

## Ice Safety

### + What to do if you fall through the ice

1. DO NOT PANIC
2. Grab on to the ice in the direction you came from. Since the ice was strong enough to hold your weight before, it should be sturdy enough to crawl back on to.
3. Chip away any thin ice that remains in front of you.
4. With your elbows on the ice move your lower body into a horizontal position and kick your feet vigorously to push yourself out of the water while then using your arms to pull yourself along. DO NOT STAND! – ROLL OR CRAWL TO SAFETY
5. If you can't get out, stop moving to save heat and avoid exhaustion. Put your arms as far in on the ice as possible and don't move them. Chances are they will freeze to the ice, keeping you from slipping in to the water if you lose consciousness and giving rescuers more time to get to you.

### + What to do if someone else falls through the ice

1. DO NOT PANIC
2. If you are near, crawl or roll away from the area
3. Tell the person to keep calm
4. Instruct them on the steps involved in getting themselves out of the water (steps are listed above) Use a reaching or throwing assist to try and pull them to safety while maintaining a safe distance yourself  
**Note:** If you have no choice, you can extend an arm to help a person to safety. Be careful as it is possible for you to be pulled into the water as well. If there are others nearby you can form a "human chain" by lying on the ice and grabbing each other's ankles. Make sure everyone has a good grip before reaching the victim. When the victim has been pulled to safety everyone should roll or crawl away from the broken ice.
5. Both you and victim should roll or crawl to safety when possible.
6. Once safe, call local emergency service and care for hypothermia and any other injuries.

