



**1. Stay on safe surfaces and away from hazardous areas such as streams and river**

Ice should be checked regularly to ensure that it is thick enough and strong enough for recreational use.

**2. Measure ice thickness at several points.**

Local conditions such as currents and water depths can affect ice thickness. Consult knowledgeable locals.

**3. Never go out on the ice alone.**

Someone with you could rescue you or go for help if you run into difficulties. Before leaving shore, tell someone where you're going and what time you'll be back.

**4. Dress warmly.**

Wearing several layers of clothing allows you to remove or add pieces for optimum comfort in all circumstances. Don't forget the extremities: waterproof boots, warm gloves and a well-lined toque help keep the heat in.

**5. Carry your safety equipment with you at all times.**

Ice picks, worn around the neck with a string, are indispensable on frozen water. Make sure you have a rope and a small personal safety kit in your pocket.

**6. If you're driving on ice, be ready to react.**

Turn on your headlights, open your windows, unlock your doors and make sure your seatbelts are not buckled, so you can escape quickly from your vehicle if the ice gives way under its weight.

**7. Always keep an eye on children and accompanying persons.**

Children must always be under the active supervision of an adult. If they are not within arm's reach, they have ventured too far.

**8. Be aware of the dangers of ice rescue.**

Rescuing another person from the ice can be dangerous. The safest way to perform a rescue is from the shore. If you see someone in trouble, call 911.



*A publication from your local fire department in collaboration with l'Association des gestionnaires en sécurité incendie de la Vallée de la Gatineau*