



**CANADIAN
RED CROSS**

Ice Safety

“Think Twice, Thin Ice”



Goal of this program

To teach skills that will create safer communities that will lead to a decrease of fatalities from cold water immersion



Material to be covered

- Preparing to go out on the ice
 - Ice Facts
 - Staying safe
- Surviving an incident on the ice
- Helping someone else survive an Ice emergency
 - Rescue techniques
 - The H.E.L.P position
 - The Huddle
- Treating Hypothermia
 - Conclusion

Preparing

The “Safety Zone”

Call the **local authorities to test** for ice thickness;

If they are not available, get an adult to check;

The ice should be:

- **15cm** (or 6 inches) for walking/skating
- **20cm** (or 8 inches) for skating parties
- **25cm** (or 10 inches) for motorized sport utility vehicles

Preparing to go out on the ice

What are some basic things you should do when preparing to go out for a day on the ice?

Preparing

Wear warm layers of clothing

Wool hat (50% of your heat is lost through your head)

Mittens (more effective than gloves)

Wool socks

First aid kit

Reaching assists (ladder, rope)

Matches in water proof container

Bring a friend or family member

Preparing continued

Bring rescue equipment- just incase

Be aware of changing ice conditions when on the ice

Know what to do if you or someone else falls through

PFD or Life jacket

Whistle

Write a day plan out, explaining where you're going to be for the day and when you are expected to return, leave it with a friend or family member

Ice Facts

Ice covered water is NOT ALWAYS fully safe;

It takes a week of consistent “below zero” temperatures before the ice is ready for safe testing;

It takes longer for salt water to freeze than it does for fresh water

Snow acts as an insulator and prevents the ice from freezing completely



Ice Facts continued

Clear blue ice = Strongest

White opaque ice = contains air, but is strong

Grey or dark ice = extremely dangerous!!



Staying safe

- No floating ice can be considered safe!
- Only use ice that has been measured for safety (The safety zone)
- Know you're limitations and responsibilities
- Be aware of changing weather conditions and its effect on the ice surface

Surviving an incident on the ice

Falling through the ice when you're alone

REMAIN CALM!

Break away the thin pieces of ice and place your hands and arms on the thicker unbroken ice;

Start pulling yourself forward on the ice by kicking your feet;

Once you're lying on the ice- DON'T STAND UP!

Roll away from the opening to safety.



Surviving an incident on the ice continued
**when you with or come across someone who fell
through the ice**

DO NOT RUN to them;

Call out for help;

Use a rope, stick, or scarf to reach out to them while you are lying down to ensure you don't get pulled in to the water as well

Tell them to kick their feet as if they were swimming and pull them to safety

Get them to roll away from the danger

Seek medical attention immediately.

Rescue techniques

If a person falls through ice, and there is more than one person on solid ground, form a chain of bodies from a secure location out to the fallen person



Rescue techniques continued



The H.E.L.P Position

HELP= Heat Escape Lessening Position

If you can't pull yourself out of the water and there is no one around to help you, use the HELP position! (fetal position)

- head out of water;
- arms crossed around chest, hands in armpits;
- feet crossed and legs raised;
- use the distress whistle on PFD.



The Huddle

Use this position if you're with a group of people;
You may be able to increase your survival time by
50%!!

Huddle with everyone's chest and sides close together;

Intertwine legs and extend arms around each other.



Treating Hypothermia

- Get the person out of the cold, and remove any wet clothing;
- Cover with blankets or sleeping bag (keep head and neck covered);
 - Offer a warm, non-alcoholic drink if they are conscious;
- They should be checked by EMS or medical staff ASAP.

Conclusion

PREPARE- STAY SAFE- SURVIVE

- Winter is a great season to be active and to have fun, but you must remember that when you are on the ice that it has to be at least 15 cm thick
- Bring rescue equipment and know how to rescue yourself or others

Conclusion continued

- Don't go alone
- Dress warmly
- Only go on ice that has been checked for safety
 - If someone is in trouble, Call 9-1-1

