



# Enjoy the ice and stay safe this winter

Ottawa winters are becoming shorter and warmer due to climate change. Did you know that the ice on a river or lake must be six inches thick to support just one person? It needs to be a lot thicker to support more people or a vehicle.

Here are some tips to keep you and others safe around ice this winter:

## Weather and ice conditions

- ✓ If you are not sure if the ice is safe, stay off the ice and choose an indoor/outdoor rink to skate. Visit [Ottawa.ca](https://ottawa.ca) for more information.
- ✓ All ice on rivers, lakes or streams can be risky.
- ✓ Many things affect the thickness of ice, including:
  - » salt from roads
  - » currents and rocks or trees below the surface
  - » changing temperatures
- ✓ Check the ice conditions:
  - ✓ » clear blue ice is strong and the safest
  - ⚠ » white ice is half as strong and can cover up dangers
  - ✗ » grey ice is unsafe, it will not support much weight
- ✓ Monitor the weather. Consistent temperatures below freezing are needed for natural bodies of water to freeze.

## General safety

- ✓ Wear a life jacket, it buys you time if you fall through the ice.
- ✓ Wear a hockey helmet when on the ice to protect your brain.
- ✓ Don't go out onto ice alone or at night.
- ✓ Avoid stormwater management ponds – ice on these ponds is unstable and not safe for recreational activities.
- ✓ Always keep your dog on a leash when near water (rivers, streams or lakes).
- ✓ Visit [lifesavingsociety.com](https://lifesavingsociety.com) to learn more about what you can do if you or someone you are with falls through the ice.



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# 今年冬天既享受冰雪乐趣，又确保安全

由于气候变化，安大略省的冬天正在变得更短更暖。您知道吗，河流或湖泊上的冰必须达到6英寸厚，才够支撑一个人？冰面要厚实得多才能支撑更多的人或车辆。这里给大家一些建议，帮助您和他人在今年冬天确保安全：

## 天气与结冰情况

- ✓ 如果您不确定冰面是否安全，还请远离冰面、选择去室内/室外的溜冰场滑冰。更多信息请参见 [Ottawa.ca](https://ottawa.ca)。
- ✓ 河流、湖泊或溪流上的所有冰都有风险。
- ✓ 许多因素会影响冰的厚度，包括：
  - » 来自道路的融雪盐
  - » 冰面以下的水流、岩石或树木
  - » 气温的变化
- ✓ 查看冰面条件：
  - ✓ » 清澈的蓝冰最坚固、最安全
  - ⚠ » 白冰的强度只有蓝冰的一半，可能会掩盖危险
  - ✗ » 灰冰是不安全的，不会支撑太多的重量
- ✓ 监控天气。天然水体需要持续低于冰点的温度才能结冰。

## 一般安全

- ✓ 穿上救生衣，如果您掉进冰窟窿，它会为您赢得时间。
- ✓ 在冰上时戴上冰球头盔，以保护您的脑部。
- ✓ 请勿单独或在夜间外出上冰。
- ✓ 避开用于雨水管理的池塘 - 这些池塘上的冰不稳定，进行娱乐活动不安全。
- ✓ 在靠近水域（河流、溪流或湖泊）时，始终拴住您的狗
- ✓ 了解如果您或与您在一起的人跌入冰窟窿，您可以做些什么。更多信息请访问 [lifesavingsociety.com](https://lifesavingsociety.com)。



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