



Swim to Survive®

Don't Break the Ice!

It was a beautiful day for hockey. Nazim, his mom, and his friend, Hayley, set out to the cleared skating area of the pond with their warm clothes and hockey helmets and sticks. They checked the hole that Hayley's dad had chopped in the ice to make sure that the thickness was at least 10 cm. Then, they checked around to make sure that all of the ice was clear, hard, new ice. In school, Nazim and Hayley had learned 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 Huan walking by himself, outside the cleared skating area. It was near the current and the ice was slushy. Nazim and Hayley knew to avoid this area, so they called over to Huan warning him not to go there. Huan did not hear their advice and continued on his way.

All of a sudden the friends heard a loud crack! They saw Huan fall through the ice. Immediately, Nazim called for help! Nazim's mother called emergency assistance (911) and ran to help. As Nazim's mother ran closer to Huan, Hayley gave her a hockey stick to use as a **reaching assist**.

Nazim 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."

When Nazim's mom got near Huan, she reached the stick out and Huan grabbed on. She pulled him to safety. He was very cold, so Nazim gave the boy his coat to help him to get warm. He was afraid Huan would lose too much body heat and get **hypothermia**. He knew this could be very dangerous.

Another skater helped by getting a blanket from a car and called Huan's father. While waiting, Nazim and Hayley tried their best to **huddle** close to Huan to help bring back his body heat.

Later, when walking back to their homes, Nazim and Hayley were tired from their adventure but happy that they knew how to help when Huan had fallen through the ice.