Know the Facts

- Between 30-50% of adolescent drowning deaths and between 25-50% and adult drowning deaths involve alcohol.
- More than half of all the people injured in a boating accident had consumed alcohol prior and 20% of the accidents were fatal.
- Four hours of boating, exposure to noise, vibration, sun, glare and wind produces fatigue that makes you act as if you were legally intoxicated. This same effect can be the result of a full day at the beach. If you combine alcohol consumption with this fatigue condition, it intensifies the effects and increases your accident risk.

Our Waterfront Campus

NO alcohol is allowed at the Waterfront. The RWU staff reserves the right to search coolers and bags and any alcohol will be confiscated and campus or local police authorities notified.

Staying Safe at RWU'S Waterfront Campus

HAWEs
The Health and Wellness Educators

Roger Williams University
Health Education Office

Center or Student Development

Room 211

Drinking Around the Water

Being intoxicated is not necessary for alcohol to be a threat to your safety. Just one beer will impair your:

- Balance
- Vision
- Judgment
- Reaction time

thus making you a potential danger to yourself and others.

Effects of Alcohol

Lack of Coordination Alcohol numbs the senses, particularly sight, sound, and touch

Greater Risk Taking Behavior

Alcohol removes inhibitions, leaving you more likely to take greater, even life-threatening risks

Impaired Reaction Time Alcohol reduces the rate the brain processes information and ordinary reactions just take longer

Impaired Judgment Alcohol distorts your perception of risk and your own abilities to make the right decision

Disturbance of the inner ear Your inner ear is responsible for balance and alcohol and a sudden change in temperature such as water, can lead to disorientation

Hypothermia Alcohol increases blood flow to the arms and legs even if your body is trying to conserve heat. Falling into the water under the influence cause hypothermia much quicker than normal

Spasm of the Vocal Cords Water in the windpipe triggers a closer and alcohol increases the chance of this spasm, locking the airway closed

Alcohol consumption can cause a range of physical changes. It can influence a person's decision to take action and greatly reduce their awareness of the care required to prevent an accident. It therefore reduces their capacity to save themself once they are in difficulty. Even if a friend does come to someone's aid, alcohol seriously reduces a person's chances of surviving a near drowning and resuscitation methods are less likely to work.

If you drink and get into the water, tired muscles and confusion from being under the influence of alcohol makes it harder to get out of trouble.