



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.