

The Critical 101 Days of Summer Water Sports and Substance Prevention

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WHY WATER SAFETY MATTERS

KEY RISKS OF COMBINING SUBSTANCES WITH WATER ACTIVITIES

What's Really at Stake?

Loss of Judgment

Reckless actions like speeding, diving into unknown waters, or skipping safety checks become all-too-common and life-threatening.



Decreased Reaction Time

Alcohol and drugs slow your motor skills! Simple tasks, like throwing a life jacket or steering a jet ski can become dangerously delayed.



Drowning Risk

Substances interfere with your coordination and make it harder to stay afloat in emergencies.



Increased Risk of Injury

Falls, collisions, and dangerous stunts are more likely when you're under the influence. Alcohol and drugs disrupt balance and spatial awareness; both critical for water sports.



Safe Tips to Stay Alcohol and Substance-Free on the Water

Designate a Sober Peer

Always ensure at least one person operating motorized vehicles like boats or jet skis remains sober and alert.

Take Care of Your Body

Hydrate frequently with water, protect your skin with sunscreen, and eat regularly to fuel your body for the day. Stay alcohol and substance-free to maintain full control.

Know the Conditions and Rules

Before setting out, check the weather, water currents, and local safety regulations. Avoid unsafe areas and follow posted rules.

Buddy System

Always engage in water activities with at least one other person. Look out for each other and intervene if someone is making unsafe choices.

Remember! Carry Essential Equipment

Bring life jackets, safety gear, and communication devices for emergencies.
Inspect equipment (boats, jet skis, tubes) before use to confirm proper working condition.

YOUR DECISIONS COULD SAVE A LIFE! BE THE LEADER ON AND OFF THE WATER.

MAKE EVERY WATER ADVENTURE MEMORABLE FOR ALL THE RIGHT REASONS!