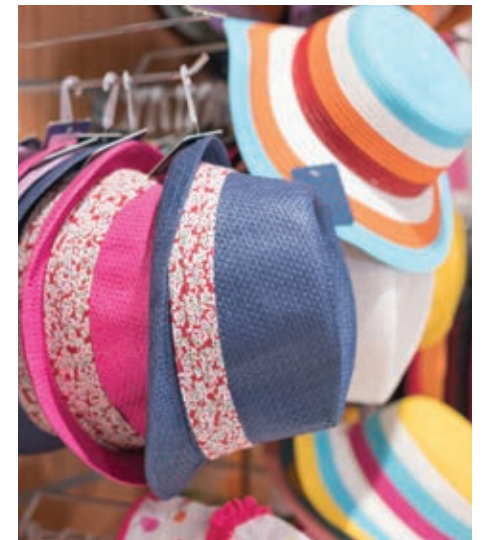
#### Las Lic\*

Jamaican gifts & sundries.  
Open daily: 8:00 am – 8:00 pm

#### Beach Shop

Open from 8:00 am to 5:00 pm on the beach

*\* Both shops are located off the main lobby*



## WATER SPORTS AND SCUBA

Please inquire at the **Water Sports Centre** at ext 4090 from 8:30 am – 4:00 pm.



### WATER SPORTS ACTIVITIES

#### *Hobie Cat*

**Daily:** 9:00 am – 4:00 pm

**Instruction:** 9:30 am and 1:30 pm

#### *Waterskiing*

**Daily:** 8:00 am – 12:00 pm and

1:30 pm – 3:00 pm

**Instruction:** 9:30 am and 1:30 pm

#### *Windsurfing*

**Daily:** 9:00 am – 4:00 pm

**Instruction:** 9:30 am and 1:30 pm

#### *Kayaking*

**Daily:** 9:00 am – 4:00 pm

*Sign up required 1 day in advance for below activities.*

#### *Snorkeling*

**Daily:** 9:30 am and 1:30 pm

#### *Glass Bottom Boat Rides*

**Daily:** 11:00 am and 3:00 pm

### SCUBA ACTIVITIES

Please inquire at the **Dive Shop** at ext 4080 from 8:30 am – 4:00 pm.

#### *Certified Dives*

**Sunday – Friday:** 9:00 am and 10:30 am

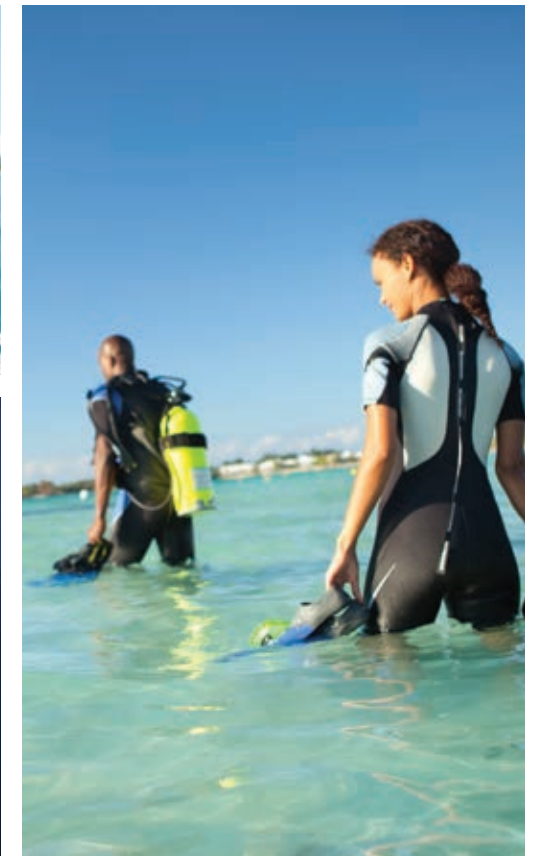
**Saturday:** Two tank dive at 9:00 am

#### *Beginner's Dive*

**Resort Course:** Mondays – Fridays at  
8:25 am – 12:30 pm. *Sign up required in advance.*

#### *PADI Certification, Night Dives And Night Snorkeling*

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



*Note: Activities and schedule are subject to change.*

## COMPLIMENTARY OFF SITE EXCURSIONS

### JIMMY BUFFETT'S MARGARITAVILLE

A complimentary shuttle departs every Wednesday at 5:00 pm. Meet in the lobby 10 minutes prior to departure. No sign up required. Gifts or purchases at Margaritaville not included.

### NEGRIL SHOPPING TRIP

A shuttle departs every Monday & Friday at 2:00 pm and Wednesday at 10:00 am. Meet in the lobby 10 minutes prior to departure time. Please sign up at our Tour Desk.

### BAR ON THE CLIFFS

A shuttle departs every Sunday, Monday and Friday at 5:00 pm. Meet in the Lobby 10 minutes prior to departure time. No registration required.

### SUNSET CATAMARAN CRUISE

Our sunset catamaran cruise picks you up directly from the beach and sails to Jamaica's West End. Inquire at the Guest Relations Desk for the schedule and reserve your spot 2 days in advance. Swim suit and towel are required. Offered Mondays, Tuesdays, Thursdays and Saturdays.

### NEGRIL HILLS GOLF CLUB

Daily complimentary shuttle departs from the lobby at 8:00 am and 1:00 pm. Green fees are included. Mandatory caddies are an additional cost. Rental cart, clubs and balls are available. Registration is required 1 day in advance at the Guest Relations Desk.

*Note: Activities and schedule are subject to change.*



## ADDITIONAL OFF RESORT EXCURSIONS

Please contact the Tour Desk for schedules and costs.

### DOLPHIN COVE EXPERIENCE

'Swim with' the dolphins and enjoy the thrill of interacting with these amazing animals.

### BLACK RIVER SAFARI & Y.S. FALLS TOUR

Take a boat ride amidst rare plants and wild life down the Black River, then plunge into the cool waters at the spectacular Y.S. Falls. Talk to our Tour Desk Representative about the Appleton Rum Tour/Pelican Bar.

### MAYFIELD FALLS & RAFTING COMBO

Journey through rural towns and villages to one of Jamaica's best waterscapes. Relax under the waterfalls or soak in one of 20 natural mineral springs

### OCHO RIOS COMBO (RAFTING/DUNN'S RIVER FALLS)

Spend the day gliding gently down 3 miles of river on a 30 ft bamboo raft, take a turn on Tarzan's swing and enjoy a dip in the water, followed by a visit to spectacular Dunn's River Falls.

### DUNN'S RIVER FALLS/DOLPHIN COVE

'Swim with' the dolphins, followed by a visit to Dunn's River Falls, one of Jamaica's national treasures.

### CANOPY ZIPLINE GLIDING TOUR

Explore the rainforest, river canyon and mountains via zipline and intermittent nature walks. The highlight of the tour — the "inter-parish express" zipline — carries you at over 35 mph across 360 meters of jungle canopy.

### ULTIMATE KAYAK

Ride the currents of a two-mile course down the great river and disembark on a bamboo lined riverbank. Following a short hike to the first of the three traverses, fly via zipline for 150 ft through the forest canopy. The excitement continues as you paddle your way to the swing rope or simply take a swim in the refreshing water before tackling the final cascades.

### RHODES HALL HORSE BACK RIDING

Ride along the mountain trail, through the beautiful bamboo grove and pick seasonal fruits. On your return, visit the ponds, a bird and crocodile sanctuary and finally wade along the shores of Rhodes Mineral Bay.



## EXPLORE JAMAICA - ADDITIONAL OFF RESORT EXCURSIONS

Please contact the Tour Desk for schedules and costs.

### HORSEBACK RIDE N' SWIM

Ride through the beautiful Blue Hole Estate, through the lush evergreen mountains to the picturesque coastline, passing the magnificent ruins of a 1700's Sugar Estate.

### 4 X 4 JEEP SAFARI

Experience the local culture whilst surrounded by spectacular views. Stop at a former slave hospital converted into a church in 1846 and see the ruins of a sugar factory dating back to the 1700's. Pause for breath at a river where you can take a refreshing dip.

### LETCRAMP BAMBOO RAFTING / ZIP LINE & RAFTING COMBO / A DAY IN THE COUNTRY

Your adventure starts with a 6x 6 off-road safari. The excitement continues as you zipline through the rainforest, cross a 250 ft jungle bridge.

### ATV SAFARI

Journey along rugged dirt trails on a 4-wheel bike up to 2,200 ft above sea level. Ride through rural communities and see how the locals live.

### RICK'S CAFÉ

Head to Negril's favorite spot for sunset drinks, cliff diving and live Reggae music.

### NEGRIL HILITE

Explore the lighthouse and duty free shopping in Negril, followed by a visit to Rick's Café to watch the sunset.

### JAMWEST ADVENTURES

A one stop tour site for several different tours whether you combine tours or do it single. Situated in the heart of the country side a mere 30 minutes away.



## TELEPHONE INFORMATION

Currency Exchange - 3570

Entertainment Office - 4140

Front Desk - 3050

Gift Shop (Las Lic) - 3580

Gift Shop (Shades) - 3590

Guest Relations Desk - 2140

Housekeeping/Laundry - 4020

Nurse's Station - 3190

Operator - 0

Photo Shop - 3612

Scuba - 4080

Spa & Salon - 4070

Tour Desk - 3600

Water Sports - 4090

Weddings - 3270

### RESORT PHONE SERVICES

**Local Calls:** 981+876+NUMBER

**Local Calls to Cellular:** 98+ 1 + number

**International Calls to U.S.A. / Canada / Caribbean:**  
9 + 113 + 011 + country code + area code + number

**International:**  
98 + 011 + country code + area code + number

**Toll-Free Calls Overseas:** 981131 + 1 + Toll-Free number  
(Service charge US\$2.00 for connection)

*Note: Not all 1-800-numbers are Toll-Free from Jamaica.*

### HOTEL INFORMATION

**Hotel Number:** 876.957.5960

Toll-Free 1.800.COUPLES

**Hotel Fax Number:** 876.957.5858

## TELEVISION CHANNELS

3 ACTIVITY GUIDE	83 GOLF
4 ISSA TRUST FOUNDATION	84 USA
4 ISSA TRUST FOUNDATION	85 DISCOVERY
5 IN HOUSE	86 NATIONAL GEOGRAPHIC
8 ORIENTATION GUIDE	87 TNT
60 ABC	88 BET
61 CBS	89 MTV
62 FOX	90 JAMAICA TRAVEL CHANNEL
63 NBC	91 TLC
64 PBS	92 DW TV
65 BBC	93 TV5 MONDE
66 CNN	94 FLOW 1
67 CNN HEADLINE NEWS	100 CCTV 9
68 BLOOMBERG	101 ZEE TV
69 CVM (LOCAL)	102 CARTOON NETWORK
70 TVJ (LOCAL)	103 DISCOVERY FAMILY
71 CBC NEWS	104 NICKELODEON
72 CITY TV	105 DISNEY
73 KTLA5	106 TBN
74 WGN	107 TVJ SPORTS
75 CW11	108 FLOW SPORTS 1
76 TBS	109 HBO PLUS
77 MY 9	110 HBO
78 WEATHER	111 CINEMAX
79 A&E	112 HBO FAMILY
80 LIFETIME	117 SPORTSMAX
81 ESPN INT'L.	118 SPORTSMAX 2
82 ESPN	119 FOX SOCCER PLUS

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

## DINING & DRINKS

### HELICONIA GRILL

**Snacks & Grill Day:** 11:00 am – 6:00 pm

**Snacks & Grill Night:** 10:30 pm – 5:00 am

**A La Carte Bistro Dinner & Grill:** 7:00 pm – 10:00 pm

**Dress Code:** Casual

**Reservations:** Not Required

**Closed:** Monday for Returning Guest Dinner

### LYCHEE

*Asian Fusion*

**Dinner:** 6:00 pm – 9:30 pm

**Dress code:** Resort Casual

**Reservations:** Not Required

**Closed:** Saturdays

### OTAHEITE

*Caribbean Fusion*

**Dinner:** 6:15 pm, 7:00 pm, 8:00 pm and 8:45 pm

**Dress code:** Elegant casual. Shirts, slacks (Dress Jeans) and closed-toe shoes or closed-toe sandals for the gentlemen and summer dresses for the ladies. No flip flops, T-shirts, shorts, sneakers, or hats are allowed. Jacket is optional.

**Reservations:** Please dial ext 2140

**Closed:** Thursdays



### CASSAVA TERRACE RESTAURANT

**Continental Breakfast:** 5:30 am – 7:30 am

**Full Buffet Breakfast:** 7:30 am – 10:30 am

**Lunch:** 12:30 pm – 2:30 pm

**Dinner:** 6:30 pm – 10:00 pm

*Special Buffets*

**Ala Carte Night:** 6:30 pm – 9:30 pm

**Monday Night:** 7:00 pm – 10:00 pm

**Thursday Beach Party:** 6:30 pm – 10:00 pm

**Saturday Night:** 6:30 pm – 10:00 pm

**Dress Code:** Casual

**Reservations:** Not Required

### IN ROOM DINING

**Continental Breakfast:** 6:30 am – 10:30 am

### BAR SERVICES

**Swim-Up Pool Bar:** 10:00 am – 7:00 pm

**Beach Bar:** 10:00 am – midnight

**The Terrace Bar:** 12:30 am – 3:00 pm

& 6:30 pm – 11:00 pm

**Piano Bar:** 6:00 pm – 2:00 am



## DINING - THEMED NIGHTS

### MONDAY NIGHT

*Manager's Cocktail Party* | 6:30 pm – 7:00 pm  
at Grand Staircase or Swing Deck (if rain)

*Repeaters Cocktail Party* | 7:00 pm – 7:30 pm  
at Piano Bar

### TUESDAY NIGHT

*Wine & Cheese Cocktail Party* | 6:30 pm – 7:30 pm  
at the Piano Bar

### THURSDAY NIGHT

*Beach Party* | 6:30 pm

### FRIDAY NIGHT

*Sunset Toast* | *Times will vary*  
at the beach

*Lobster Night* | *July 1 through March 31*

All Restaurants will serve lobster specialties



## IN ROOM DINING MENU

Continental Breakfast daily 6:30 am – 10:00 am

Please dial **The Hotel Operator at ext 0** to place your order. Menu is subject to change.

### DINNER MENU (SUITES ONLY)

Served from 6:30 pm – 8:30 pm

For guests staying in Garden or Beachfront Suites, a special in-room dining menu is offered.

#### SOUP DU JOUR

Ask for Today's Selection

#### SALAD

##### Jerk Chicken Caesar Salad

Hearty Romaine Lettuce, Garlic Croutons, Parmesan Cheese

#### MAIN COURSE

##### Caribbean Grilled Snapper

Seasoned Rice, Caper Butter Sauce

##### Grilled Striploin

Garlic Mashed Potatoes, Mushroom, Seared Market Vegetables

##### Couples In House Burger

Toasted Bun, Grilled Mushrooms, Lettuce, Tomato, Pickles, Onions, Chipotle Mayo

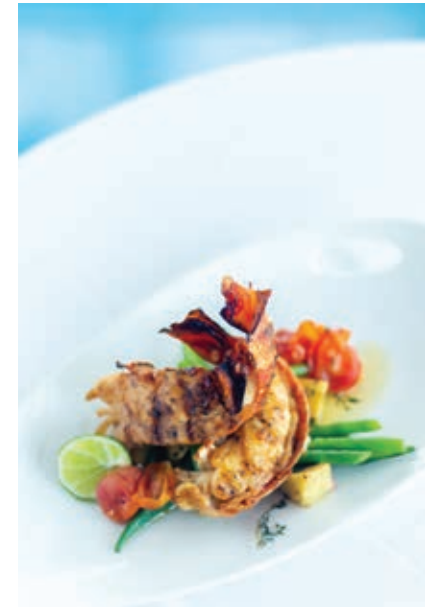
#### DESSERT

##### Couples Cheese Cake

Mango Coulis, Chocolate Curls

##### Tropical Fruit Salad

Mint Yogurt





## CELEBRATION PACKAGES

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

### HONEYMOON DECORATION FROM \$80

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

### ROMANTIC BREAKFAST IN ROOM FROM \$50 / BEACH \$75

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

### CANDLELIGHT BEACH / TREE HOUSE 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 private label wine, three delectable courses of Caribbean-inspired cuisine and the soothing sounds of the waves lapping onto the beach.

### PRIVATE SUNSET BOAT CRUISE - PRICE UPON REQUEST

What better way to soak up the fiery hues of a Caribbean sunset than on board your private yacht with a drink in hand? Sample tropical fruit delicacies and sail to Jamaica's West End, waving to the happy crowds along the way. We time the return perfectly, bringing you home under a glorious canopy of color.

*Please contact guest relations for details. Prices are subject to change. \*Prices are in US currency.*



## ROMANCE PACKAGES

Contact **Guest Services** at ext 2140, 8:00 am – 7:00 pm daily.

### EASY TING - \$50

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

### AH GOOD TING - \$139

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

### SOME-TING NICE - \$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

### A HITCHED TING - \$369

This proposal package features a carved fruit querying, “Will you marry me?” plus a private candlelit dinner, his and her mani-pedi, two beachfront engagement photos (5x7) taken by a professional photographer, a \$75 spa gift certificate, and a \$50 gift shop certificate

### SOME-TING MORE - \$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

### EVERY-TING'S IRIE - \$429

Go all out with our ultimate package featuring fresh tropical flowers, a bottle of sparkling wine, chocolates, dinner for two by candlelight, a \$100 spa gift certificate, \$75 gift shop certificate, and \$100 toward your return stay.

*Prices are subject to change. \*Prices are in US currency.*



## PHOTO SHOP | DIAL 3612

Relive a favorite moment from your romantic getaway with a keepsake photo. Couples Negril 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 3580

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 4070

No stay at Couples Negril 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 organic therapy rooms, an open-air thatched hut on the beach, or in the tucked away intimacy of the Tree House.



## ROMANCE CONCIERGE | DIAL 2140

Allow us to guide you through a world of indulgent experiences. Our Romance Concierge stands ready to assist in adding an extra special touch to your vacation. From fresh tropical flowers to chilled Champagne, we've got plenty of memorable and romantic ways to further enhance your stay.





## 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

### HEALTH & SAFETY

During your stay at Couples Resorts, we want to ensure your safety and well being 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 at hand to provide their complimentary service. Please call the front desk to be transferred. 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.

### 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 mornings 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.

### ATTIRE/ACCESSORIES

For off-site excursions, it is advisable to be fully informed on the activity you will be taking part in and as such prepare to enjoy, by being appropriately attired from head to toe, that is, in the appropriate footwear, clothing and head gear.



# EMERGENCY & DISASTER PREPAREDNESS

## 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 cupboard 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.



## 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)

