



## Ice Safety Tips and Protocol

### Ice Safety Guidelines

When going out on ice to conduct the business of the Squam Lakes Association, staff and volunteers need to adhere to the information provided in **New Hampshire Fish and Game Department's "SAFTEY ON ICE"** brochure. This brochure is part of SLA's Winter Water Quality Volunteer Kit. In addition to the information available in this document the SLA also requires that staff and volunteers follow all SLA protocols, carry the required safety gear, and never travel on ice alone.

### Pre-Trip Protocol

Before heading out onto ice for any reason related to the work of the Squam Lakes Association you must create and leave a Trip Plan with the Squam Lakes Association's Director of Conservation Rebecca Hanson ([rebeccahanson@squamlakes.org](mailto:rebeccahanson@squamlakes.org); 603-968-7336). The Trip Plan includes a detailed description of:

- Where you are leaving from and what your destination is
- When you will be leaving (both date and time) and when you expect to return
- Who is on the trip, and how can they be reached (phone number, radio, email, etc.)
- A description of the route

### Safety Gear List:

- Appropriate Winter clothing and layers (see brochure)
- Self-rescue ice spikes
- Traction for feet
- Reliable form of communication
- Headlamp or flashlight
- Lake Chart
- GPS
- PFD
- Another person!

### Additional Safety Information

- **Dress in layers.** Moving across ice (whether on skis or by foot) can get you warm up quickly and cause you to sweat. This will cause you to cool rapidly once you reach a stopping point.
- **Choose clothing materials carefully.** Wool, fleece, silk, and synthetic materials will keep you warm even when wet. Cotton will not, and will cause you to lose heat rapidly. Down is light weight and has excellent insulating properties. However, when wet, down loses its ability to insulate. ***Always bring extra layers in case of emergency.*** Once a person loses their ability to move about and keep themselves warm it will be difficult to maintain body temperature without extra layers. Your outer most layer must be water and wind proof.
- **Be aware of conditions.** Always check the weather for unsafe conditions before heading out. Also, with very short days, pay attention to sun rise and sun set.