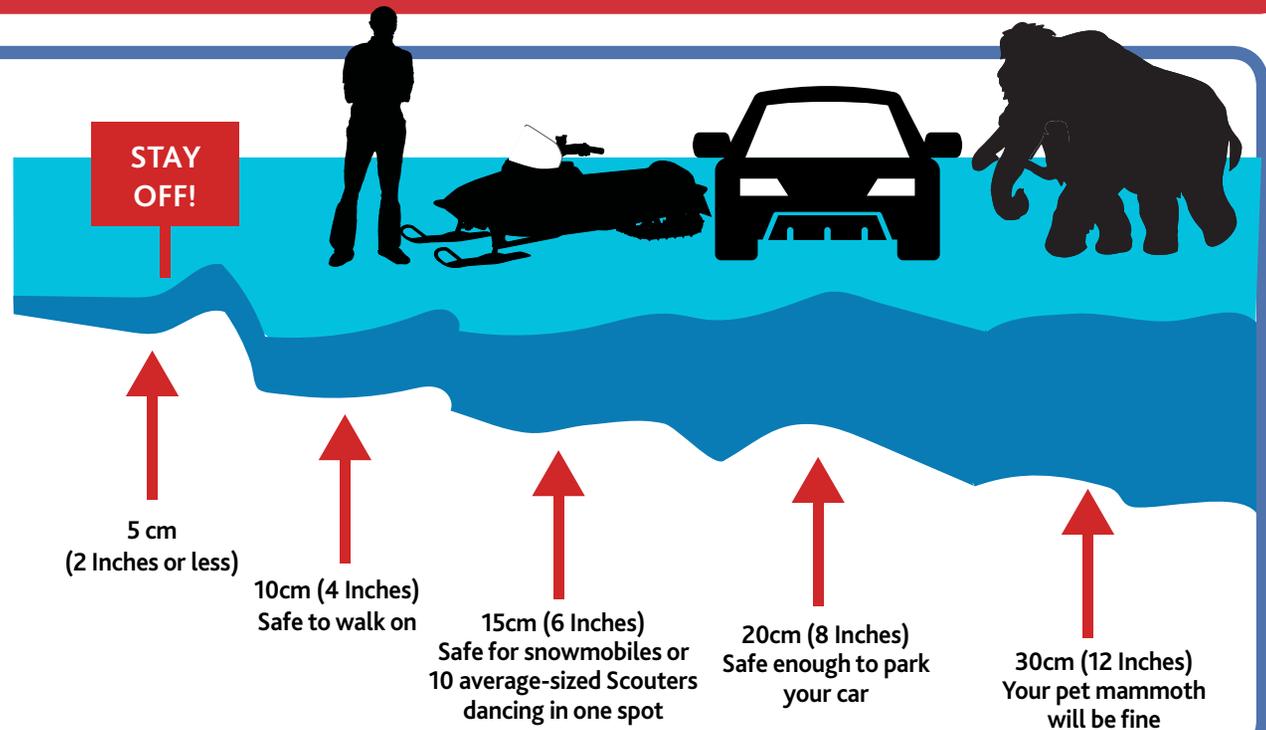


Don't walk on "thin ice" when it comes to ice safety! Check out these facts and tips for your next arctic adventure.

Pro Tips:

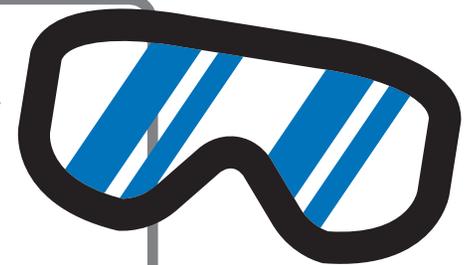
- Check local conditions and advisories before leaving
- Avoid rivers and lake shorelines, where even ice that looks solid is weak
- Snow over ice acts as an insulator – it makes ice warmer and weaker
- Never walk or drive on cloudy ice – only go on clear, thick ice
- Extreme cold snaps actually weaken ice
- When in doubt, stay away from the ice!



Gear to Consider

- Wear bright colours to increase visibility
- Wear layers: thermal underwear, wool or synthetic mid-layer, insulated shell
- Wear a scarf, hat and waterproof mittens (remember the wind chill!)
- Ice picks or ice claws
- A throw rope
- Test pole to check thickness of ice
- Campons to aid in traction and prevent slips (Yak traks are available at your local Scout Shop)

- Goggles to prevent snow blindness (Snow blindness can occur when outside on the ice, especially when there is a lot of snow and ice around. If repeated, snow blindness can cause damage to eyes over the long term. Wear goggles or sunglasses with UV protection. Polarized lenses are particularly well suited for outdoor activities in the snow or on water.)



ICE RESCUE

If someone falls through the ice DO NOT approach the hole. The fragile ice can easily break and you may fall through as well.

- 1) Call for help.
- 2) Help from a distance – use encouragement. Tell the person to stay calm. Use a ‘long assist’, like a rope, ladder, hockey stick, etc.
- 3) When the person in the water grabs the assist, gently pull to ease them out.
- 4) Ask them to crawl along the ice with feet spread.
- 5) Get the victim to a warm location. Remove wet clothing and provide a hot drink. Treat for hypothermia, if necessary, and transfer to emergency responders.

If you fall through the ice:

- 1) Stay calm.
- 2) Turn toward the direction you came from and place your hands and arms flat on the unbroken ice.
- 3) Kick your feet and try to push yourself up on the unbroken ice on your stomach (like a seal).
- 4) Once on the ice, DO NOT stand up. Roll away from the broken ice until you are on solid ice or ground.
- 5) Get yourself to a warm location. Remove your wet clothing and have a hot drink. Call for emergency responders, if necessary.

Hot Chocolate Recipe

- Hot chocolate powder mix
- Small marshmallows
- Water for mix
- Add some marshmallows and mix to a mug. Ladle in hot water.
- Stir and let marshmallows melt.
- Add a few more marshmallows for the top. **Enjoy.**

