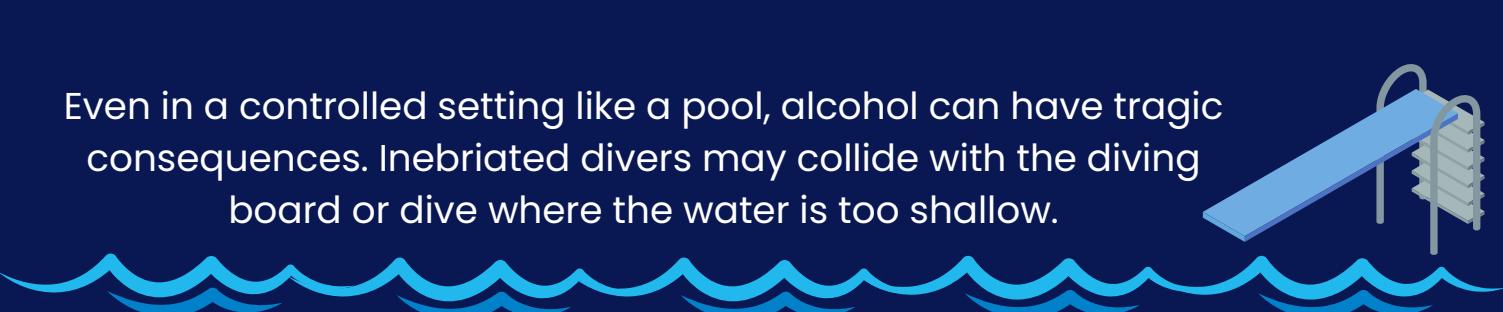


SWIMMERS AND ALCOHOL

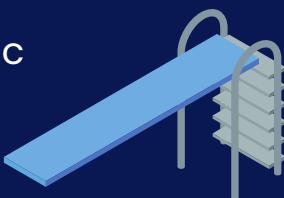
What to Know:



More drownings occur in July than any other month. The CDC estimates that 31% of all drownings involve blood alcohol concentration (BAC) levels of 0.10% or higher.



Even in a controlled setting like a pool, alcohol can have tragic consequences. Inebriated divers may collide with the diving board or dive where the water is too shallow.



Alcohol impairs judgment and increases risk-taking. Experienced swimmers may venture out farther than they should and not be able to make it back to shore. They also may not notice how cold they're getting and develop hypothermia.



Surfers could become overconfident and try to ride a wave beyond their abilities.