

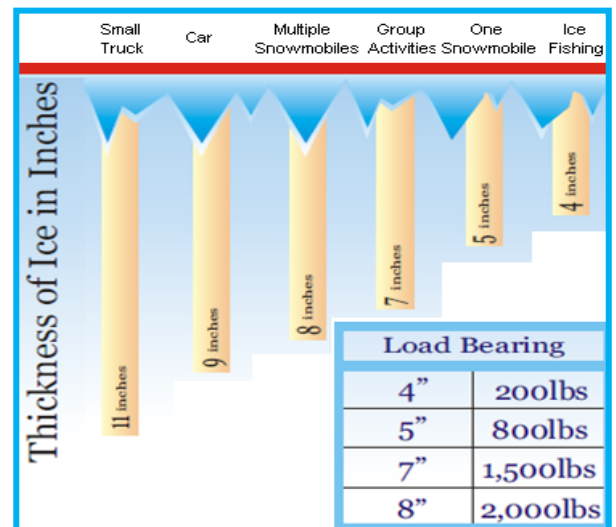
Ice Safety

Playing on ice, skating, lake hockey, ice fishing and snowmobiling are all favourite ways to enjoy the winter. However, cold lake water can pose some serious dangers. Follow these simple safety tips to stay safe on the ice this winter:

1. Use designated ice surfaces.
2. Measure ice thickness in several locations.
3. Always supervise children playing on or near ice.
4. Never skate near pockets of open water on a frozen lake.
5. Keep your dog on a leash.
6. Avoid shoreline and areas of isolated vegetation.
7. Wear a snowmobile flotation suit or a lifejacket.
8. Take safety equipment with you.
9. If you drive on ice, have an escape plan.
10. Never go onto ice alone.
11. Avoid travelling on ice at night.
12. Stay off of river ice.
13. Avoid alcohol.
14. Have an emergency plan.

"The better you swim, the better your chances of rescuing yourself if you fall through ice"

FACT: After as little as five minutes, cold water begins to rob you of your ability to move your limbs. This makes it very difficult for you to get out of the water, no matter how well you can swim!



"Ice forms at the same thickness everywhere on a body of water"

FACT: Ice is rarely uniform in thickness. It can be a foot thick in one place and only an inch thick just 10 feet away. Shoreline vegetation also causes thinner ice.

