

# Check the Ice!

Fill in the blanks with the correct word(s) from the list below.

1. Always \_\_\_\_\_ before venturing out.
2. No ice is without some \_\_\_\_\_.
3. You cannot tell the ice thickness by its \_\_\_\_\_.  
Temperature, thickness, snow cover, water depth, size of water body, currents and distribution of the load on top of the ice are all factors affecting ice safety.
4. Be sure to measure clear hard ice in \_\_\_\_\_ places.
5. Ice should be at least \_\_\_\_\_ before walking on it, \_\_\_\_\_ before a snowmobile crosses onto it, \_\_\_\_\_ for a car or small pickup and \_\_\_\_\_ for a medium truck.
6. 1 out of every 12 Canadians who drowns each year plunges to death through \_\_\_\_\_ ice.
7. Hypothermia results from a drop in \_\_\_\_\_ and kills people by reducing their ability to swim or stay afloat.
8. If you do happen to fall through ice, don't panic! Call for help, turn to the direction you came from and place your hands and arms on the \_\_\_\_\_ surface. Kick your feet and try to push yourself on top of the unbroken ice on your stomach like a \_\_\_\_\_. Roll away from the break until your on solid ice.
9. If you see someone fall through ice, call for help and provide help from a safe distance using an \_\_\_\_\_ such as a scarf, hockey stick or rope.
10. Always have \_\_\_\_\_ and play with a \_\_\_\_\_!

seal

buddy

check the ice

8-12" or 20-30 cm

unsafe

12-15" or 30-38 cm

4" or 10 cm

several

appearance

risk

5" or 12 cm

body temperature

unbroken

parent supervision

assist



LIFESAVING SOCIETY

*The Lifeguarding Experts*



**Children 8 years and over – Check the Ice**

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