

If You fall through the ICE

1. Don't panic.
2. Call an adult.
3. Spread your arms across the surface of the ice.
4. Kick into a swimming position and slide on to the ice. If the ice breaks, push your way to thicker ice. Roll away from the hole and crawl to safety.

If Someone Else falls through the ICE

1. Call an adult.
2. NEVER go on weakened ice yourself.
3. Try to reach the person with a pole, rope, or stick and pull the person to safety. If you can, hold on to something solid while you reach out.

Do you and your family practise rescue drills?

