

# Know Your Beach

## 9. ALCOHOL & SWIMMING

Surf Life Saving Australia and Life Saving Victoria encourages all people not to drink and swim, operate a boat or drive.

Remember, water and alcohol don't mix!



### DRINKING AND BOATING

Just as you should not drink and drive, you should not drink and drive or sail a boat.

The legal blood alcohol limit for operating a boat is the same for a vehicle on the road - 0.05.

### THE DANGERS OF ALCOHOL AND SWIMMING

Alcohol is an enormous health hazard and is frequently a factor in road and boating accidents, aquatic rescues and drowning.

A raised blood alcohol level affects judgement and makes an individual more likely to take greater risks, while at the same time impairing ability to respond to a potentially dangerous situation.

A swimmer who has been drinking alcohol tires more easily and is less capable of swimming.

Swimmers who have been drinking alcohol and who get into difficulty are also more likely to vomit and may inhale stomach contents into their lungs.



[www.janjucsurfclub.com.au](http://www.janjucsurfclub.com.au)

