

Don't Break the Ice!

It was a beautiful day for hockey. Ethan and his buddy set out to the supervised skating area of the pond with their warm clothes and hockey sticks. They checked the hole that their dad had chopped in the ice to make sure that the **thickness** was at least 10cm (4"). Then they checked around to make sure that all of the ice was clear hard, new ice. They had learned in school that clear hard new ice is the **safest ice** and that **unsafe ice** is covered in snow, is **slushy** or is near moving water.

Just then they noticed someone walking on their own, outside the **supervised** skating area. It was near the current and the ice was **slushy**. The boys knew to avoid this area.

All of a sudden the boys heard a big crack! They saw the person fall through the ice. The boys grabbed their hockey sticks to use as a **reaching assist** and called for someone to get **help!** Then they ran over to get a closer look at what was happening.

They told the boy to relax and not to panic. They yelled out the following instructions: "Put your wet glove on the ice. It will **freeze** to the ice and give you something to pull on. Kick your legs slowly and pull forward on your stomach until your hips are at the edge of the ice. Now roll away from the hole. Do not stand up until you are far away from the hole."

They reached their sticks out and the boy grabbed on and let them pull him to safety. He was very cold. When the body loses heat faster than it can produce heat, it is called hypothermia, and this can be very dangerous.

They gave the boy their coat to help him to **get warm**, as they were afraid he would lose too much body heat and get **hypothermia**. They knew they must immediately take the boy to get warm, dry clothes and a blanket and they tried their best to **huddle** close to him, under the blanket, to help bring back his body heat. Slowly they walked with him, to their house that was close by, to get **help**.



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The Lifeguarding Experts

Contact Us:

400 Consumers Road, Toronto, Ontario M2J 1P8

E-mail: experts@lifeguarding.com

Web: www.lifesavingsociety.com

Children 8 years and over – Check the Ice

Don't Break the Ice Crossword Puzzle

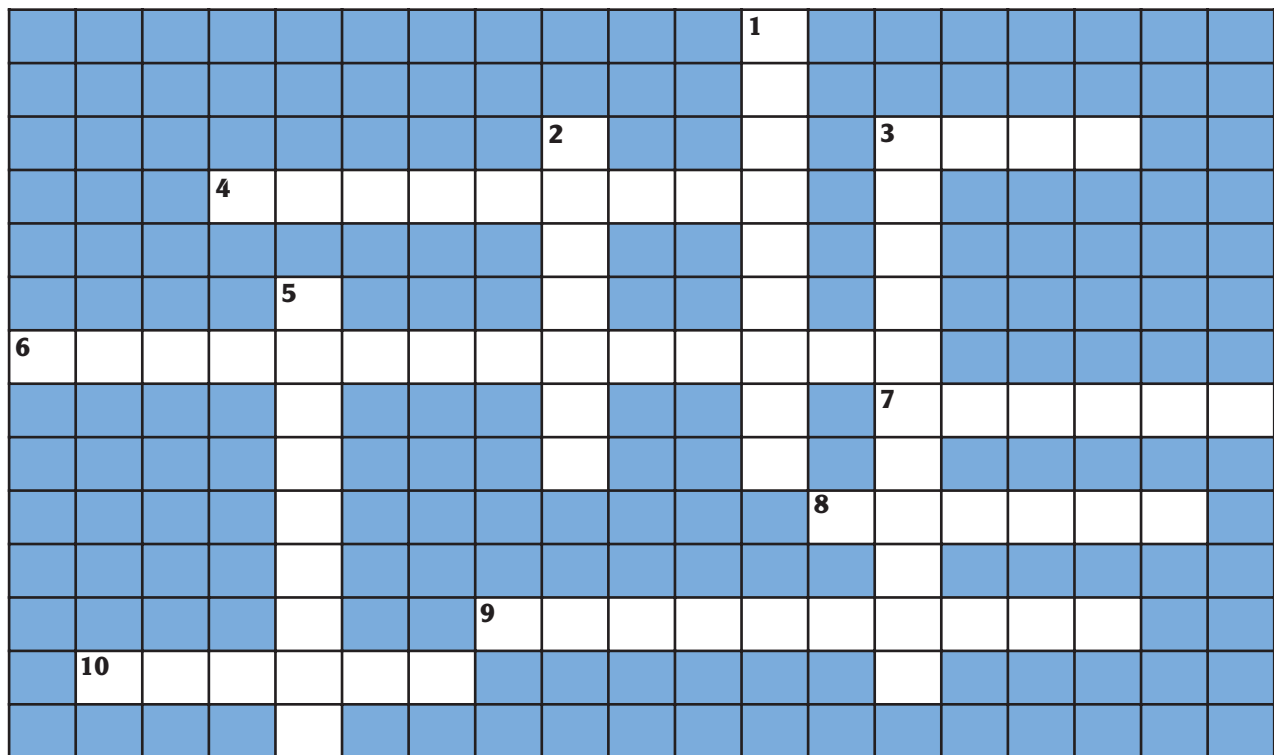
Using the clues below, complete the crossword puzzle and find out how much you know about ice safety.
(CLUE: the highlighted words in the story will help you)

ACROSS

3. If someone goes through the ice, call for _____.
4. _____ is covered in snow or is slushy.
6. Make sure a _____ is near by.
7. It helps to _____ close to the victim under a blanket to help to bring back body heat.
8. Put a wet glove on the ice. It will _____ and give you something to pull yourself up on.
9. Skate in a _____ area.
10. Avoid ice near moving water that is _____ or covered in snow.

DOWN

1. _____ is clear, hard, new ice.
2. It is important to _____ by getting dry clothes and a blanket.
3. When your body loses heat faster than it can produce it, it is called _____.
5. Chop a hole in the ice to measure _____.



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