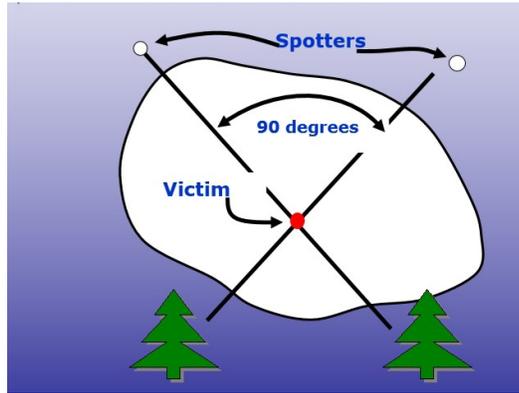


Assisted Ice Rescue Techniques



Someone has fallen through the ice. Your first instinct may be to run to the person's rescue, this can lead to both of you falling into the ice and being just as helpless. You should avoid approaching the hole in the ice unless the victim is unconscious or in imminent danger of slipping into the water and drowning, either from weakness or an inability to swim.



Visually mark the victim's location utilizing shore objects (such as trees or larger rocks) in case the victim submerges.



Lay flat on the ice to spread out your weight if you have to crawl on the ice to get closer to the victim. Extend anything (e.g. board, stick) towards the victim (if possible extend from the



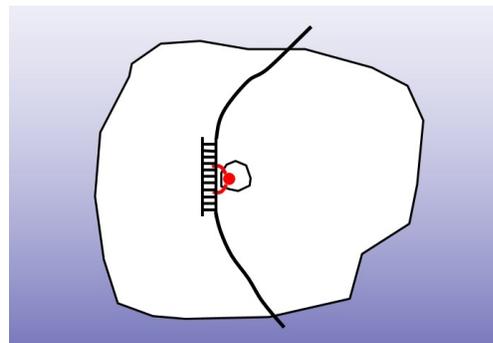
Crawl to the victim. As a last resort, if you do have to approach the hole, then you should still not run or walk, but crawl, to minimize the impact of the weight. Tell the victim to remain calm. Let them know that as long as they stay afloat, they have time to be rescued. Advise them to take deep, slow breaths.



Using a ladder to rescue someone. If a lifejacket is available toss it to the victim and see if they are able to put it on. If there is another lifejacket available, put one on yourself.



Toss the victim a rescue throw bag. Tell the victim to hold onto the rope kick with their legs as if swimming as you try to pull them out of the water and onto the ice. Your own clothes could serve as a line if all else fails: Yes, it means you'll have to tolerate the bitter cold for a few minutes, for the sake of saving the person in distress. If you wear a sweater, or some other item not as bulky as overcoat, attempt to use it first. Tie a knot at the end of each sleeve, hold on to one and throw the other to the victim.



A Ladder and ropes can be used to reach extended distances without leaving the shore.



Use a boat to get to out to the victim. A boat can be pushed across the ice and paddled or rowed if it breaks through the ice.