



LIFESAVING SOCIETY®

The Lifeguarding Experts

**DON'T
DRINK AND
DROWN**





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Effects of Alcohol

- Don't enter the water if you have been drinking.
- Alcohol influences balance, coordination, and judgement, and its effects are heightened by sun exposure and heat, making it more difficult to get yourself out of trouble.
- Alcohol lowers inhibitions, leading to impaired judgement which means you are more likely to take risks and get into trouble.
- Impairment can be caused by alcohol and/or drugs.

The Facts

- Alcohol is a common factor associated with drowning. In an average of one in three drowning deaths in Canada, the casualty consumed alcohol prior to the incident.
- Young adults aged 20-34 are at the greatest risk, followed by teens aged 15-19. Both alcohol consumption and lack of lifejacket use are particularly common risk factors among young adults and teens.
- Boat sober. Alcohol consumption is a factor in almost 40% of boating-related fatalities.

Information sourced from *Canadian Drowning Report - 2016 Edition*

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Lifesaving Society Alberta and Northwest Territories

Canada's Drowning Prevention Charity

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