

**A REMINDER FROM
BAYHAM FIRE AND EMERGENCY SERVICES
BE ICE SMART**



Children should not play on frozen rivers and lakes.
Ice skating on thin ice can be very dangerous.
Always skate in supervised areas.

Cold weather does not make solid, thick, safe ice.
Snow can act like a blanket on top of ice and sometimes melt the ice beneath.

If you fall into cold water - Remember the 1-10-1 Rule:

1: You have one minute to get your breathing under control

10: You have an average of 10 minutes to do active work to rescue yourself

1: You have an average of one hour before you enter the medium stages of hypothermia. Cling to the ice, a log, or the shore, and keep yelling for help.

STAY AWAY FROM ICE ON WATERWAYS AND BE SAFE THIS WINTER

Consider: No Ice As Safe Ice