

METHODOLOGICAL MATERIAL
on training in safe behavior on water
bodies in the autumn-winter and
winter-spring periods

DANGER OF THIN ICE

IT SHOULD BE REMEMBERED that thin ice is located near the banks of water bodies, in the area of rifts and rapids, at river confluences, on bends and turns, near frozen objects, in places where warm water and sewage are drained into water bodies.

In all cases, before leaving the river bank or lakeside on the ice, you must look around carefully, outline the route of movement, choosing safe places. Bring a strong long stick.

IMPORTANT!

You can go on **ice** if it has a greenish or bluish tint, and its thickness is **at least 7 centimeters**. Yellow or matte ice is unreliable. If there is a paved trail, it is better to follow it. Be careful on the steep and slippery river bank or lakeside to avoid rolling onto the ice, which can be thin and broken.

It is **strictly forbidden** to test the strength of ice with a kick on the ice. This must be done with a stick or ice pick (heavy scrap on a wooden handle for breaking through ice). When moving on a frozen pond with a stick or ice pick, you should hit the ice in front of you and on both sides of you several times in the same place. If the water did not appear at the impact site, then the ice is reliable. If from the first hit the ice breaks through and water appears on it, you must immediately stop and turn back. You should move in your own footsteps, but without rushing, trying to walk without taking your feet off the ice (with a sliding step). When moving back, continue to check the ice with a stick or ice pick.

In no case it is allowed to cross the pond alone, because no one can help you if you fall through the ice. When moving on ice, the group should follow each other at a distance of 5-6 meters, closely following the one in front in order to help him in time. When crossing a frozen pond on skis, it is necessary to take precautions, in particular, it is recommended to unbuckle the fasteners so that you can quickly free yourself from them, do not wind loops on ski poles on your hands.

An additional danger is ice breaking for a person who carries a heavy load. Going out on the ice, you need to loosen the straps of the backpack and be prepared for its quick release in case of sudden breaking of the ice. It is undesirable to walk on ice at night. Special care must be taken on ice if a thaw occurs. Where a few days ago it was possible to go out on the ice, in the days of thaw it can be very dangerous.

Parents should be especially vigilant, especially if there is a pond near the house. Do not allow children to be unattended near rivers, ponds, quarries. Do not allow them to sled, ski, skate on frozen ponds.

What should you do if a person falls through the ice?

- tell the victim by shouting that you are going to help him, this will give him strength, hope, confidence;
- approach the victim only lying down, so as not to fail yourself;
- use boards, poles, shields, ropes, skis, tied clothes, belts, etc., as rescue equipment;
- carefully pull the victim to the river bank or lakeside in that direction, with whom he came;
- act quickly, decisively, as the victim loses strength, freezes and can plunge under the ice;
- after removing the victim from the water, immediately take him to a warm room and provide first aid before the doctor arrives: calm down, free him from wet clothes, rub him, change into dry clothes, drench him with any hot drink;
- call 112.

What should you do if you fall through the ice?

- don't panic;
- call for help;
- try to free yourself from outerwear, shoes, throw off heavy things;
- lean your elbows on the ice and, having brought the body into a horizontal position, try to throw the foot that is closest to the ice to its edge, turn the body, pull out the second leg and quickly roll out onto the ice;
- without sudden movements, crawl as far as possible from the dangerous place in the direction from which you came.

Often the result of unsuccessful fishing or walking on fragile ice are "hypothermia" and "frostbite." Diagnoses. Let's see what they mean.

Hypothermia is the general state of a person when cold affects his entire body surface, and the body temperature drops below 35 °C. First of all, it is necessary to warm the victim. Remove wet and put on dry, warm clothes and headgear, wrap in a blanket with an additional heat source, give hot drink, if possible, place in a bath. In no case should you take a hot shower or hot bath, rub a person, use open fire and alcohol, put a person on a cold base and rubbing with snow.

Frostbite is a damage to any part of the body (up to necrosis) under the influence of low ambient temperatures (-10 °C – -20 °C). The first signs of frostbite is the appearance of pale spots on the skin with increasing tingling. Most common frostbites are frostbites of the hands, toes, as well as open parts of the head: nose, cheeks, ears. The insidiousness of what happened also lies in the fact that with further stay in the cold, a person ceases to experience painful sensations,

and the situation can become threatening. The skin becomes cold, firm to the touch. Numbness and loss of sensation sets in. Wet clothes and shoes, poor nutrition, lack of hot food, inability to keep warm increases the likelihood of frostbite.

When providing first aid, it is forbidden: to rub the affected areas with snow; lubricate them with fatty ointments; heat intensively.

First of all, the victim must be isolated from the wind and cold. Transfer to a warm, but not hot room. Remove wet and tight clothes, dress dry. Warm a frozen person. To do this, it is best to give hot drink to the victim. Tablets of papaverine, analgin and aspirin will also help. With mild frostbite of the skin, when there is no numbness and pronounced frostbite (changes in the skin), a warming bath will help. You should start with a water temperature of +24 °C and gradually (20-30 minutes) to +36 °C, you can warm up to redness with warm clean palms of your hands, light massage, rubbing with soft woolen fabric, breathing.

Every year on January 19, one of the main Christian holidays is celebrated - the Baptism of the Lord. The main tradition of this day is dipping in an ice hole. In order to do it right use some tips:

- you can plunge only in specially prepared places where the font is equipped with everything you need (a ladder for launching into the water, a rescue rope with knots, doctors and rescuers should be nearby);
- prepare warm and comfortable clothes that quickly unbuckle and fasten, be sure - a hat, as well as easily removable non-slip shoes;
- going down, do not climb under the water with your head - the vessels of your brain are hardly ready for such a shock, do not be afraid and go into the water immediately to the desired depth. It is undesirable to stay in the ice hole for more than 1 minute;
- getting out of the water, keep warm: rub yourself with a towel, change into everything dry, drink hot tea.