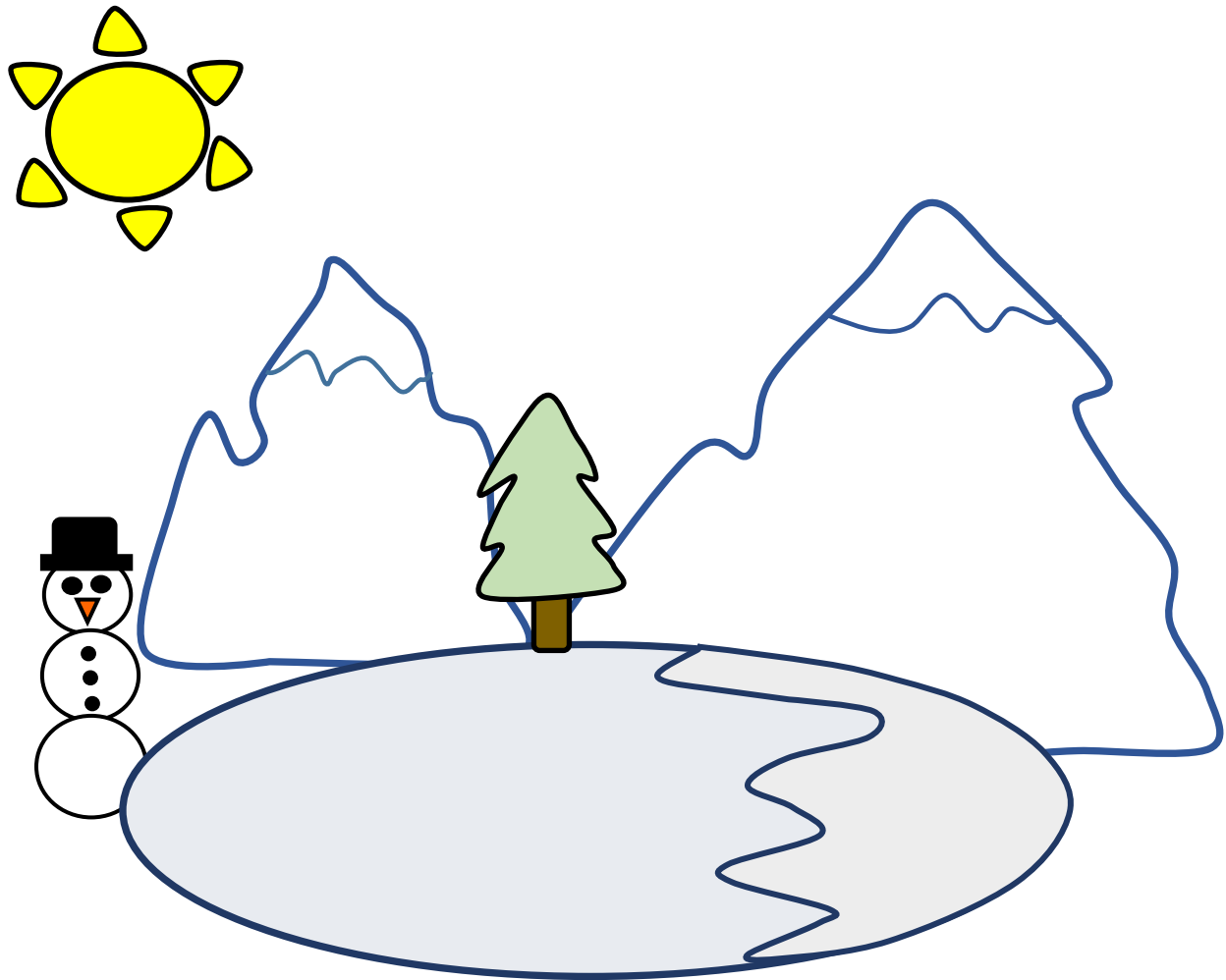


Winter Water Safety Information



Disclaimer:

While we aim to provide fully accessible content, there is no text alternative available for some of the content in this document. If you require alternate formats or need assistance understanding our maps, drawings, or any other content, please contact us at 416-392-1368/416-392-0157 or email [Janet Stamers/Giselle Vidad](mailto:Janet.Stamers/Giselle.Vidad).

Important Cold Water and Ice Safety Information

Before you venture out this winter, review the information below. This information will assist you in making the right decisions near open bodies of water.

1. It is important to check the colour and thickness of the ice before skating or walking on any body of water.

- Before stepping onto the ice, determine the strength by completing a colour and thickness test.
- Blue ice is the strongest and grey ice is the weakest.
- Recommended ice thickness:
 - 3" (7cm) or less - STAY OFF
 - 4" (10cm) - ice fishing, walking, cross country skiing
 - 5-7" (13-18cm) - one snowmobile or ATV
 - 8"-12" (20-30cm) - one car, group of people
 - 12"-15" (30-38cm) - one medium truck (pickup or van)

2. Weather and Location Conditions

- The weather can affect the condition of the ice.
- Rain or snow can make it difficult to determine the thickness and colour of the ice.
- Mild temperatures can thaw the ice making the surface slippery and weak.

3. Safety Tips (These safety tips were adopted from the [Lifesaving Society](#))

- Avoid activities such as skating or walking on open bodies of water (e.g. lakes and rivers). The thickness of the ice can change if water levels change.
- Find locations designated supervised. Ice thickness will be tested and maintained.
- When possible, avoid activities on ice alone. If you are alone, inform a friend or family member.
- In the event of an emergency, call for help as soon as you are able to.
- Stay as low to the surface of the ice as possible and use your arms to provide support if you fall through.
- Look for safety equipment nearby to assist others that might be in danger.
- Wear a helmet, gloves, and warm clothing for protection.

Additional Cold Water and Ice Safety Resources

The Lifesaving Society, one of our partnering organizations, has a variety of water safety resources for every season.

Please click on the links below to obtain more water and ice safety information:

[Cold Water and Ice Safety](#)

[Ice Thickness](#)

[Know Before You Go](#)

[Water Safety and Electronics](#)

Cold Water and Ice Safety Activities

Here are some fun and educational activities that will prepare you for your adventures outdoors this winter.

Activity: Make your own frozen lake

Materials:

- Freezer safe bowl or container of choice (i.e. plastic bowl or food container)
- Water
- Freezer
- Various weighted objects (e.g. toy car, key, pop can)
- Blue food colouring (optional)

Instructions:

1. Fill bowl/container $\frac{3}{4}$ full with tap water, add a few drops of food colouring if desired and place it into the freezer.
2. After approximately one hour (or two hours for larger containers), take the bowl out of the freezer.
3. Using various weighted objects, place one object at a time onto the ice that formed in the bowl.
4. Depending on the thickness of the ice and the weight of the object, some objects will stay atop of the ice while others will fall through.
5. Repeat steps 2 and 3. Add an additional hour to the freezer time each time the activity is repeated.
6. If desired, repeat activity with different sized containers and different levels of water (e.g. fill bowl/container $\frac{1}{4}$ or $\frac{1}{2}$ full with water). This will show how long it takes for different sized bodies of water to freeze.

Disclaimer:

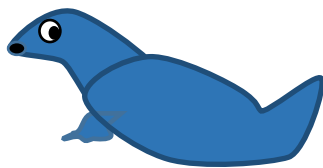
While we aim to provide fully accessible content, there is no text alternative available for the content moving forward. If you require alternate formats or need assistance understanding the content of these activities, please contact us at 416-392-1368/416-392-0157 or janet.stamers@toronto.ca/giselle.vidad@toronto.ca.

Iceberg Word Find

Find the words listed below that relate to water and ice safety.

List of Words

- | | | |
|------------|------------|--------|
| Skating | Icicle | Rescue |
| Lifejacket | Whistle | Cold |
| Shock | Thin Ice | Safety |
| Winter | Water | Crack |
| Help | Snowmobile | Boat |



SKATINGMPESTL

AJREONELCICIMPSKAWGLLIFKDPW

RTCOLDPTENGEKXCUSKPHWKSWHISTLEG

OERAWCKUEHPALNTEWOMJIKASTLECTEKCAJ

EFILTAELNGRNMIOEINLVTRAGMSHOCKYCRACK

LMNZIEASTBVTWINTERKECIMLSAFETYOA

TBITHINICETERFGUCSERWPLEHAITBKCEQP

GKXLOJTRETAWLPTDPEPRDTLSEFILKDEPERFI

OERPMSNOWMOBILEKQLQTYJICEOCTOABEASRK

Water Safety Word Jumble

Unscramble the letters below to uncover the mystery ice safety words.

1.

M B O N I O L S E W



2.

L O R L P A F E C L H



3.

E O R I U C O C L



4.

R T M H O A Y E H P I



5.

O L H K S O C D C



6. TRWHAEE

7. CSETECSNIIHK

8. OSVGEL

9. BOEFTTSIR

10. LMEHTE

Answer Key:

- | | | |
|------------------|------------------|---------------|
| 1. Snowmobile | 2. Call for help | 3. Ice colour |
| 4. Hypothermia | 5. Cold shock | 6. Weather |
| 7. Ice Thickness | 8. Gloves | 9. Frostbite |
| 10. Helmet | | |

Activity - Ice Thickness Awareness

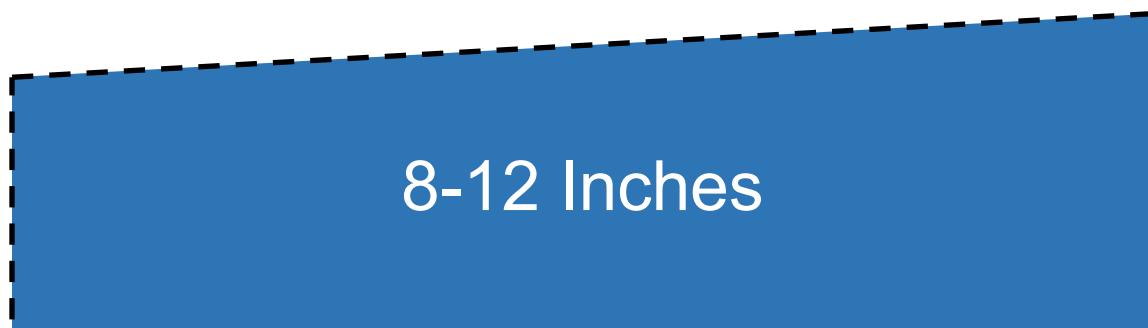
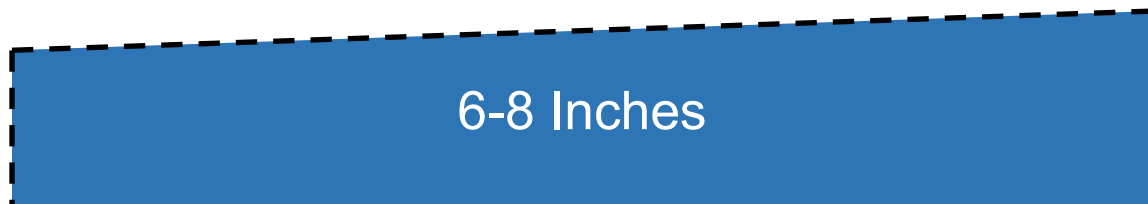
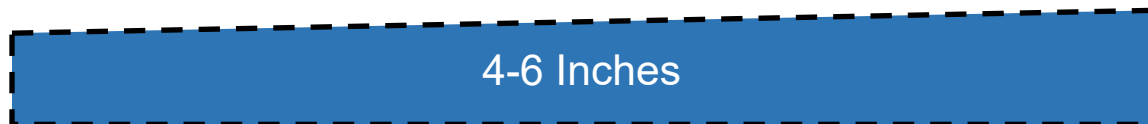
Materials:

Scissors

Instructions:

1. Cut out the layers of ice.
2. Cut out the objects.
3. Determine which layer of ice could support the weight of each object by matching each object to an ice layer and place the object on the ice.
Remember, some object can be placed on multiple layers of ice.
4. Check to see if your objects are safe on the ice.
5. Challenge your friends and family.

Ice Layers



Objects:



Lamp



Wheelchair



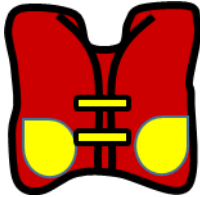
Stroller



Turtle



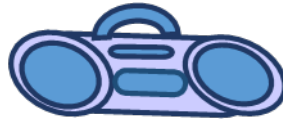
Food



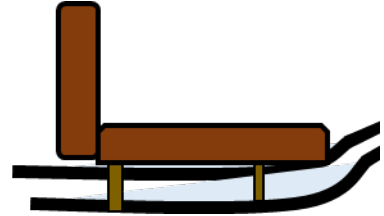
Lifejacket



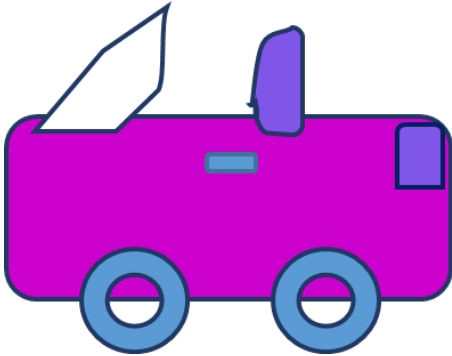
Chair



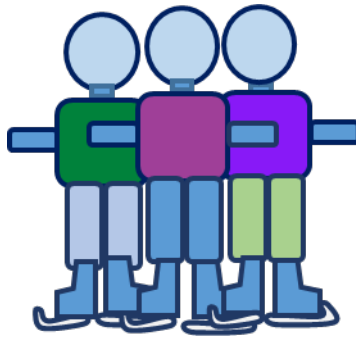
Stereo



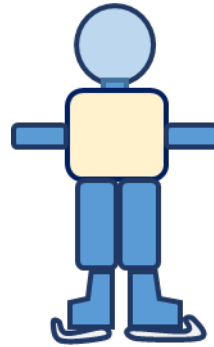
Toboggan



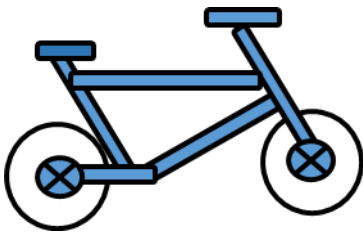
Car



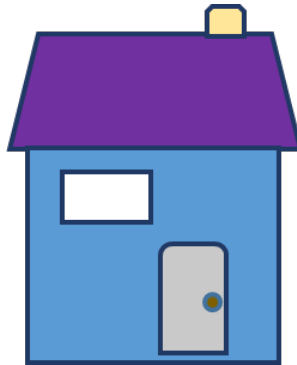
Group of 3 People



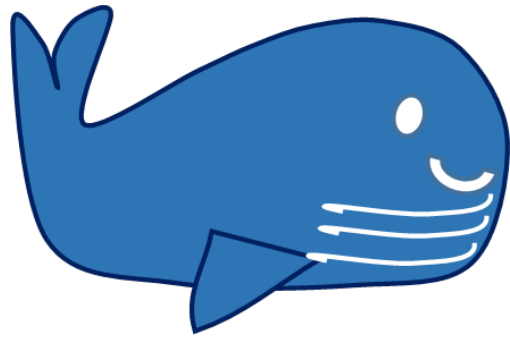
1 Person



Bicycle



House



Whale

Answer Key:

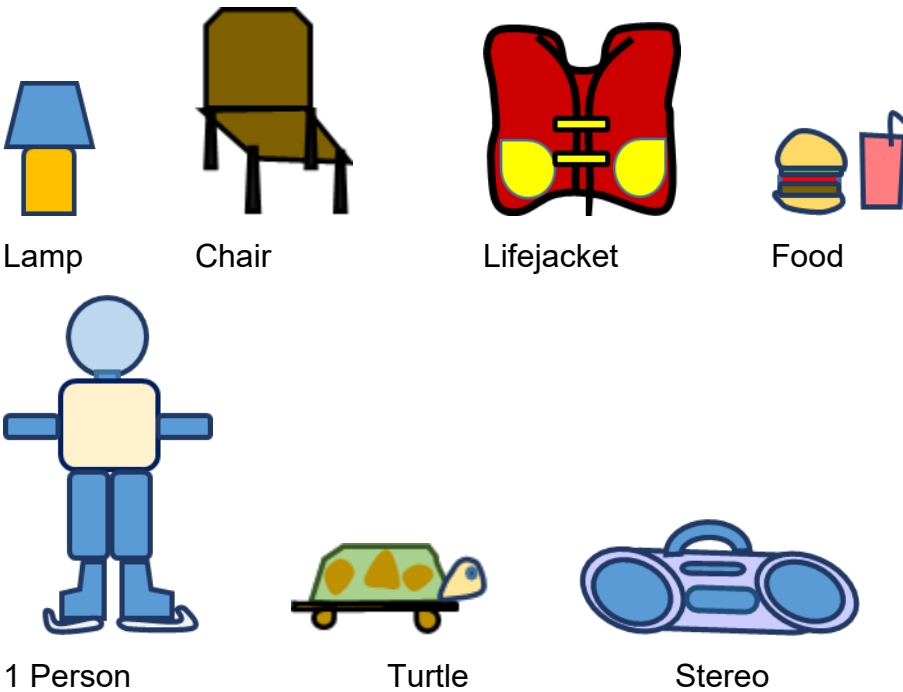
Ice: 0-3 inches

Nothing should go on this ice. It is too thin.



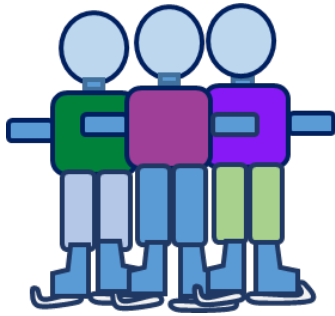
Ice: 4-6 inches

The ice that is 4-6 inches thick could hold one person, their life jacket, and a few small items.

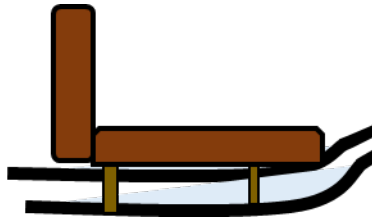


Ice: 6-8 inches

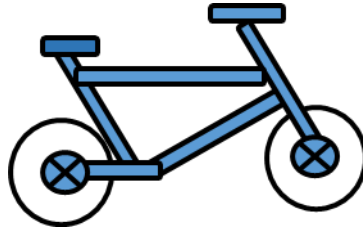
The ice that is 6-8 inches thick could hold a few people skating, their life jackets, and a few medium items.



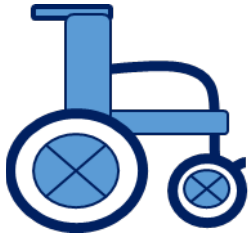
Group of 3 people



Toboggan



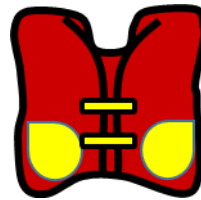
Bicycle



Wheelchair



Stroller



Lifejacket

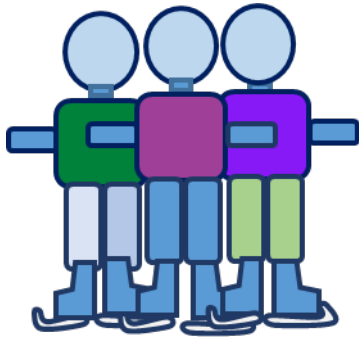


Chair

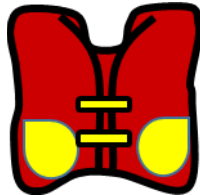


Ice: 8-12 inches

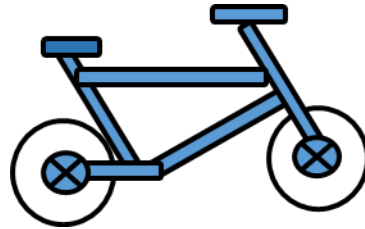
The ice that is 8-12 inches thick could hold a few people, their lifejackets, some larger items, and a small car.



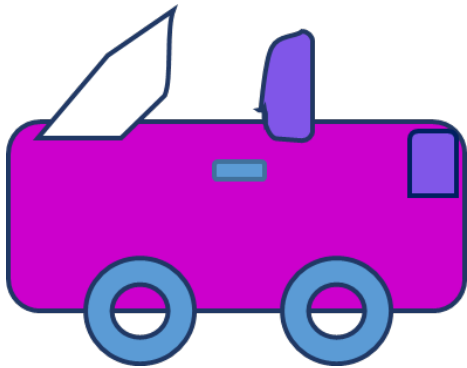
Group of 3 people



Lifejacket



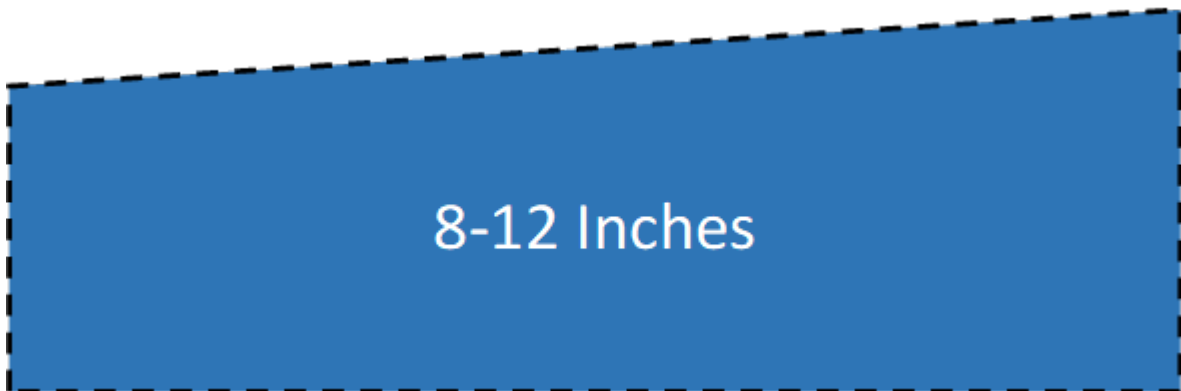
Bicycle



Car

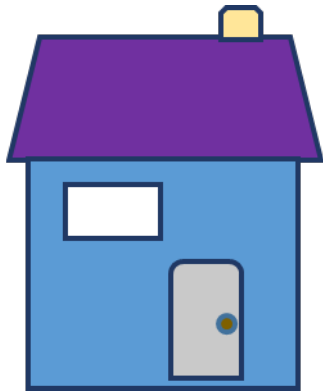


Wheelchair

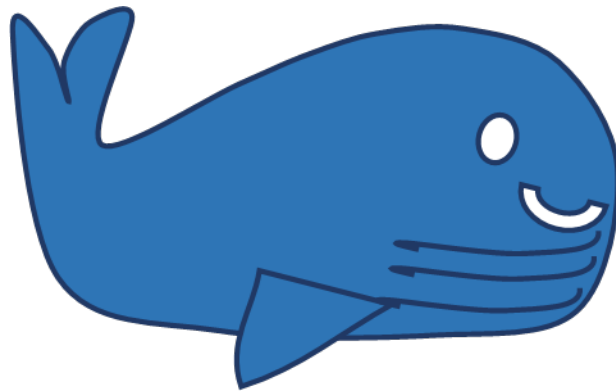


Not Safe:

The house and whale do not belong on the ice. They are much too heavy. Some whales can swim under the ice.



House



Whale