## From a safe distance away from the ice edge:

- Talk / shout instructions to coach them how to self-rescue.
- Call 9-1-1. If you don't know the address of where you are, look for signs and landmarks.
- Stay low and reach out with something long, like a hockey stick.
- Throw something that floats to the person in the water.

| START |  |  | You forgot to call <br> 9-1-1 before <br> attempting a <br> rescue. Move back <br> two spaces. |
| :--- | :--- | :--- | :--- | :--- |

Guide your friend to self-rescue by turning toward where they fell, lying flat, kicking their legs and pushing onto the ice. Roll away from the water. Move forward three spaces.


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