



# 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



**Ice is Never 100% Safe!**  
Minimum Ice Thickness Guidelines for New Clear Ice Only

4"	5"	8-12"	12-15"	

**Ice Safety Tips**

- Double the thickness guidelines for white or snow-covered ice.
- Carry two large nails to use as ice picks if you fall through.
- Avoid pressure ridges and areas with current.
- Warn children about the dangers of thin ice.
- Don't drive on the ice at night.
- Avoid alcoholic beverages.

[mndnr.gov/icesafety](http://mndnr.gov/icesafety) DEPARTMENT OF NATURAL RESOURCES

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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.

■ Take off your life jacket. It might restrict you and hamper your escape if the vehicle breaks through the ice.

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

■ Don't drive on ice at night or during snowstorms.

