Staying Safe Around Calgary’s Waterways: Ice Safety

Workbook

Calgary Fire Department

## Introduction:

This Ice Safety workbook is designed to be a helpful review of the safety messages presented in the Staying Safety Around Calgary’s Waterways presentation. Completing it will become your reference guide to help you remember the important water safety messages.

Acknowledging the Land:

Indigenous People have gathered at the confluence of the **Elbow** and **Bow** rivers for many generations before The City of Calgary was incorporated by settlers in 1884. A confluence is when two streams or rivers flow together and also symbolically refers to bringing people together. This is an important waterway feature that continues to bring people together to form the community where we live.

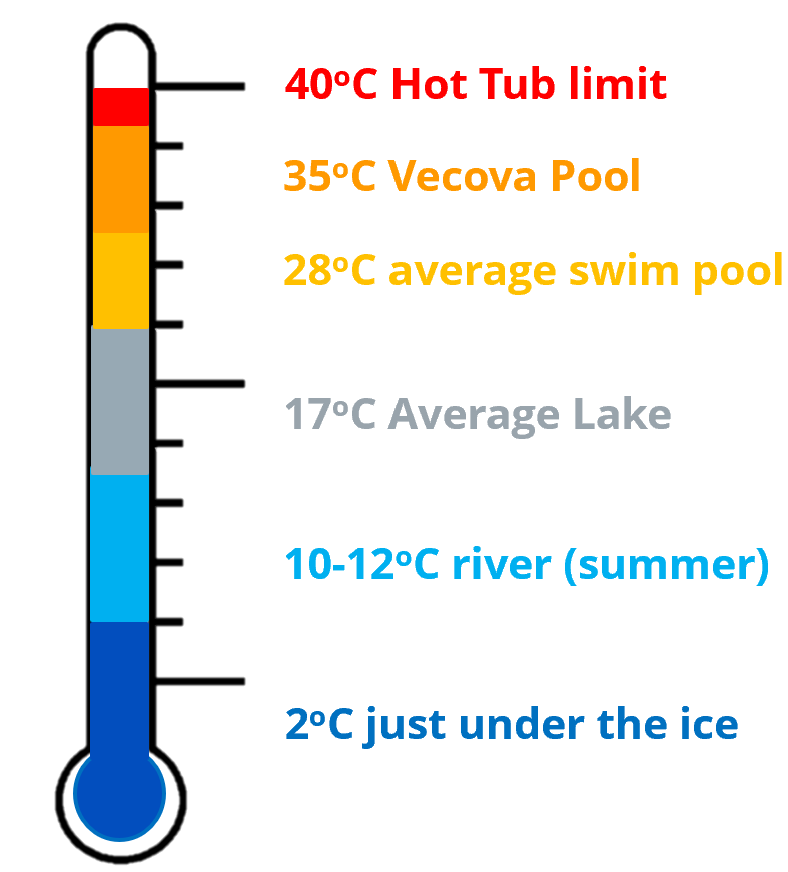
## 2 Basic categories of bodies of water

1. **Fast-moving** water in rivers
2. **Calm** water in lakes

Water temperature:

Cold water is any water colder than **20oC**

At **0oC** water changes physical states from a liquid to a solid called **ice**. Ice has a **lower** density than liquid water so the ice will **float** ontop of water.



## Ice Safety Quiz

|  |  |  |
| --- | --- | --- |
| Question | TRUE/YES | FALSE/NO |
| Thick ice is strong |  | **X** |
| If the air is very cold, then the ice is strong |  | **X** |
| Snow on top of ice makes ice weaker and freeze slower | **√** |  |
| If you see footprints across, then it must be safe to cross |  | **X** |

## Storm ponds



**C**

**C**

**B**

**A**

Match the storm pond hazard with the explanation (add letters to illustration)

Air gaps, empty spaces between the ice and water, are caused by changing water levels.

Sediment and contaminants that are collected as water travels through the community on the way to the storm pond weaken the ice.

Water is constantly moving in and out of the pond through pipes. This can result in strong currents that can trap you under the ice if you fall through.

A

B

C

Draw a line to match the hazard symbol with the correct meaning



No pets

No tobogganing

No skating

No fishing

No walking on the ice



|  |
| --- |
| Water Rescue Steps  \*ALWAYS Keep yourself safe\* |

|  |  |
| --- | --- |
| TALK | TURN AROUND  LIE FLAT KICK YOUR LEGS  CRAWL onto the ice  KEEP KICKING  ROLL away |
| CALL 9-1-1 | Look for LANDMARKS |
| \*THROW |  |
| \*REACH |  |
| STOP/STAY BACK |  |

For More Information

[www.calgary.ca/fire](http://www.calgary.ca/fire)

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