



LIFESAVING SOCIETY

The Lifeguarding Experts

Know the Facts: Water Safety Tips from the Lifesaving Society, Nova Scotia Branch

Alcohol and Water Don't Mix

Alcoholic beverage consumption is involved in almost half of all preventable water-related deaths involving victims 18-49 years of age in Canada.

Alcoholic beverages are involved in one-third (38%) of all boating deaths.

Alcoholic beverages were also involved in 43 % of canoeing deaths, and almost two-thirds of recreational snowmobile drownings (64 %).

Be WaterSmart® this Summer!

Think about it. Boat and swim sober!

Choose it. Use it! Always wear a lifejacket or PFD.

Protect your neck! Never dive into shallow water.

Always swim with a buddy!

Don't Become a Statistic

Eight out of ten (83 %) drowning victims in Canada are male—that means men are almost five times more likely to drown than females.

Seven out of ten drowning victims had no intention of going in the water.

Both swimmers (71 %) and non-swimmers are drowning.

Swim to Survive

The Lifesaving Society's mandate is to provide all Canadians with a minimum swimming ability as a life skill for survival.

If every child in Canada could pass the Canadian Swim to Survive Standard, we would reduce the number of drownings by half.

For more information:

Visit www.lifesavingsociety.ns.ca

Call 902-425-5450 ext. 323

