

SELF-RESCUE ON ICE

Activity 2.4
2016-2017



If the ice
collapses
under your
weight...

LIFESAVING SOCIETY



Swim to Survive - Activity 2.4, 2016-2017

1. Stay calm and call for help





2. Break the thin ice around you.

LIFESAVING SOCIETY

Swim to Survive - Activity 2.4, 2016-2017

3. Extend your arms as far as possible on the ice.



4. Kick and pull yourself forward until your hips are out of the water.



5. Roll or
crawl away
from the hole.

6. Never
stand up.



NOW IT'S YOUR TURN!

Several white snowflake graphics of varying sizes are scattered across the top right corner of the slide.

INSTRUCTIONS:

- o Form a team of 4 people.
 - o Create a one-minute scenario about self-rescue on ice. Include a self-rescue demonstration in your scenario.
 - o Present your scenario to the class.
- 
- Several white snowflake graphics of varying sizes are scattered along the right side of the slide.

THIS SIMULATION WAS MADE POSSIBLE BY:



The Sainte-Brigitte-De-Laval municipality:

Claude Côté (Public Security Director), the municipality's emergency response team and Raphaël Brassard (Municipal Councillor).



Volunteer lifeguards:

Mélissa Blais, Hélien Bourgoin, Stéphanie Cliche, Mélina Dufour, Simon Kind, François Mollema, François Morin and Simon Vézina.

Photographers:

Renaud Philippe, Jean-Philippe Laprise and Dominic Talbot

References:

Canadian Lifesaving Manual. Lifesaving Society, 1994, Chapter 3.

Ice, the Winter Killer: A Resource Manual about Ice, Ice Safety, Ice Rescue. Lifesaving Society, 1998.



LIFESAVING SOCIETY

4545, Pierre-De Coubertin Ave
Montreal (Quebec) H1V 0B2
Phone: 514 252-3100

1 800 265-3093

Fax : 514 254-6232

Email : alerte@sauvetage.qc.ca

Web site: www.sauvetage.qc.ca