Ice Self-Rescue

Name: __________________________________________

Fill in the blanks using the words below.

Word List
roll   push   far   throw   breaststroke
ice   panic   stand   reach

If you break through _____________, you can rescue yourself as long as you do not _____________. Reach forward onto the broken ice, but do not ____________ down on it.

Use a ____________ kick or other kick to push farther onto the ice. Do not ____________ up on the ice.

Once you are out of the water, you can ____________ away from the hole. Do not stand up until you are ____________ away from the hole. Have someone ____________ or ____________ something if needed.