

Water Safety on the Ice

Tips for staying safe on the ice

Be Water Wise on Ice

Ice Safety Tips:

- Never go on ice that is less than 4" thick
- Only go on clear, thick ice cloudy ice is unsafe
- Wear a life jacket for warmth and safety
- Dress warmly in layers
- Always keep pets on a leash if a pet falls through the ice, do not attempt a rescue - call for help
- Always go out with a partner and inform others of your plans
- Have an emergency plan and carry a first-aid kit, extra clothes, and blankets for emergencies
- Obey the signs





What to do if you fall in the ice?

- Force Yourself To Stay Calm. Because the water is so cold, your body immediately goes into shock in response to the frigid temperature
- Keep your head above water
- Focus on getting out
- Stay Horizontal increase your surface area on the ice to distribute your weight
- Roll yourself across the ice



https://www.youtube.com/watch?v=7PA-GzpcgIA Reach, Throw, Talk, Don't Go!

- If someone is having trouble in the water, call for help first
- Reach, throw, talk, don't go



Learn CPR

- It can save a life!
- Contact us for upcoming classes or to form your own with 4 or more participants



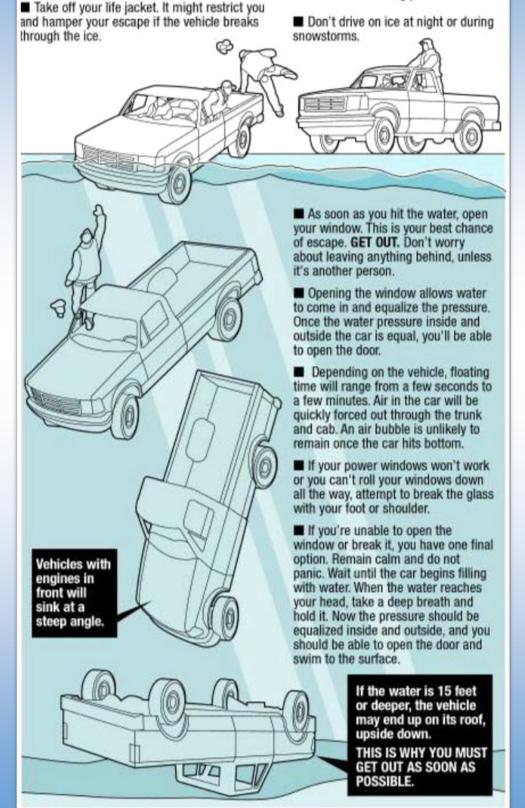
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SURVIVING AN ICY PLUNGE

Driving on ice-covered lakes can be a foolhardy excursion. As numerous drivers learn each winter, a couple of tons of steel and rubber is often more weight than a few inches of ice can bear. Soft spots, shifting ice or snow-covered cracks can quickly turn a drive into a life-threatening frigid plunge, but there are some actions drivers and passengers can take in such emergencies.

When driving on ice you should drive with the windows and doors slightly open.

Don't park near cracks or pressure ridges, which often represent the boundaries of moving plates of ice.



Accessed from: FACEBOOK Page: Friends of Lake Eau Claire