



WATER SPORTS: NAVIGATE THE WATERS. NOT THE RISKS.

DON'T LET ALCOHOL OR SUBSTANCES SINK YOUR SUMMER!

Enjoy cool waters and summer activities responsibly!

Alcohol and drugs impair your judgment, reaction time, and balance; qualities essential for water safety. 70% of fatal water recreation accidents involve alcohol. Protect your life, your career, and your shipmates. Use caution and make the most of your summer!

Brought to You By: Navy Substance Prevention and Deterrence Branch

