

**It happened to me,
it could happen to you.
Know before you go.**



Be Water Smart®



LIFESAVING SOCIETY®
The Lifeguarding Experts

www.lifesaving.org



**It happened to me,
it could happen to you.**

Recognize the risk. Change your behavior.

All year round Canadians spend their time enjoying recreational activities in, on and around water and ice. Water can be fun but also dangerous. Be prepared and make informed decisions. Reduce your risk, change your behavior, and you could save a life.

Make Prevention a priority:

- Risk-taking 18-24-year-olds continue to have the highest water-related death rate of any age group in Canada.
- Open water hazards vary and can change daily. Be aware of your surroundings.
- Swimmers need to wear lifejackets too.
- Cold water kills. Outdoor activities in, on and around water may increase your risk of hypothermia.
- Alcohol and drugs impair your judgment. You need to be attentive and responsive.

Preparation is key to prevention.

Know the risks – Being informed is just as important as being prepared. Knowing the risks and open water hazards involved with the activities you take part in may help prevent an incident from occurring.

Make a plan – Always make a plan and leave it with a responsible person before you go. If no one knows you are gone, no one will be looking for you.

Bring the essentials – Being prepared also means having the right gear. Bringing the right gear can save your life in an emergency situation.

When prevention fails

When in an emergency **STOP, OBSERVE, THINK, PLAN, ACT**. Recognize the hazards and react to the situation. Safety is a shared responsibility. **Remember if it happened to me, it could happen to you.**

The Lifesaving Society of Alberta and the Northwest Territories acknowledges the governments of Alberta and the Northwest Territories.



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