

Don't be an Ice Breaker

Can you spot the dangers when colouring in this picture?

If you see someone fall through ice

- ✓ Shout for help. Never go onto the ice. Shout to them to 'keep still' and hold on
- ✓ Try to reach them from the bank
- ✓ Use a rope, scarf, branch or anything else you can find
- ✓ Lie down and hold onto something or get someone to hold your legs - you do not want to get pulled in
- ✓ If you cannot reach, throw them something that floats such as a plastic bottle or football

If you cannot rescue them, stay on the bank until the emergency services arrive.

If you fall through ice

- ✓ Shout for help
- ✓ Spread your arms across the surface of the ice, kick your legs and try to slide onto the ice
- ✓ Lie flat and pull yourself onto the bank

If the ice breaks

- ✓ Work your way to the bank breaking the ice in front of you

If you cannot climb out, hold on, wait for help and keep still to save heat and energy.

You must always go to hospital immediately after being in icy water



Activity

What makes a good rescue aid?



- You will need:
- A selection of items like a length of rope, scarf, clean plastic drinks containers, a ball and old clothing for example the list is endless.
 - Choose an object they could use as a rescue aid.
 - How useful are the rescue aids. Do they sink or float - do you throw or reach etc?
 - Transfer to pool to test usefulness if possible.

Word Search

- COLD
- WET
- REACH
- ICE
- DANGER
- SHOUT
- AID
- CASUALTY
- TIRED
- FREEZING

R	S	C	A	S	U	A	L	T	Y
E	S	M	X	N	F	D	W	I	N
A	I	D	R	L	R	N	H	R	L
C	W	B	E	H	E	D	W	E	T
H	O	E	M	L	E	R	I	D	B
E	L	L	M	O	Z	I	S	W	E
R		R	D	U	I	R	H	M	U
B	E	I	J	L	N	B	O	E	W
Z	H	L	C	V	G	O	U	I	M
D	A	N	G	E	R	L	T	N	D

Objective:
How to rescue a person who has fallen through ice

- You will need:
- 1 rescuer
 - 1 casualty or cut out body
 - A selection of rescue aids
 - A blue mat or something similar to be the ice

Teacher Activity



Discuss what aids you could use. Remember to shout for help and get someone to hold your legs. If using a casualty note how difficult it is to pull them in



Teacher Activity

- Objective:
To illustrate how cold open water is to a swimming pool.
- You will need:
- 1 bowl with warm water
 - 1 bowl of cold water
- Place your hand in one bowl followed by the other.
- Discuss how it felt