



# 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.