



# ROYAL LIFE SAVING NSW OFFICES

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**NO-ONE IS  
DROWN PROOF**

*go with the flow*



This is a joint initiative between  
Royal Life Saving NSW and  
Wagga Wagga City Council

## NO-ONE IS DROWN PROOF

Drownings usually occur silently and the victims are often believed to be playing in the water.

### MYTHS & FACTS

**MYTH:** Drowning victims call for help

**FACT:** Drowning is suffocation in the water, it's a silent death.

**MYTH:** Drowning victims are alone when they go under water.

**FACT:** Drownings are often mistaken for play, as victims try to push themselves out of the water.

**MYTH:** Drownings don't occur quickly.

**FACT:** Drownings can occur in as little as 20 seconds.

**MYTH:** Victims are usually swimmers who went too far.

**FACT:** Drowning victims are often people who never intended to enter the water.

**DROWNINGS  
CAN OCCUR IN  
AS LITTLE AS 20  
SECONDS.**

**DO NOT STRUGGLE  
AGAINST THE  
CURRENT.**

*go with the flow*

Further information can be found at [www.royalnsw.com.au](http://www.royalnsw.com.au) or contacting your local NSW Royal Life Saving Society office

**MYTH:** Children are safe if they know how to swim or wear a personal floatation device.

**FACT:** Children can easily panic and forget what they've learned. No one is ever "drown proof," not you nor your children.

**MYTH:** If my boat sinks I can always swim to shore.

**FACT:** Many people, including strong swimmers, can be overcome by hypothermia in cold water and drown. Cold water is dangerous, and the bank may be farther than it looks.

**MYTH:** It's alright to drink alcohol during aquatic activities.

**FACT:** Alcohol consumption is a contributing factor for each year in drowning deaths. Alcohol impairs your senses, distorts your perspective of risk and your own abilities and increases the chance of hypothermia.

**MANY PEOPLE,  
INCLUDING STRONG  
SWIMMERS, CAN  
BE OVERCOME BY  
HYPOTHERMIA IN  
COLD WATER AND  
DROWN.**