



# 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.**



LIFESAVING SOCIETY®  
*The Lifeguarding Experts*

For more information visit  
[www.lifesavingsociety.com](http://www.lifesavingsociety.com)  
or contact your local pool