

Some other things to consider in regards to hypothermia:

- a. The average person has a 50/50 chance of surviving a 50-yard swim in 50°F water.
- b. A person that is in 32-40° water while wearing a PFD can expect to be either completely exhausted or unconscious in 15 minutes. Survival time is 30-90 minutes.
- c. Struggling in water can cut a person's survival time by 50% due to increased heat loss.

Water Temperature and Estimated Survival Time	
Water 38 Degrees Fahrenheit	
Loss of use of hands and forearms.....	15 minutes
Loss of mental activity.....	45 minutes
Hypothermia & death.....	65 minutes
Water 48 Degrees Fahrenheit	
Loss of use of hands and forearms.....	20 minutes
Loss of mental activity.....	60 minutes
Hypothermia & death.....	90 minutes
Water 70 Degrees Fahrenheit	
Loss of use of hands and forearms.....	3 hours
Loss of mental activity.....	4-5 hours
Hypothermia & death.....	6 hours

(Above retrieved from MFA Surface Ice Course)

Ice Rescue Equipment:

Identify and review the following:

- Cold Water Rescue Suit – how many suits do we have, where are they located?
- Ice Awls/Picks – discuss the importance of having ice awls with you at all times.
- Ice Shoes – what are they for?
- Tether/Safety line–review the blue water rescue bags, review how they assembled.
- Throw Bags- practice the proper throwing techniques.
- Fire Hose Inflator – where is it located? Practice inflating a section of hose.
- Ice Rescue Boat – review the boat and associated equipment.