

## ICE PLAN

Complete this page before you go out on the ice. Leave it with a reliable person who will notify the Coast Guard or other rescue organization if you do not return as scheduled.

1. Number of persons on the ice: \_\_\_\_\_

Name            Age            Address & Phone No.

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

2. Do any group members have medical conditions?

Yes    No    Explain \_\_\_\_\_

3. Trip Expectations: Leaving at \_\_\_\_\_

From \_\_\_\_\_

Going to \_\_\_\_\_

Expect to return by \_\_\_\_\_ (time/date)

But not later than \_\_\_\_\_ (time/date)

4. Description of ice conveyance (vehicle):

Type \_\_\_\_\_ Color \_\_\_\_\_

Reg # \_\_\_\_\_ Make \_\_\_\_\_

5. Protective equipment (circle as appropriate):

Life Jackets    Dry Suit    Ice Picks

Flashlight    Rope    Length of line

6. Radio/cell phone: Yes    No    # \_\_\_\_\_

7. Vehicle/tow or transport information

License # \_\_\_\_\_ Type \_\_\_\_\_

Make \_\_\_\_\_ Color \_\_\_\_\_

Location \_\_\_\_\_

8. Purpose of trip \_\_\_\_\_

If not returned by \_\_\_\_\_ (time/date)

Call the Coast Guard or local authority at:

Phone # \_\_\_\_\_


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Ninth Coast Guard District  
1240 East 9<sup>th</sup> Street  
Cleveland, OH 44199  
Phone (Non-emergency) (216) 902-6020

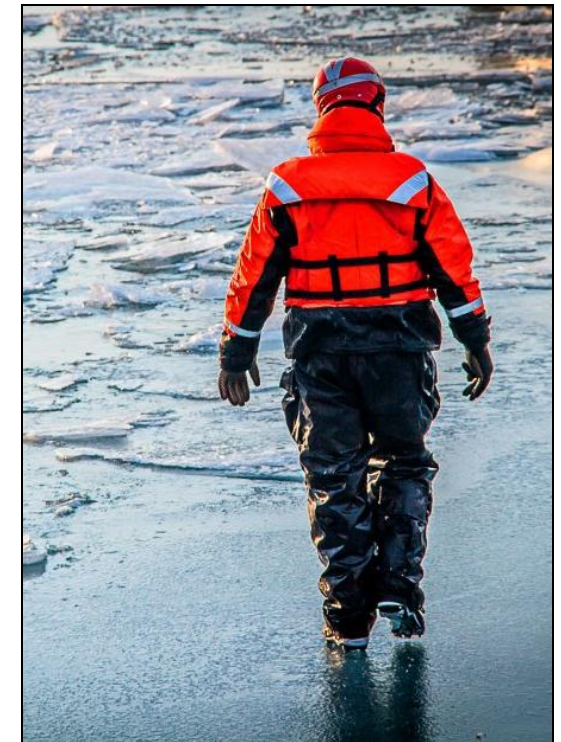
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**THE U.S. COAST GUARD  
RECOMMENDS**

# THINK TWICE WITH ICE

**TIPS FOR STAYING SAFE ON THE  
GREAT LAKES IN THE WINTER**



## THINK TWICE WITH ICE

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**Exercise caution** while enjoying the natural beauty of the Great Lakes, especially in winter. Varying levels of ice thickness are common on the Great Lakes, and weather plays a major role in the types of ice you may encounter.

For ice to form, freezing temperatures must be present for a continual period. This constant freeze will soon cause an ice sheet to form on the surface of the water. The ice actually grows downward from this floating surface.

Throughout the season, snow that builds up on top of the ice sheet will cause the ice to be less dense. The snow will cover up the danger signs of hazardous areas and will add additional weight.

**Wind** affects ice thickness and speed of formation. Wind can rapidly alter an ice pack by separating and creating ice floes, which can cut off your return path to land.

**Water currents**—particularly around narrow spots, bridges, inlets, and outlets—present a greater risk of thin ice. Driving over an ice sheet can cause an “underwater wake” that will bounce off the bottom and then strike under the ice surface, which can cause cracks.

**New ice** is stronger than old ice. **Clear blue** ice is stronger than ice that is white, cloudy and mixed with snow. **Pack ice**, formed by ice floes, has many weak joints and is unsafe to be on. **Border ice**, found near the shoreline, forms first and will stay strong late into the season. Be wary of ice degradation. At the beginning and end of the season, the ice will begin to degrade when the air temperature is above 32° F.

## ICE SAFETY

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If you plan on venturing out onto the Lakes in the winter, remember the acronym “**ICE**,” which stands for *Intelligence, Clothing* and *Equipment*.

- **I**nformation – Remain intelligent by checking weather and ice conditions before going out. Know your intended destination on the ice, and know how to call for help.
- **C**lothing – Wear sufficient clothing to prevent hypothermia. Choose bright colors and reflective garments to aid searchers if you end up needing help.
- **E**quipment – Never venture onto the ice without proper safety equipment: a marine radio, a Personal Locator Beacon, life jacket, and screw drivers or ice picks, which may allow you to pull yourself out of the water should you break through the ice.
- Always tell someone when, where and with whom you are going. Leave behind an **ice plan** (see reverse).
- **Travel in pairs**, staying several yards apart to ensure that, if the ice opens, both individuals don’t fall through.
- **Spread your weight** over a large area. If you hear or see cracking, get low on the ice with your arms and legs spread to distribute your weight. Crawl or roll back to shore if necessary.
- The only real way to know ice thickness is by getting a sample or boring a hole, but remember that ice thickness varies.

## STAGES & SYMPTOMS OF HYPOTHERMIA

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- **MILD** – Conscious and oriented, shivering, able to assist self or others
- **MODERATE** – Conscious but disoriented, shivering stops, may not be able to assist self or others
- **SEVERE** – Unconscious, muscles rigid, unable to assist

## TREATING HYPOTHERMIA

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- Handle the victim carefully
- Get the victim indoors and remove wet clothing
- Dry victim promptly and wrap in blankets
- Transfer victim to medical authorities as soon as possible

## AVOID THE FOLLOWING

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- Never rub or massage the extremities
- Never give alcohol or caffeinated products
- Never apply ice
- Never apply external heat directly to the body
- Never allow the person to smoke
- Never allow a rescued person to walk until cleared by medical staff