

Self Ice Rescue Techniques

Video of a self rescue: <http://www.youtube.com/watch?v=Wz3gy5XyaBo>



Be prepared. Carry safety spikes (nail in one-inch-dowels), waterproof matches, dry clothes in a waterproof bag, food, water.



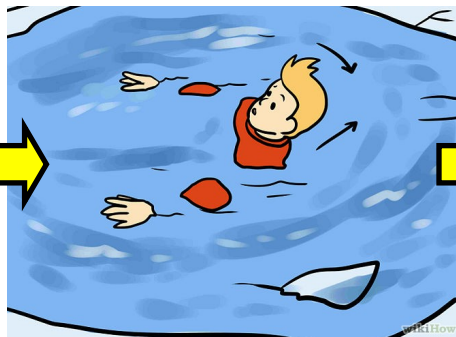
Flare your arms out to the side to keep them above the ice. Hold your breath and lean back a little to help avoid submersion..



Keep calm. The body will react by a “cold shock”. Do not panic, you’ve got 2 to 5 minutes before you lose strength and coordination.



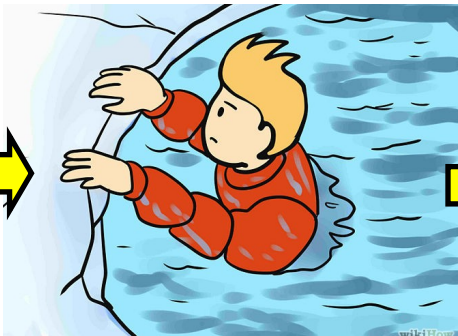
Find the hole. If ice is covered with snow — hole will be darker. Ice without snow — hole will be lighter. Look for contrasting color.



Stay afloat. Tread water. Don’t worry about getting out right away. In the first minute you should just concentrate on keeping afloat.



Control your breathing. Concentrate on slowing your breathing. Hyperventilating & gasping from cold shock can last up to 4 min.



Face the strongest part of the ice. Generally, the strongest ice will be that you were on just before you fell through. Place your arms on ice.



Do not try to push yourself up with your arms on the edge of the ice. That would be concentrating your weight and break the ice.



Swim yourself back onto the ice. Get your body as horizontal as possible, lean forward and kick your feet as if you were swimming.



Roll away from the hole or crawl on your belly until you are several feet from the hole, then crawl on your hands and knees.



Retrace your footsteps back to shore as the ice you crossed earlier held up under your weight until the breaking point.



Warm up and get help. If you are in the wilderness, start a fire. Warm up your core from the inside—get some hot liquids in your