WATER SMART® TIPS
Cold Water Safety For Canadians

DROWNING Is Fast and Silent

Water Smart® Tips from The Lifesaving Society Canada’s Lifeguarding Experts
Cold Water Can Be Deadly

• The temperature of water in lakes, rivers and oceans during the summer in Canada is often very cold.

• It is important to be prepared and to be aware of the risks associated with cold water.

• Wearing a lifejacket is the most important thing you can do to survive an unexpected fall out of your boat into cold water.

• A lifejacket will keep you afloat and keep your mouth out of the water so that you can breathe and so that you can get back to the boat.

If You Fall into Cold Water

• Look for your lifejacket and put it on if you are not already wearing it.

• Try to get as much of your body out of the water as possible.

• Try and get back into your boat.

• Crawl on top of your boat if it has overturned.

• Minimize your movement as moving increases heat loss.

• Hug your body or huddle with others to minimize heat loss.

ALL children should learn to swim. We can teach them.