



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
 - x » 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 to learn more about what you can do if you or someone you are with falls through the ice.



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Ku raaxayso barafka adigoo is-ilaalinaya xagaagan

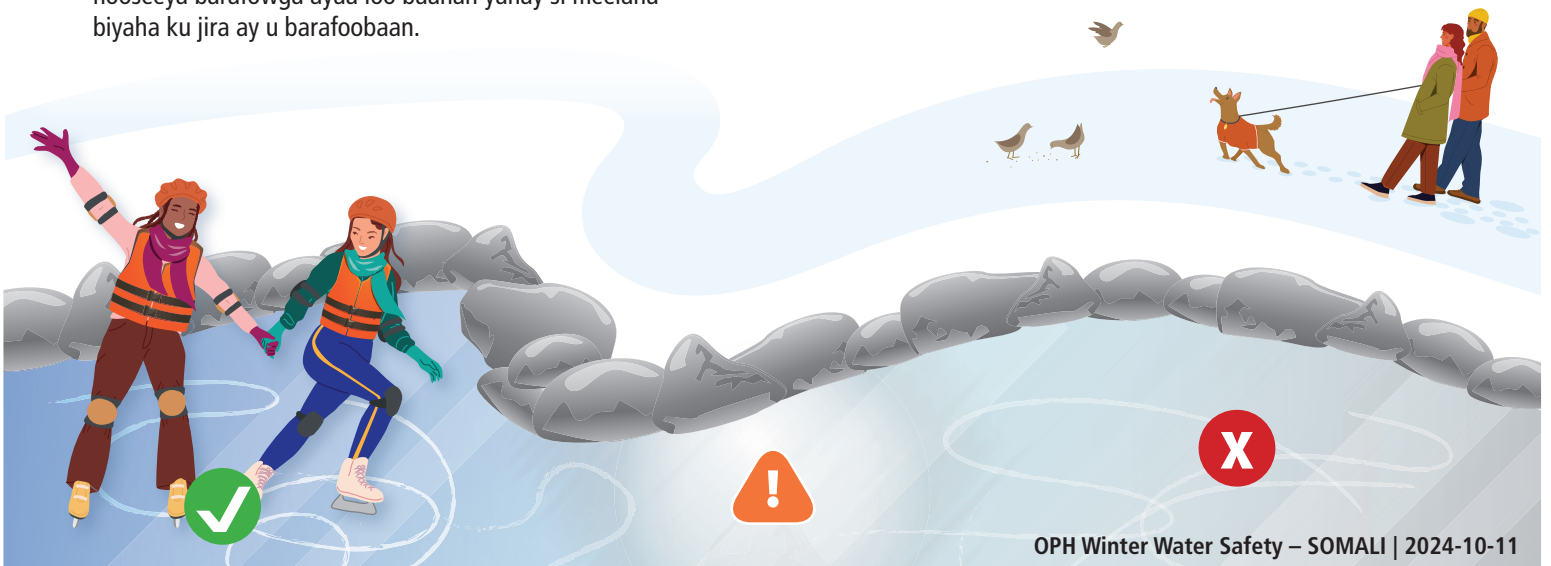
Isbeddelka cimilada awgeed, qaboobaha Ottawa wuxuu noqonayaa mid muddo gaaban soconaya oo sii kululaanaya. Ma og-tahay in dhumuca barafka saaran wabiga ama harada ay tahay in uu ahaado 6 inji si uu u taageero hal qof oo kaliya? Waxaa loo baahan yahay in uu leeyahay dhumuc weyn si uu u taageero dad ama gawaari badan. Talooyinkan waa talooyin adiga iyo dadka kaleba idinka caawinaya in aad bedqabtaan marka aad ku sugan tihiin agagaarka barafka xagaagan.

Cimillada iyo xaaladaha barafka

- ✓ Haddii aadan hubin in barafku uu ammaan yahay, ka fogaaw barafka oo dooro garoonka barafka ee bannaanka/meel gudaheeda ku yaalla si aad ugu ciyaarto. Macluumaad dheeraad ah ayaad ka heli kartaa [Ottawa.ca](https://ottawa.ca).
- ✓ Dhammaan barafka saaran wabiyada, harooyinka ama durdurrada waxay noqon karaan kuwo halis ah.
- ✓ Waxyaabo badan ayaa saameeya dhumuca barafka, waxaanna ka mid ah:
 - » cusbada waddooyinka
 - » mawjadaha iyo dhagaxaanta ama geedaha ka hooseeya dusha-sare
 - » heerkulka isbeddelaya
- ✓ Eeg xaaladaha barafka:
 - ✓ » Barafka buluugga ah ee cad waa midka adag ee ugu ammaansan.
 - ! » Barafka cad waa mid xoogaa adag wuxuunna kaa ilaalin karaa khataraha.
 - X » Barafka cawlan waa khatar, ma taageeri doonno miisaan badan.
- ✓ La-soco cimilo-gooreedda. Heerkullo joogto ah oo ka hooseeya barafowga ayaa loo baahan yahay si meelaha biyaha ku jira ay u barafobaan.

Ammaanka guud

- ✓ Jaakadda badbaada xiro, waqti dheeraad ah ayay ku siineysaa haddii aad barafka ku dhacdo.
- ✓ Koofiyadda adag ee ciyaarta xeeqada xiro markaad barafka dulsaaran tahay si aad maskaxdaada u ilaaliso.
- ✓ Kaligaa ha u bixin bannaanka markuu baraf jiro ama habeenkii.
- ✓ Ka fogaaw balliyada maareynta biyaha duufaanta – barafka balliyadan ma xasilna mana ahan ammaan in lagu qabsado hawlo madadaallo.
- ✓ Had iyo jeer eeygaaga xarig hakugu xirnaado markaad u dhowdahay biyo (wabiyo, durdurro ama harooyin).
- ✓ Ogow waxa aad sameyn karto haddii adiga ama qof aad la socoto uu ku dhaco barafka. Macluumaad dheeraad ah ayaa laga heli karaa lifesavingsociety.com (Ingiriisi kaliya).



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