

Alcohol & Swimming

Don't drink and drown

Why is alcohol and swimming an issue?

Some people might look to consume a few drinks while enjoying their day at the beach, but it's important to understand that swimming while under the influence of alcohol is a recipe for disaster. Alcohol not only impairs your judgement, but also significantly slows your reflexes – a dangerous, and potentially deadly, combination when it comes to the surf.

Each and every year, lifesavers and lifeguards are required to rescue swimmers from near-death situations after they entered the water after consuming alcohol. Last year 20% of all adult drownings occurred after beachgoers entered the water while intoxicated.

What are the effects of alcohol?

Consuming alcohol can lead to:

Impaired judgement

- Prompting you to take unnecessary risks, while overrating your ability in the surf
- Adversely impacting your ability to identify and manage dangerous situations

Lack of coordination and reaction time

- It may affect your senses of sight, sound and touch
- It may take you longer to react due to a decrease in brain response and ability to process information

Inability to control temperature

- Overheating may result, due to dehydration and unawareness of sun exposure
- Hypothermia could also result depending on conditions



Alcohol and swimming don't mix

It's simple - don't drink alcohol and swim. The risks are far too great, and common sense dictates that you shouldn't drink while swimming, boating or fishing in any aquatic environment.

For more information, visit lifesaving.com.au

SURF LIFE SAVING
QUEENSLAND

