

Ice Safety on Evergreen Lake

You take a risk any time you go out onto the ice on Evergreen Lake. Evergreen Park & Recreation District (EPRD) monitors the depth and quality of ice on the skating rinks, but does not officially sanction activity elsewhere on the lake. Fishing is at your own risk and EPRD and other entities assume no liability for your safety.



Important Safety Tips

- Never go out onto the ice alone.
- Always wear a life jacket or personal flotation device (PFD) and carry a whistle.
- Call 911 for emergency ice rescue assistance.
- Pets present additional hazards and are strongly discouraged.
- No unauthorized motor vehicles are permitted on the lake.
- Ice thickness is not consistent. Water currents, particularly around narrow spots, bridges, inlets and outlets, can create areas of thin ice.
- When ice fishing, always drill test holes as you progress out onto a lake to help judge the thickness and character of the ice. Do not drill holes closer than 100 feet from ice skating rinks.
- Beware of ice around partially submerged objects.
- Stay away from cracks, seams, pressure ridges, slushy areas and darker areas that signify thinner ice.
- Be aware ice forms at the edges of a lake in the fall and melts at the edges first in spring.
- Be wary of ice covered with snow.
- Ice should be at least four to six inches thick to support one person.
- When changing locations, always walk at least ten yards apart from your buddy so that if one falls through the ice, the other can seek help.

Reach, Throw, Don't Go!

- CALL:** 911 immediately.
- REACH:** Try to reach victim with a ladder, stick, pole, rope, battery cables, etc.
- THROW:** Try to throw victim anything that floats; such as a cooler or a spare tire.
- DON'T GO:** Never go on the ice. Wait for trained emergency help to arrive.



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**EVERGREEN PARK
& RECREATION DISTRICT**

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Welcome Winter at Evergreen Lake!

This brochure was developed to help you stay safe on the ice. While enjoying winter activities on Evergreen Lake please use the buddy system and wear a personal flotation device (PFD).



WARNING: These are guidelines, not guarantees. Ice thickness varies throughout all bodies of water and is affected by many factors.

- Anglers, never assume ice is safe.
- New ice is stronger than old ice.
- Multiple factors affect ice conditions, including underwater currents, weather conditions, and water level fluctuations.
- Weak ice indicators include different colors, water on the surface, open water or bubbles, cracks, porous appearance, and pressure ridges.



Five Safety Tips

1. Always use a personal flotation device (PFD) with a whistle.
2. Never go out onto the ice without a partner.
3. Tell someone where you are going and when you will return.
4. Check with park personnel for current ice conditions.
5. Carry an ice pick, ice awls, claw or hook so that if you do fall through the ice you can help yourself out.

What To Do If You Fall Through

If you cannot get out of the cold water by yourself, take these actions to stay alive while waiting to be rescued.

- Stay calm. Do not attempt to swim, which would cause your body to lose heat much faster than if you stay still.
- Use a whistle to attract help.
- Make the more strenuous attempts to get out of the ice early, as you will experience a decline in strength.
- Act slowly and deliberately to conserve heat, head to where you entered the water. Once there, aggressively kick while simultaneously using your forearms, ice awls or an ice pick to gain traction on the ice. Make alternating, short pulls. As you start to come out of the hole, get your legs high in the water so that your body is flat with the water surface, and pull yourself out.
- Once on the ice, move on your stomach or roll on your side to keep your weight distributed over a greater surface area until you reach shore or solid ice and can stand up safely.

Cold Water Survival

Hypothermia is the drop of body core temperature below normal. With sudden immersion in cold water, acute hypothermia can be quick and potentially deadly. It is survivable if you know what to look for and how to treat it.

Symptoms of Hypothermia

- Chills and uncontrolled shivering
- Impairment of speech and thinking
- Weakness/dizziness
- Irrational behavior
- Unconsciousness

Treatment for Hypothermia

- Call 911. Do not transport victim on your own unless there is no other option.
- Get victim out of the water immediately.
- If the victim is not breathing or has no pulse, begin CPR.
- Remove wet clothing and wrap victim in a warm blanket or sleeping bag.
- Do not rub or massage skin, give alcoholic beverages or allow victim to expend energy.
- Do not put anything hot directly on the victim's skin.

