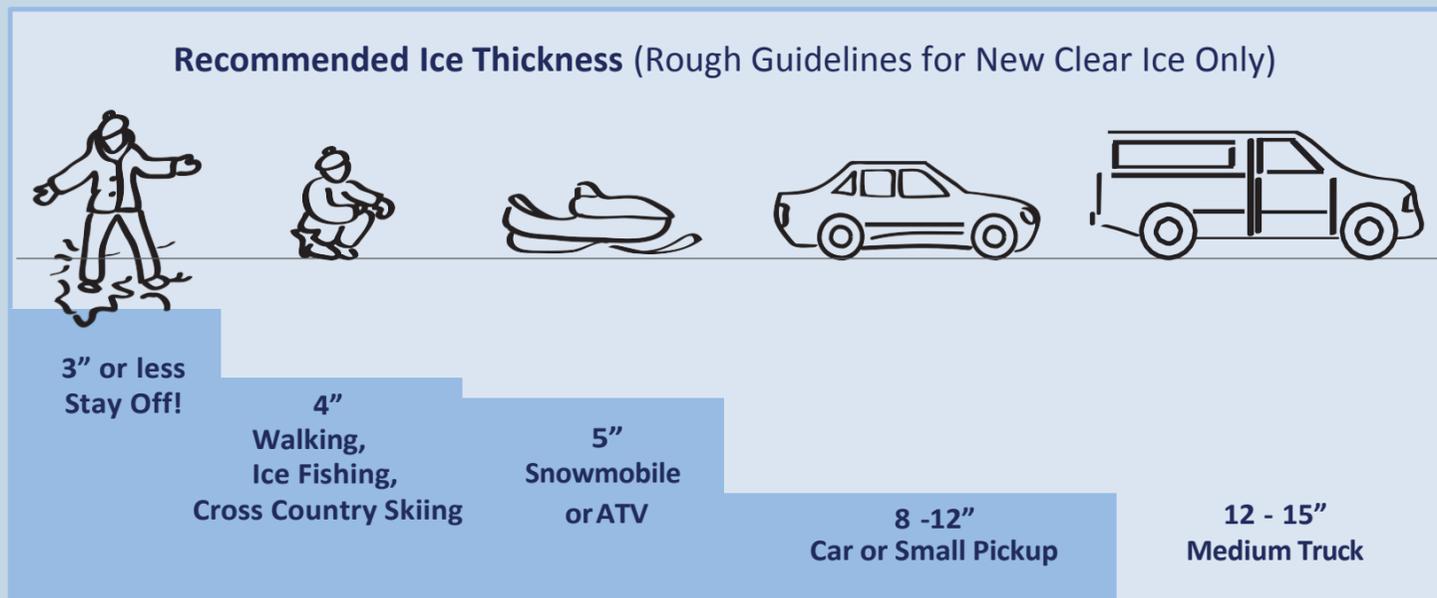




Know the Limits

All ice has risks. Reduce your risk. Know before you go how much new, clear, hard ice is needed to support you and your gear.



What to Do

If Ice Cracks Under You

- 1 Do not run.
- 2 Lie on your stomach and spread your arms and legs.
- 3 Roll away from the crack with arms and legs straight.

If You Fall In

- 1 Stay calm. Face the direction you came from.
- 2 Put your hands and arms on top of the unbroken ice. Get a grip with anything sharp.
- 3 Lie flat in the water, kick your feet and pull yourself up onto the ice. If the ice breaks, try again.
- 4 Once you are on the ice, don't stand up. Roll away from the hole until you are on solid ice.

Ice Rescue

Call 911 or send for help. Do not become a second victim. Follow these 4 steps:

Preach: Shout to the victim to hang on, help is on the way.

Reach: Stay away from the edge of the hole. Reach out with a long stick, a fishing pole, clothing, or anything. Crouch or lie down to avoid being pulled into the water.

Throw: Throw a life ring or anything that floats for the person.

Don't Go: Never enter icy water unless you are trained. Even the strongest swimmer can drown trying to help others.