

ACTIVITY 2.1 – SAFE BEHAVIOURS

OBJECTIVE: Discover, through the English program, which safe behaviours should be adopted when being near iced bodies of water.

ACTIVITY 2.1.1 - DISCUSSION

Time required: 20-30 minutes

Competency: To communicate verbally

Part 1: Reading “The Hockey Game” story

Part 2: Discussing story with students

ACTIVITY 2.1.2 – READING COMPREHENSION

Time required: 20-30 minutes

Competency: To read various texts

Part 1: Reading “The Hockey Game” story

Part 2: Answering reading comprehension questions

ACTIVITY 2.1.3 – SPELLING

Time required: 5-10 minutes

Competency: To write various texts

Complete the sentences: circle the correctly spelled words

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Text for activities 2.1.1 and 2.1.2

THE HOCKEY GAME

It is a beautiful and sunny day. Mario, Victoria, Nathan and Laurie decide to go play hockey on the ice rink they have made with their parents. The ice rink is on a pond just next to the house. The kids dress up warmly and put on a personal flotation device, since there will be no adult with them. Once they are ready, they take their hockey sticks and pucks and leave the house.

When the group arrives at the ice rink, Victoria verifies the ice thickness to make sure it is at least 10 centimeters thick. The kids have learned at school that ice is safest when it is new, clear, hard, and has a bluish color. They also know that it is dangerous when it is slushy, covered in snow or located near a current. Mario, Nathan and Laurie make sure the ice meets all these safety criteria, while keeping in mind that no ice is without risk, even thick ice.



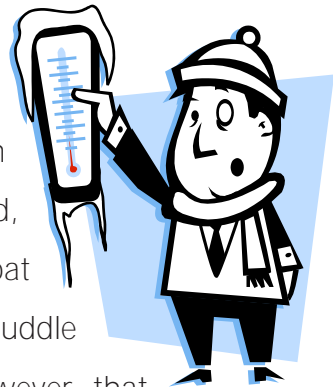
They start playing hockey, but after a while, they notice their friend John walking alone on the lake near the pond. The young hockey players know that they should not go onto the lake, since the ice has not been verified. Moreover, the lake's ice seems slushy, and John is walking near a current.

As the kids try to warn John about how much danger he is in, they hear a loud cracking noise and see the ice collapse under John's feet! Victoria runs for help, while Mario, Nathan and Laurie dash to the lakeshore to get closer to John.

When they arrive at the lakeshore, they see John trying to get out of the water. Staying on the lakeshore, Mario yells the following directions:

1. Stay calm and to stop panicking!
2. Break the thin ice around you.
3. Extend your arms as far as possible on the ice.
4. Kick vigorously and pull yourself forward onto the ice until your hips are out of the water.
5. Roll or crawl away from the hole.
6. Do not stand up until you have reached us on the lakeshore.

After several attempts, John finally succeeds in pulling himself onto the ice and crawls back to the lakeshore, shivering. Nathan remembers that hypothermia is when someone's body loses heat faster than it can be generated, and that it can be very dangerous. Nathan takes off his coat and wraps John in it, and all three friends adopt the huddle position to warm John as much as possible. They know, however, that what he needs are dry clothes and a blanket, so they start walking towards Laurie's house. At that moment, Victoria comes back with her father, who takes care of John.



ACTIVITY 2.1.1 – DISCUSSION

INSTRUCTIONS: After students have read “The Hockey Game”, individually or in teams, the teacher can discuss the story with them by using the following questions.

1. How can you tell Mario, Nathan, Victoria and Laurie’s behaviour was safe?
 - They dressed up warmly and were wearing a PFD.
 - They were playing on ice that had been checked.
 - They checked the ice thickness and its state before playing on it.
2. Why did Mario, Nathan and Laurie stay on the lakeshore instead of going on the ice to help John?
 - During an ice rescue, ensuring our own safety is primordial. It would have been dangerous to get closer to the hole, since the ice could also have collapsed under the children’s weight. The first step of an ice rescue is to talk to the person who fell. An object can then be thrown from a safe location.
3. How thick must the ice be for playing, walking or ice-skating in safety?
 - 10 cm. Never venture on ice if it is thinner than 10 cm.
4. Why was it unsafe for John to walk where he walked?
 - Because the ice had not been checked, it was slushy and near a current.
5. Which 6 steps must be followed if the ice collapses under your feet?
 1. Stay calm and to stop panicking.
 2. Break the thin ice around you.
 3. Extend your arms as far as possible on the ice.
 4. Kick vigorously and pull yourself forward onto the ice until your hips are out of the water.
 5. Roll or crawl away from the hole.
 6. Do not stand up until you have reached the lakeshore.
6. What is hypothermia?
 - Hypothermia happens when someone’s body loses its heat faster than it can be generated. The person is very cold. This condition can be extremely dangerous.
7. How do we face the effects of hypothermia?
 - The victim must be warmed as quickly as possible by:
 - i. Bringing him/her in a warm area
 - ii. Giving him/her dry clothes and a blanket
 - iii. Huddling together as close as possible to share warmth (foetal or huddle position)

Name: _____ Group: _____

ACTIVITY 2.1.2 – READING COMPREHENSION

Mario and his friends are going to play hockey on the pond. They know the safety rules they must observe before venturing on it. Do you know these rules?



INSTRUCTIONS: After reading « The Hockey Game », answer the following questions. Use the text for help!

1. What are the 5 safety criteria that Mario and his friends use to know if the ice is safe?

- a. H _____
- b. C _____
- c. N _____
- d. B _____
- e. At least ____cm thick

2. What are the 3 characteristics of a dangerous ice?

- a. C _____
- b. S _____
- c. N _____

3. When Mario and his friends see John falling into the cold water, they help him by telling him what to do. Place the following steps in the right order:

- a. Kick vigorously and pull yourself forward onto the ice until your hips are out of the water.
- b. Do not stand up until you have reached us on the lakeshore.
- c. Break the thin ice around you.
- d. Roll or crawl away from the hole.
- e. Extend your arms as far as possible on the ice.
- f. Stay calm and to stop panicking.

1. _____ 2. _____ 3. _____ 4. _____ 5. _____ 6. _____

4. Did this really happen in the story? Answer with "true" or "false".

- a. Mario, Nathan, Laurie and Victoria put on a personal flotation device before going onto the ice. _____
- b. Mario, Nathan, Laurie and Victoria did not check the ice thickness and the state of the ice beforehand. _____
- c. John was walking on the ice with his brother Michael. _____
- d. Mario and his friends went closer to the hole and offered their hand to help John. _____
- e. The hockey players all went onto the lake's ice to help their friend John. _____
- f. Immediately after John got out of the hole, he stood up and ran to the lakeshore. _____

5. Who am I?

- a. The body loses its heat faster than it can generate it. The body is in:

- b. Position to adopt to warm up someone who has lost a lot of body heat:

- c. Ice must be at least _____ thick to be safe.
- d. Helps you stay afloat if you fall in water: _____

Name: _____ Group: _____

ACTIVITY 2.1.3 – SPELLING

INSTRUCTIONS: Circle the word that is correctly spelled.

1. Today is a (sonny – sunny) day.
2. The ice rink (is – his) on a pond just next (too – to) the house.
3. The kids dress up (warmely – warmly) and put on a personal (flotation – flottation) device.
4. When the group arrives at the ice rink, Victoria verifies the ice (thikness – thickness).
5. The (kid – kids) have learned at school that ice is safest when it has a bluish color and is new, clear and hard.
6. They know ice is dangerous when it is covered in snow, slushy or near a (current – curent).
7. After a while, they notice (there – their) friend John walking alone on the lake near the pond.
8. They (ear – hear) a loud cracking noise and (see – sea) the ice collapse under John's feet!
9. Mario tells John to roll or (cralw – crawl) away from the (whole – hole).
10. (Extend – Exstand) your arms as far as (posible – possible) on the ice.
11. Nathan takes off his coat and (raps – wraps) John in it.



ANSWER SHEET - ACTIVITY 2.1.2 – READING COMPREHENSION

1. What are the 5 safety criteria that Mario and his friends use to know if the ice is safe?
 - a. Hard
 - b. Clear
 - c. New
 - d. Blue, bluish
 - e. At least 10 cm thick
2. What are the 3 characteristics of a dangerous ice?
 - a. Covered in snow
 - b. Slushy
 - c. Near a current
3. When Mario and his friends see John falling into the cold water, they help him by telling him what to do. Place the following steps in the right order:
 - 1) f) Stay calm and to stop panicking.
 - 2) c) Break the thin ice around you.
 - 3) e) Extend your arms as far as possible on the ice.
 - 4) a) Kick vigorously and pull yourself forward onto the ice until your hips are out of the water.
 - 5) d) Roll or crawl away from the hole.
 - 6) b) Do not stand up until you have reached us on the lakeshore.
4. Did this really happen in the story? Answer with “true” or “false”.
 - a. Mario, Nathan, Laurie and Victoria put on a personal flotation device before going onto the ice. **True**
 - b. Mario, Nathan, Laurie and Victoria did not check the ice thickness and the state of the ice beforehand. **False**
 - c. John was walking on the ice with his brother Michael. **False**
 - d. Mario and his friends went closer to the hole and offered their hand to help John. **False**
 - e. The hockey players all went onto the lake’s ice to help their friend John. **False**
 - f. Immediately after John got out of the hole, he stood up and ran to the lakeshore. **False**
5. Who am I?
 - a. The body loses its heat faster than it can generate it. The body is in: **hypothermia**
 - b. Position to adopt to warm up someone who has lost a lot of body heat: **huddle**
 - c. Ice must be at least **10 cm** thick to be safe.
 - d. Helps you stay afloat if you fall in water: **personal flotation device**

ANSWER SHEET - ACTIVITY 2.1.3 – SPELLING

INSTRUCTIONS: Circle the word that is correctly spelled.

1. Today is a (sunny) day.
2. The ice rink (is) on a pond just next (to) the house.
3. The kids dress up (warmly) and put on a personal (flotation) device.
4. When the group arrives at the ice rink, Victoria verifies the ice (thickness).
5. The (kids) have learned at school that ice is safest when it has a bluish color and is new, clear and hard.
6. They know ice is dangerous when it is covered in snow, slushy or near a (current).
7. After a while, they notice (their) friend John walking alone on the lake near the pond.
8. They (ear) a loud cracking noise and (see) the ice collapse under John's feet!
9. Mario tells John to roll or (crawl) away from the (hole).
10. (Extend) your arms as far as (possible) on the ice.
11. Nathan takes off his coat and (wraps) John in it.