



KEEPING SAFE IN NORTH FRONTENAC

If You Don't Know, Don't Go

ICE WATER SAFETY



As a courtesy, the Township is reminding all residents and visitors who use the lakes, rivers, streams and ponds in North Frontenac of the importance of ensuring that they are prepared and aware of the dangers of Winter Ice conditions.

Ice Fishing, Snowmobiling, Cross Country Skiing, Snow Shoeing, Skating and other winter activities, create an opportunity to venture out onto the frozen lakes, rivers, streams and ponds during the winter months.

The Township is not responsible for inspecting or identifying winter ice conditions. It is the sole responsibility of the individual to ensure that the ice they are about to head out on to is safe. If you don't know the ice conditions do not venture out onto the ice. Recommended best practices for minimum standards for Ice Water safety:

- Ice with a thickness of 2" or thinner is unsafe and should not be travelled upon;
- Ice with a thickness of 4" is safe for individuals to go ice fishing on;
- Ice with a thickness of 5" may be used by snowmobiles or ATV's for travel;
- Ice with a thickness of 8-12 inches may be used by small cars, or light trucks.

[Red Cross Ice Water Safety](https://www.redcross.ca)
<https://www.redcross.ca>

[Ministry of Natural Resources](https://www.ontario.ca/page/ice-fishing)
<https://www.ontario.ca/page/ice-fishing>

Although these are minimum standards they can be affected by factors such as temperature, water currents, springs, lake turn over and other external factors.

IF YOU DON'T KNOW! DON'T GO.

Hypothermia: What happens to the body when suddenly plunged into cold water? The first hazards to contend with are panic and shock. The initial shock can place severe strain on the body, producing instant cardiac arrest. Survivors of cold water accidents have reported the breath driven from them on first impact with the water. Should your face be in the water during that first involuntary gasp for breath, it may well be water rather than air.

| Water Temperature | Exhaustion Unconscious | Time of Survival |
|-------------------|------------------------|------------------|
| 0 Celsius | Under 15 Min. | 15 – 45 min |
| 0 - 4.5 Celsius | 15 – 30 Min. | 30 – 90 min |
| 4.5 – 10 Celsius | 30 – 60 Min. | 1 – 3 hours |
| 10 – 15 Celsius | 1 – 2 hours | 1 – 6 hours |
| 15 – 20 Celsius | 2 – 7 hours | 2 – 40 hours |
| 20 – 25 Celsius | 3 – 12 hours | 3 – indefinite |
| Over 25 Celsius | indefinite | indefinite |

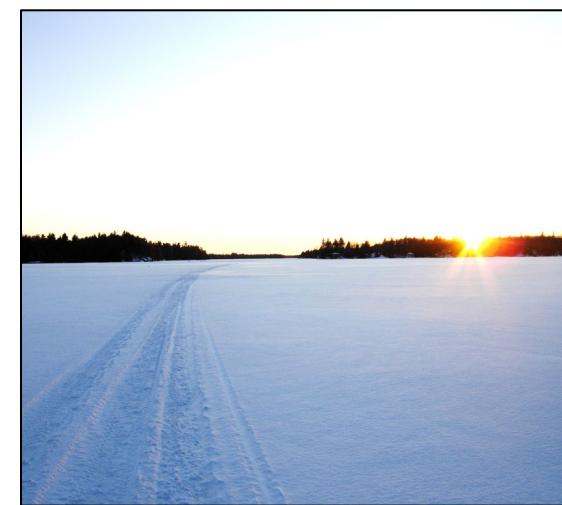
Hypothermia Chart

Cold hands cannot grasp a thrown rescue line, or hold onto an ice surface. Within minutes, severe pain clouds rational thought. And, finally, hypothermia (exposure) sets in, and without rescue and proper first aid treatment, unconsciousness and death.



Dangerous Ice

Check with local businesses, trappers, snowmobile clubs and residents as to the local ice conditions. Check the ice yourself before you head out. Keep in mind that ice conditions change daily. Never venture out alone, always let people know where you are heading and when to expect your return.



Good Ice

We hope that this will be helpful in making your winter visit to North Frontenac safe and enjoyable.



Winter Pond

If you go through the ice

Be Prepared: Carry safety spikes or a spud bar.

Brace Yourself: Hold your breath and be ready.

Stay Calm: You have some time don't go into "cold shock."

Find the Hole: it's the way in and the way out.

Stay Afloat: Keep your head above water.

Control Breathing: It will help conserve energy.

Get in Position: Find the strongest thickest ice.

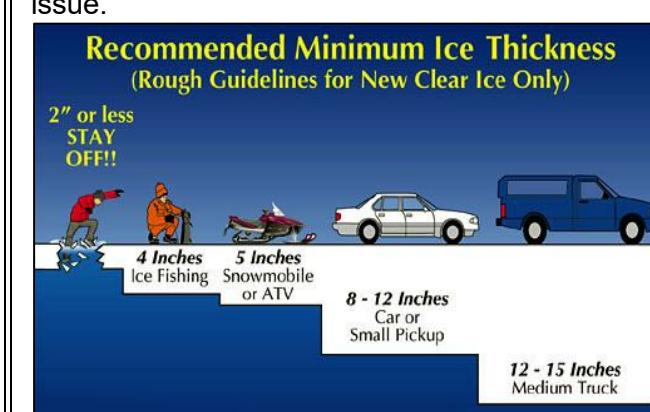
Get out of the water: use your arms and elbows to get your body up on the ice.

Kick Your Feet: Kick your feet to help get out while you pull with your arms.

Roll Away: Don't stand up, roll away from the hole.

Retrace your path: The ice got you there.

Get warm, Get help: Hypothermia is still an issue.



RECOMMENDED MINIMUM ICE THICKNESS FOR CLEAR ICE