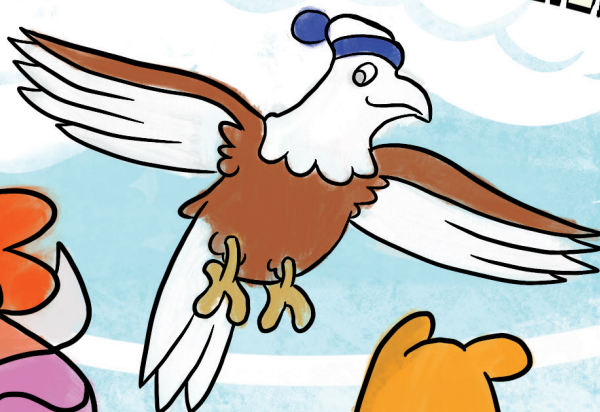


THE **BOREAL BESTIES**, Winter Smart Ice Fishing Adventure



LIFESAVING SOCIETY®
The Lifeguarding Experts



The Royal Life Saving Society Canada

The Lifesaving Society is Canada's lifeguarding expert. The Society works to prevent drowning and water-related injury through its training programs, Water Smart® public education, water-incident research, aquatic safety management services, and lifesaving sport.

Annually, over 1,200,000 Canadians participate in the Society's swimming, lifesaving, lifeguard, and leadership training programs. The Society sets the standard for aquatic safety in Canada and certifies Canada's National Lifeguards.




The Society is an independent, charitable organization educating Canadian lifesavers since the first Lifesaving Society Bronze Medallion Award was earned in 1896.

The Society represents Canada internationally as an active member of the Royal Life Saving Society and the International Life Saving Federation. The Society is the Canadian governing body for lifesaving sport - a sport recognized by the International Olympic Committee and the Commonwealth Games Federation.

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 Characters created by William Konrad & David Bock • Illustration & design by David Bock

This book was produced with financial support from the Government of Manitoba Department of Indigenous and Northern Relations.

THIS BOOK BELONGS TO _____

I am _____ years old.

This winter I want to: _____

To stay safe on the ice, I will: _____

MY EMERGENCY NUMBERS LIST

Write down your local emergency phone numbers
or ask an adult to help.

My home phone number _____

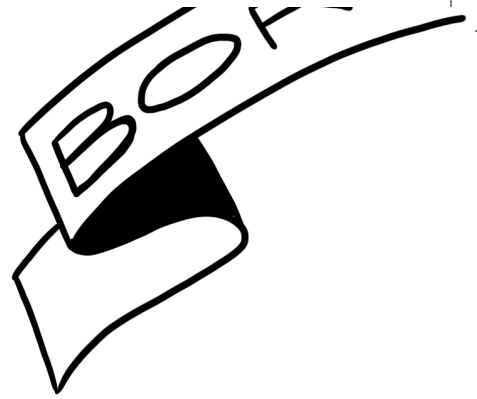
Nursing station / Hospital _____

Medical Van / Emergency Medical Services _____

Fire Hall / Emergency Services _____

RCMP / Police / Emergency Services _____

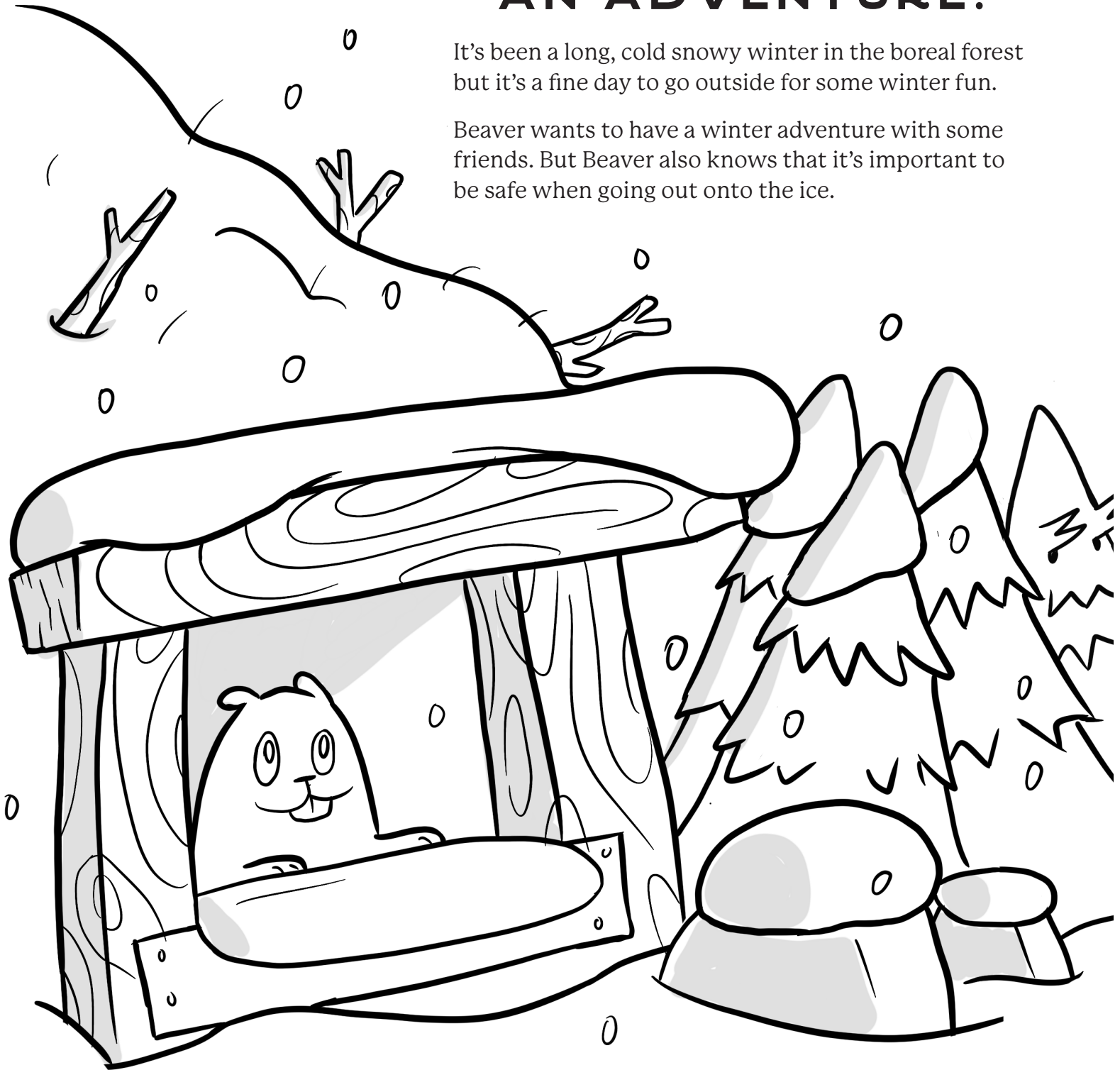
Parent / Guardian _____



LET'S GO ON AN ADVENTURE!

It's been a long, cold snowy winter in the boreal forest but it's a fine day to go outside for some winter fun.

Beaver wants to have a winter adventure with some friends. But Beaver also knows that it's important to be safe when going out onto the ice.



Q: What is your favourite winter activity?

A: _____

Q: Who can supervise you when you are around ice?

A: _____

ASK AN ADULT & BRING A BUDDY

Bison and Elder Beaver decide to take the Besties ice fishing on Big Water Lake. But going out on the ice can be dangerous! Before everyone leaves, let's prepare to have a safe adventure.

Can you answer some questions about ice safety?

Q: Who will your buddy be?

A: _____

Q: What will you wear to keep warm?

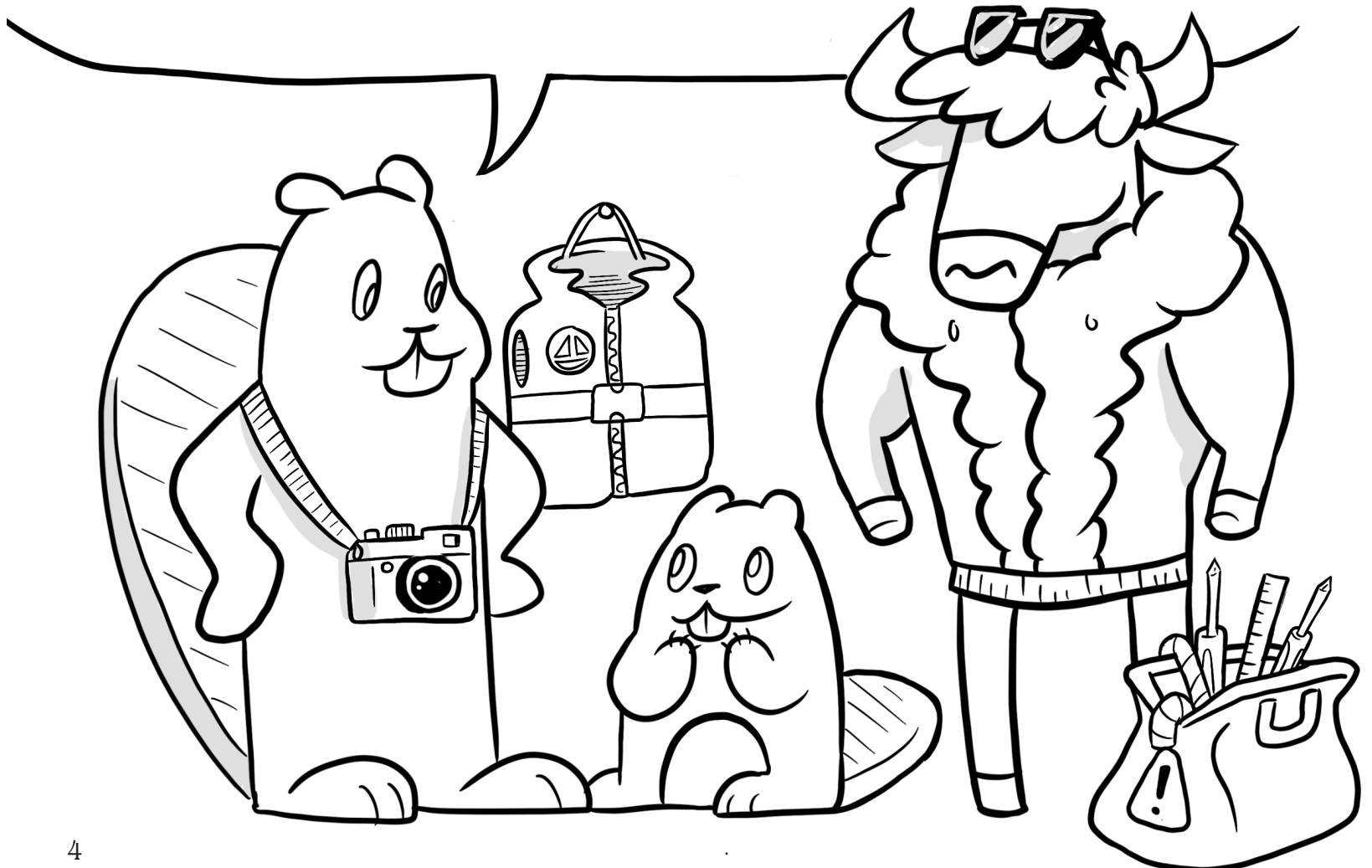
A: _____

Q: What are the weather conditions?

A: _____

Q: Are you ready for an emergency?

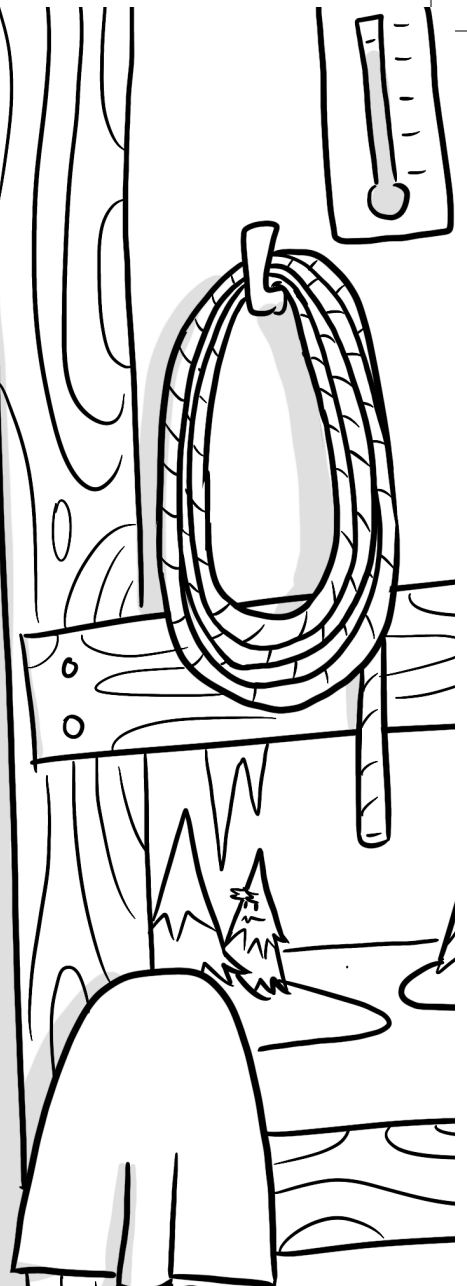
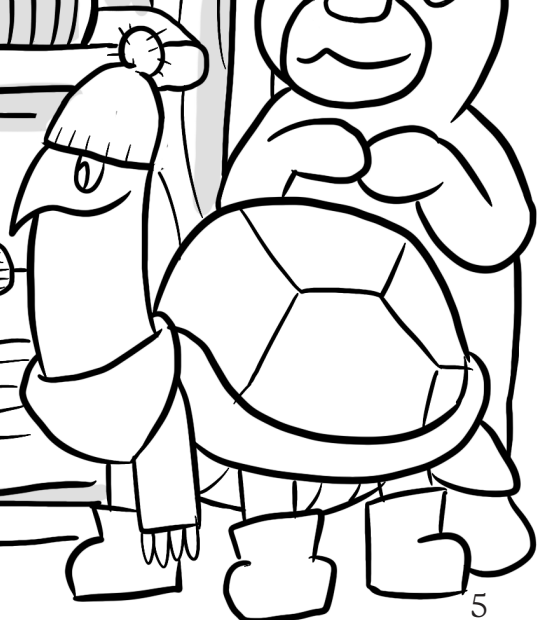
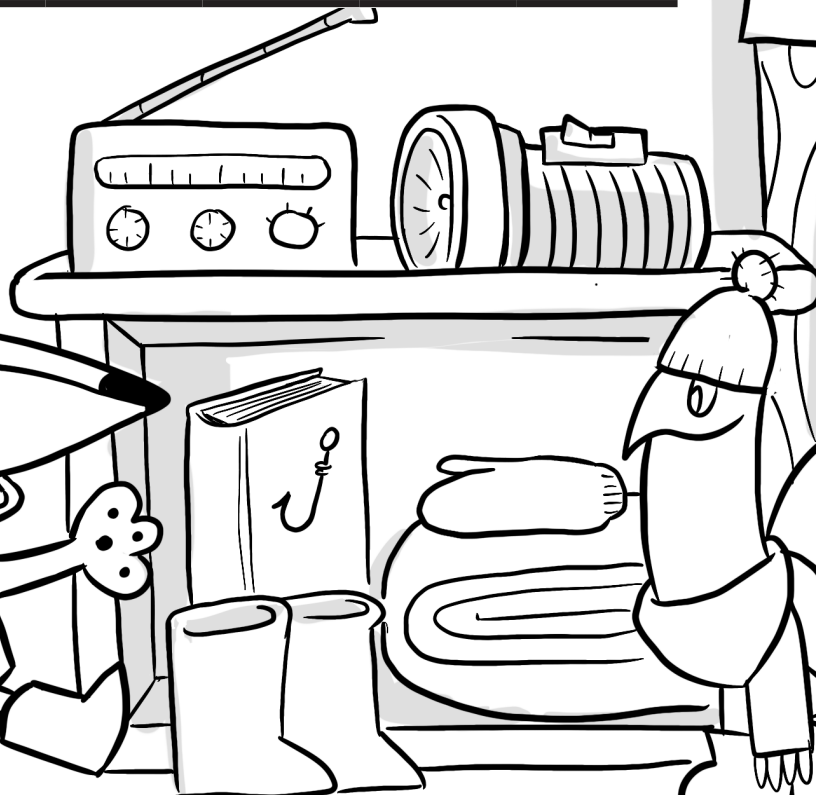
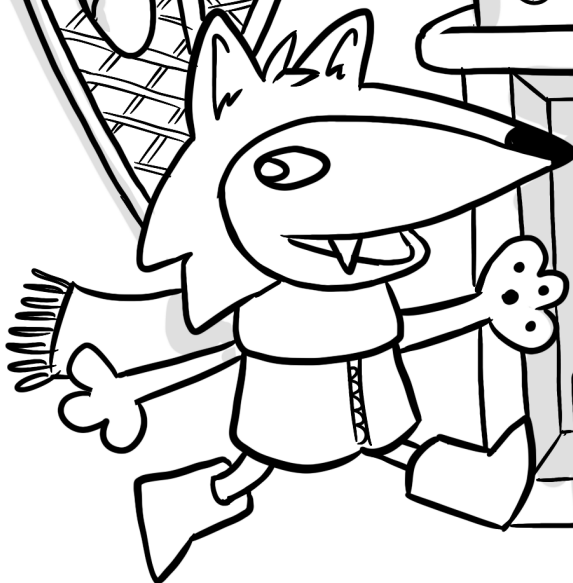
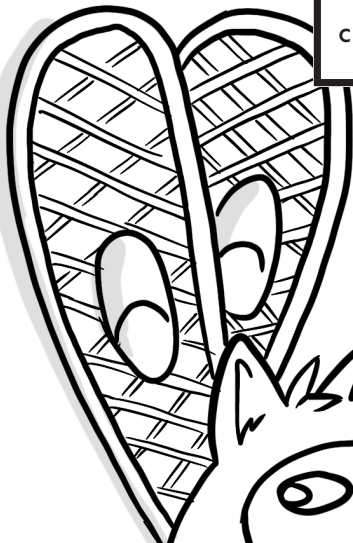
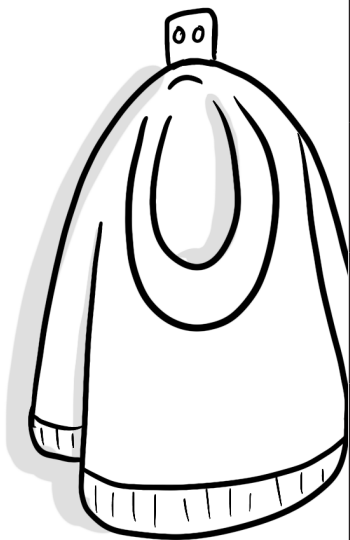
A: _____



READY, SET, WINTER BINGO

Help Beaver and the Besties get ready for their icy adventure! Look for the following items in your house and colour in the squares once you find them. **Five in a row and we're ready to go!**

B	I	N	G	O
Boots	Snowshoes	Shovel	Thermo meter	Book
Flashlight	Jacket	Ice cream	Rope	Skis
Scarf	Ice picks	FREE SPACE	Blanket	Radio
Sled	Lifejacket	Ice cubes	Hat	Camera
Hot chocolate	Sunglasses	Ice skates	Boombox	Gloves



BUNDLED AND BUOYANT!

Before going on ice let's do one last safety check! Bison and Elder Beaver will supervise the children as well as keep each other safe.

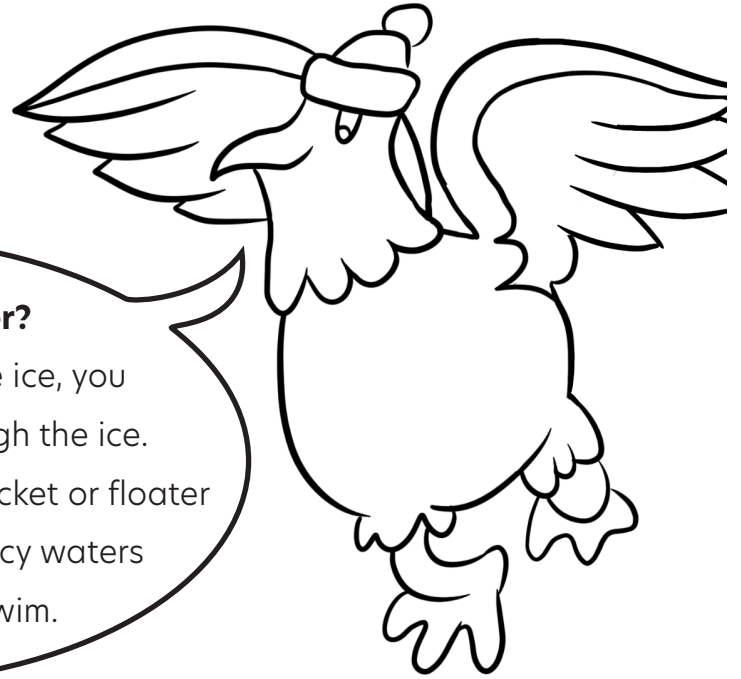
The Besties all need to bundle up before heading out into the cold or onto the ice. **Circle what everyone should be wearing before leaving.**





A lifejacket in winter?

Absolutely! If you go on the ice, you should be ready to go through the ice. In case of an emergency, a lifejacket or floater coat will keep you afloat in icy waters when it's too cold to swim.

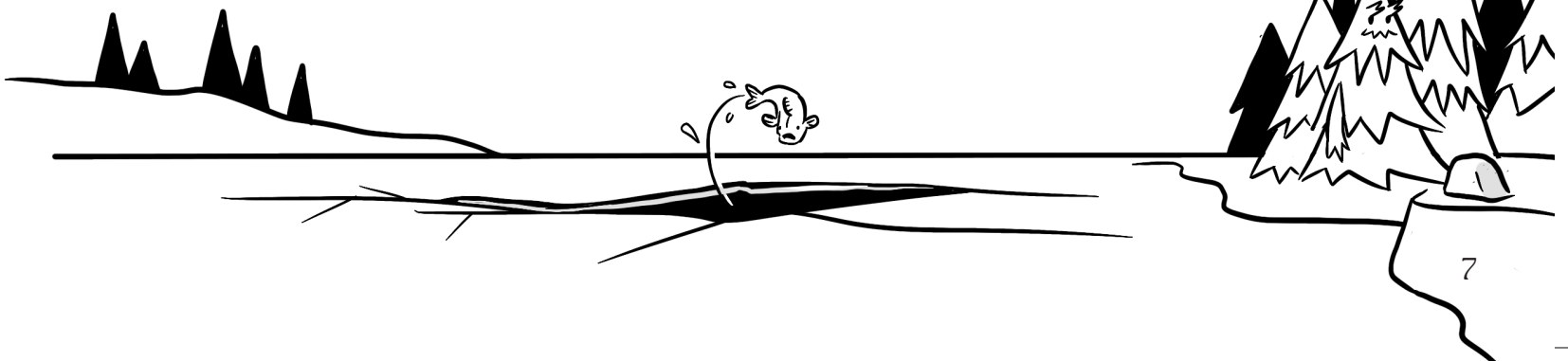


P G F M T W K B D K T G E M T W D E K
R L L I F E J A C K E T F R K H A B A
G K B G R O E R L A M K B G K I N L E
L H R L O E B G K L P E R L M A G A D
K O G K S C V D A K E B G R L A E A L
P T E M T O A N K E R W E A K A R E K
R C F R B L P G E M A H D D L E K B A
G H B G I D W A R M T H I S R R O P E
L O R L T R G K B O U O K I I E D Y D
K C T A E H L E P L R A P C E S T W P
E O O H T W Z Y E M E R G E N C Y H E
R L N C I H H R D A K A G P B U K O K
F A B D D N H G D F E S H I V E R A A
L T R W J K I O C E R L A C D Z L A E
K E G K C J B C S B L A N K E T K X G
A V D N K A G K E C M B O L F U N X G

WORDS TO FIND

Lifejacket
Ice pick
Rope
Float
Fire
Blanket
Hot chocolate
Shiver
Frostbite
Temperature
Hypothermia
Emergency
Danger
Cold
Warmth
Rescue
Thin Ice

Help Beaver finish the Ice Safety word search.



IN CASE OF ICY EMERGENCIES

No ice is ever 100% safe. That's why if you are on ice, you should be ready to go through the ice. **If that happens, don't panic, just remember these steps.**

Stay calm, and breathe slowly.
Bison is wearing a floater coat to stay afloat even in freezing water.



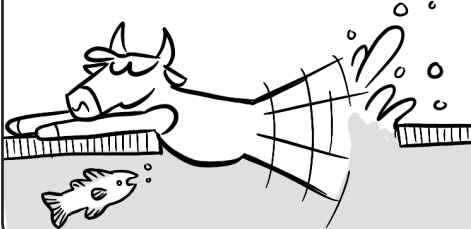
Head back in the direction you came from, where the ice is stronger.



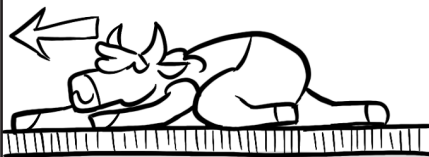
Keep your arms over the ice.
Use an ice pick or screwdriver for grip.



Kick your feet and slide out on your belly like a penguin. If the ice breaks just try again.



When you're back on the ice, don't stand!
Instead, stay low and roll or crawl away.

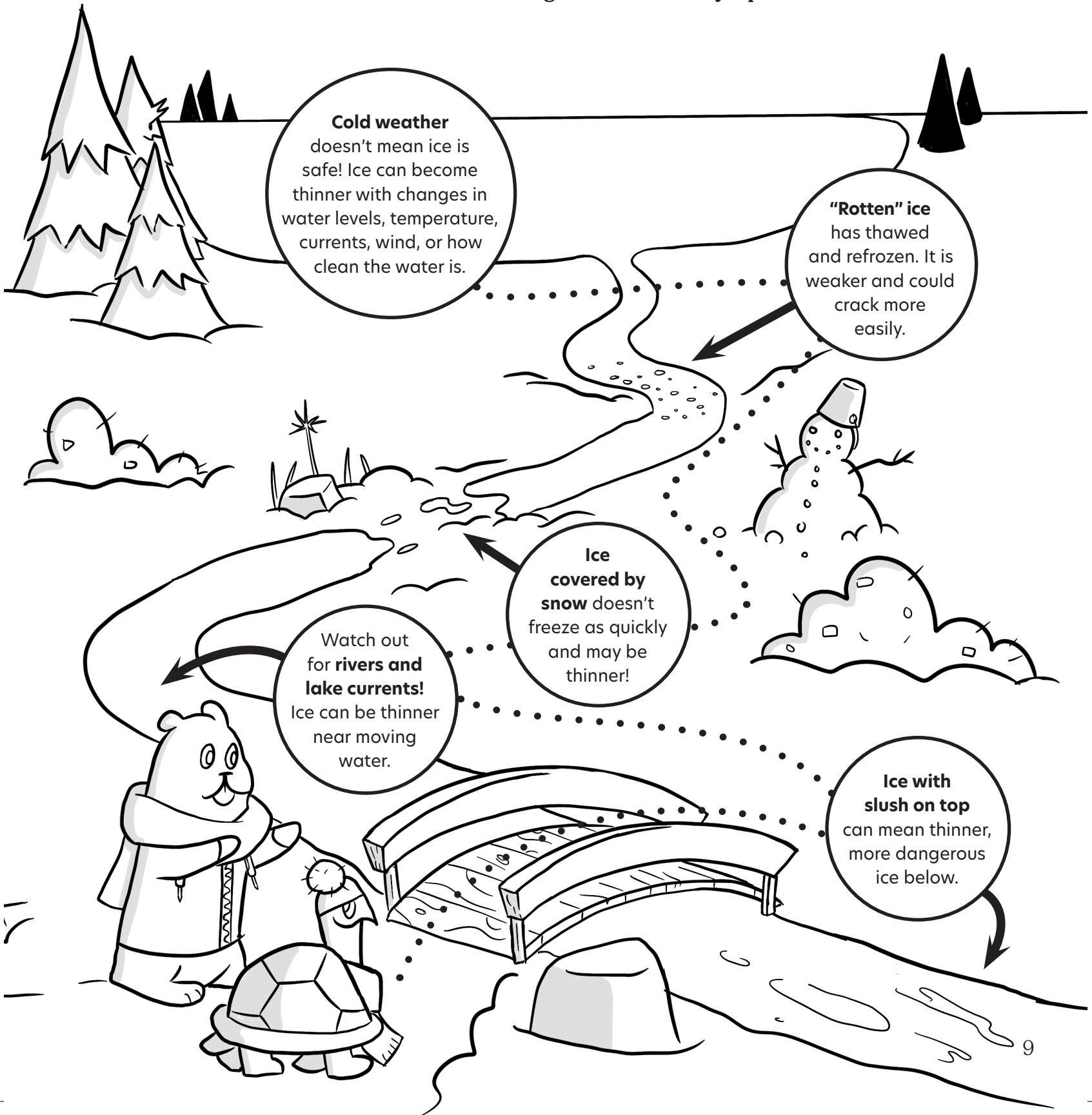


Go somewhere warm and get help.



KNOW YOUR ICE!

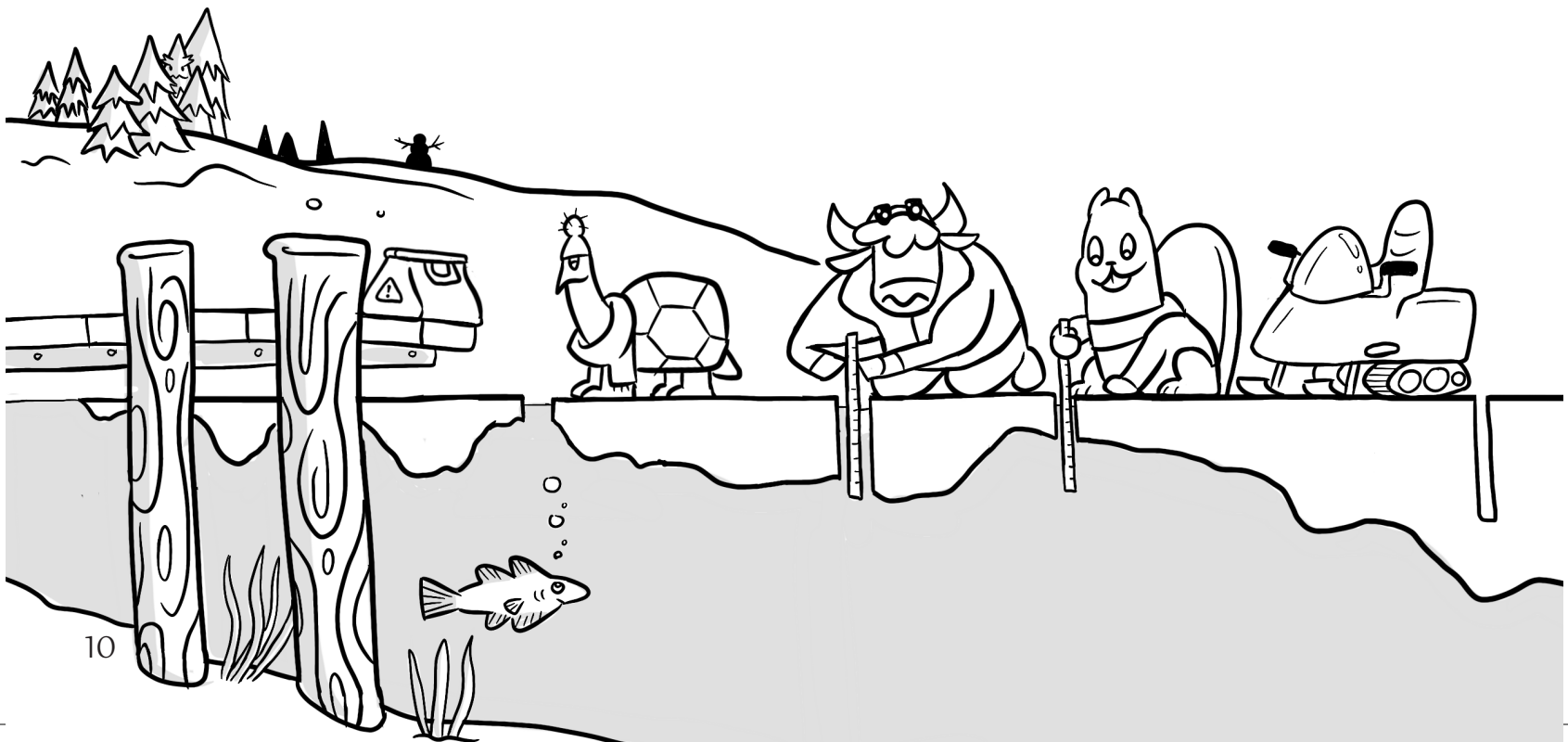
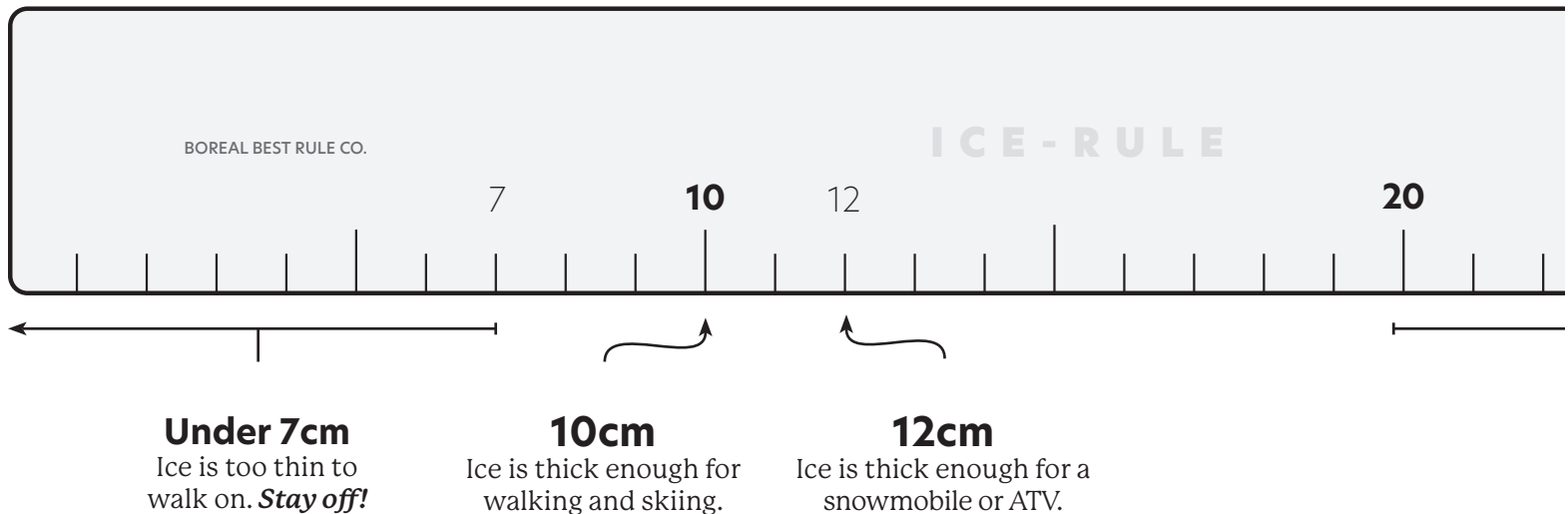
The Boreal Besties will learn a bit more about ice safety before their trip on Big Water Lake. Help Elder Beaver lead the way. Follow the dotted line through some ice safety tips.



DEPTH CHECK!

Before setting foot on the ice, Bison and Elder Beaver check if it's thick enough. Help them measure the ice on Big Water Lake!

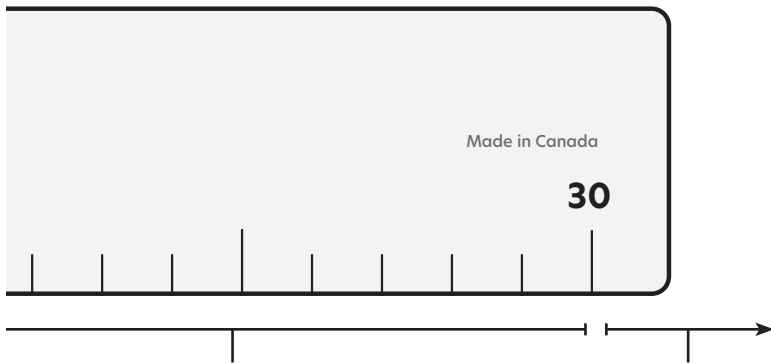
The adults need to record the thickness all over the place so they know it is safe for them to travel on it and where it is the thickest. **Remember, ice should be at least 10 centimetres thick before standing on it!**



SNOWBUDDY FOR EVERYBODY

When well-frozen and thick, the ice is very strong. On this spot, it's strong enough to have a contest! Bison asks the buddies to build the best snowsculpture they can. Best sculpture wins!

Help Wolf build an impressive snowsculpture for the contest!



20-30cm

Ice is thick enough
for a car.

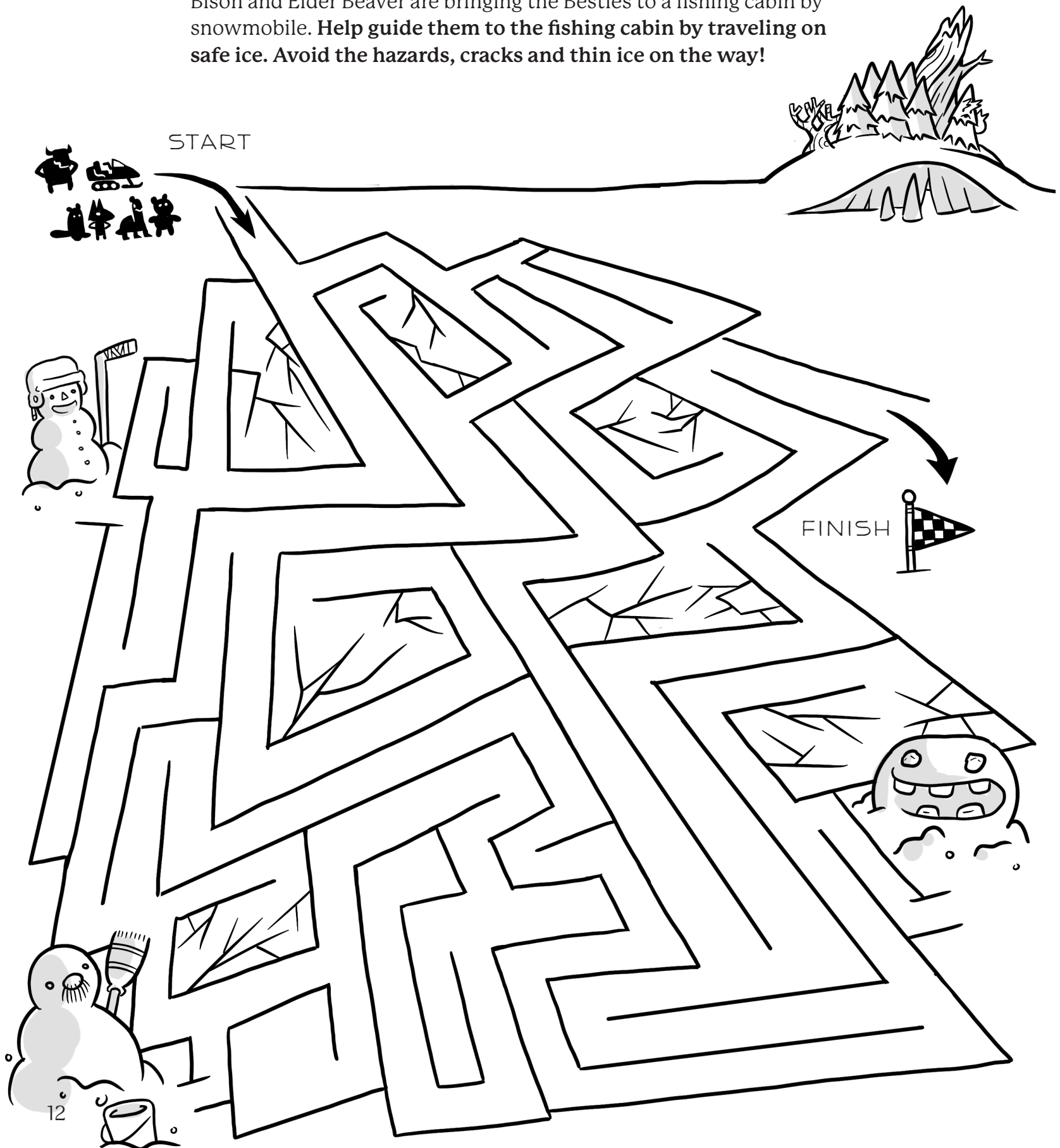
Over 30cm

Ice is thick enough
for a truck.



A-MAZE-ING ICE RIDERS

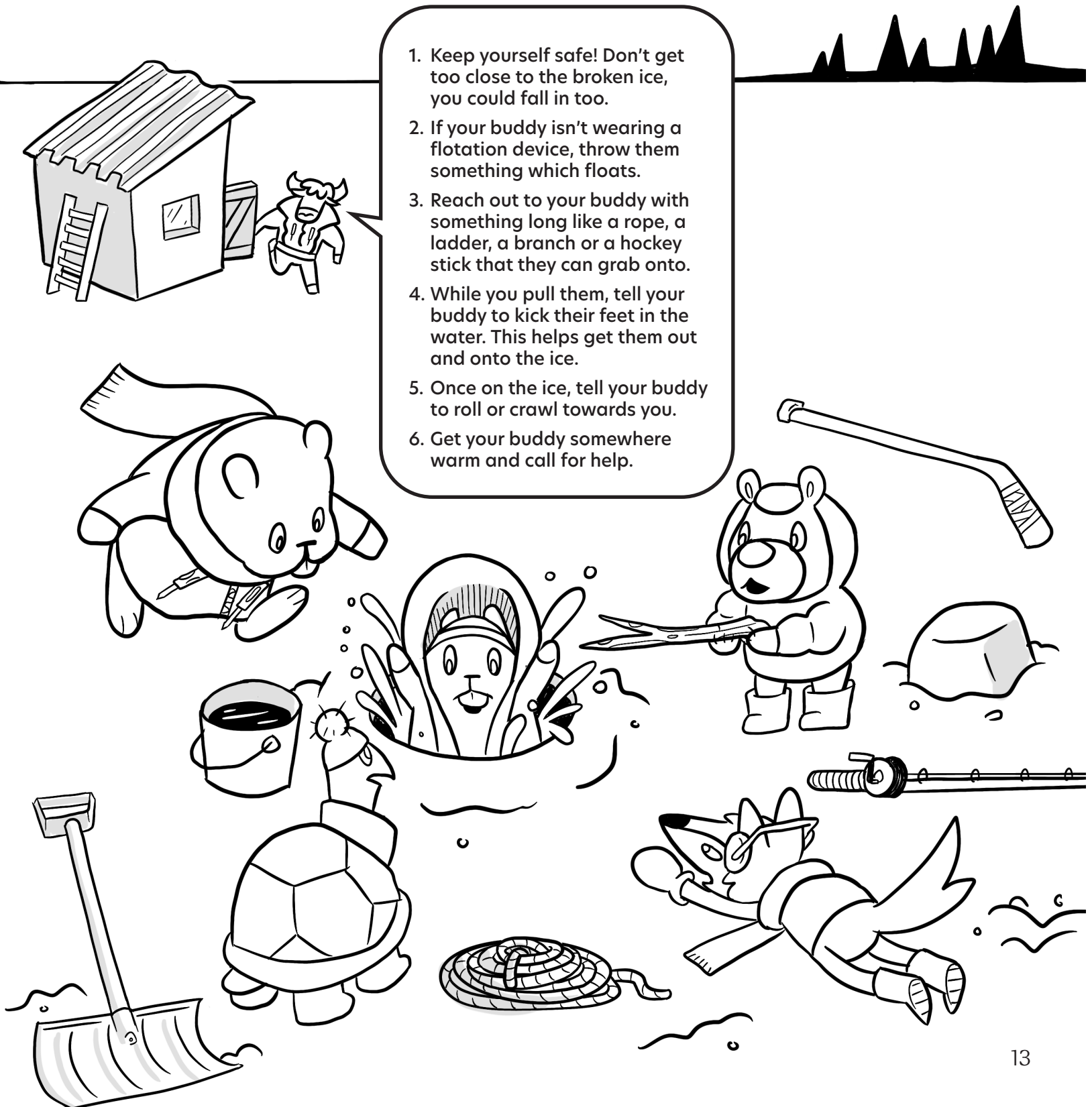
Bison and Elder Beaver are bringing the Besties to a fishing cabin by snowmobile. Help guide them to the fishing cabin by traveling on safe ice. Avoid the hazards, cracks and thin ice on the way!



A BESTIE BREAKS THROUGH!

Remember, no ice is 100% safe. Beaver fell through an ice fishing hole and the lake is ice cold! But don't worry, Beaver is wearing a lifejacket and knows what to do. **Help rescue Beaver by following the steps below and colouring the items the Besties can use to reach Beaver!**

1. Keep yourself safe! Don't get too close to the broken ice, you could fall in too.
2. If your buddy isn't wearing a flotation device, throw them something which floats.
3. Reach out to your buddy with something long like a rope, a ladder, a branch or a hockey stick that they can grab onto.
4. While you pull them, tell your buddy to kick their feet in the water. This helps get them out and onto the ice.
5. Once on the ice, tell your buddy to roll or crawl towards you.
6. Get your buddy somewhere warm and call for help.



ICE-SHACK EYE-SPY

The Boreal Besties made it to the ice fishing cabin thanks to you! Bison is getting set to catch some fish while Beaver warms back up. Let's play eye spy in and around the ice fishing cabin!





Can you help them find these items?

- | | | | | | |
|---|--|--------------------------------------|---------------------------------------|---|--------------------------------------|
| <input type="checkbox"/> Snowshoes | <input type="checkbox"/> Bucket | <input type="checkbox"/> Snow angel | <input type="checkbox"/> Water bottle | <input type="checkbox"/> Camera | <input type="checkbox"/> Wood stove |
| <input type="checkbox"/> Firewood | <input type="checkbox"/> Hockey sticks | <input type="checkbox"/> Ice auger | <input type="checkbox"/> Curling rock | <input type="checkbox"/> Goalie Stick | <input type="checkbox"/> Rope |
| <input type="checkbox"/> Map | <input type="checkbox"/> Fishing Rod | <input type="checkbox"/> Snowmobile | <input type="checkbox"/> Skis | <input type="checkbox"/> Hockey Net | <input type="checkbox"/> Ladder |
| <input type="checkbox"/> Extension cord | <input type="checkbox"/> Sled | <input type="checkbox"/> Gas can | <input type="checkbox"/> Granola bars | <input type="checkbox"/> Cracked ice | <input type="checkbox"/> Snow shovel |
| <input type="checkbox"/> Thermometer | <input type="checkbox"/> Toboggan | <input type="checkbox"/> Hockey net | <input type="checkbox"/> Puck | <input type="checkbox"/> Safety bag | <input type="checkbox"/> Blanket |
| <input type="checkbox"/> Fish | <input type="checkbox"/> Radio | <input type="checkbox"/> Fishing net | <input type="checkbox"/> Ice pole | <input type="checkbox"/> Ice skates | <input type="checkbox"/> Ice Picks |
| <input type="checkbox"/> Lifejacket | <input type="checkbox"/> Axe | <input type="checkbox"/> Goalie Mask | <input type="checkbox"/> Snowbuddy | <input type="checkbox"/> Ice fishing hole | <input type="checkbox"/> Compass |

BOREAL BESTIES BRISK NOT-SO-BOARD GAME

Play this game and help the Besties get back across Big Water Lake.
Remember what we learned to help them back safely.

RULES:

Use a button as your player marker. Move around the board until you cross the finish line.

If you land on a square with instructions, follow the instructions and move your player ahead or back, or miss a turn.

When you reach a Fork in the Path, you may choose which direction to take. Look ahead to see which direction seems the safest!

Start behind the start line.
All players take turns flipping a coin. Youngest player goes first.

If you flip **heads**,
move your player
ahead 3 spaces.

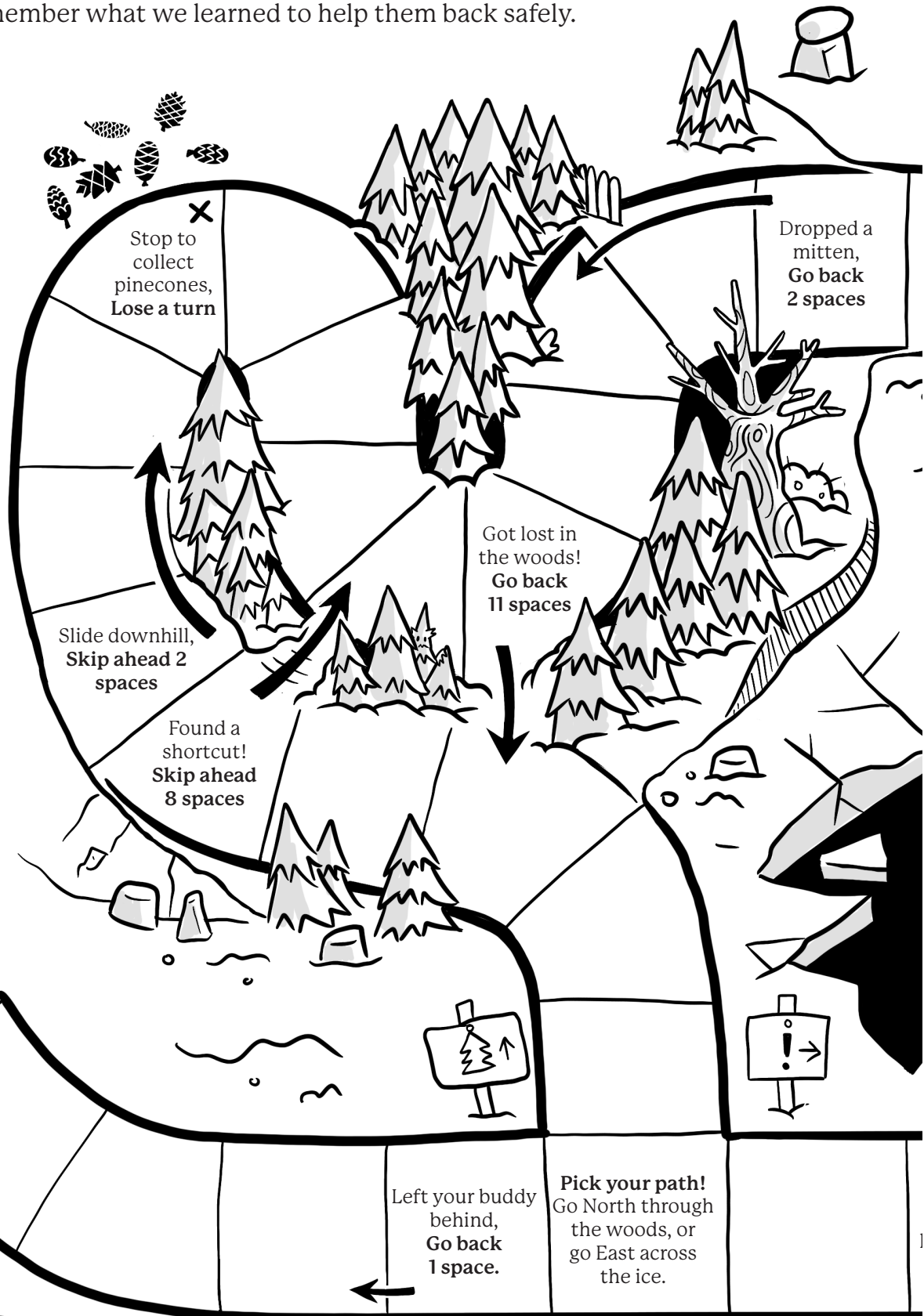
If you flip **tails**,
move ahead 2
spaces.



+3



+2





WHAT AN ICE DAY!

Awesome! Great job bringing the Besties back home!
They learned a lot about ice safety, and had a great time
doing it. Now it's time to show off what you learned!

Write or draw answers to the questions below!

Q. How thick must ice be
to be safe to stand on?

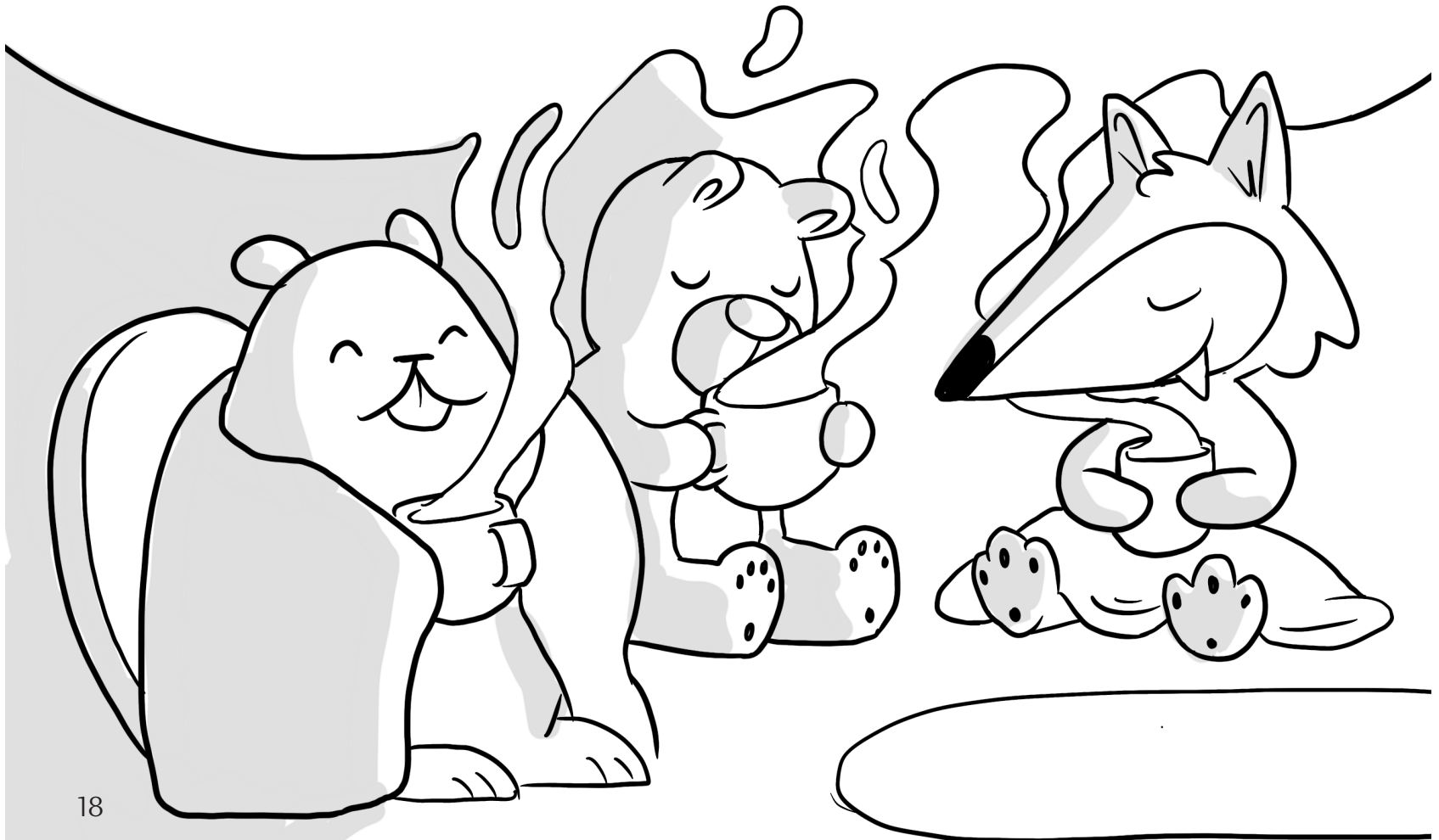
(Hint: page 10)

Q. What should you wear to stay
warm outdoors in winter?

(Hint: page 6)

Q. What is the safest weather
for walking on ice?

(Hint: page 9)



Q. Who should go with you when you go onto ice?

(Hint: page 4)

Q. What can you wear to be safe when walking on ice?

(Hint: page 7)

Q. If you or a friend fell through the ice, what should you do?

(Hint: page 13)



A simple line drawing of a landscape. In the foreground, there is a small, rounded hill. Behind the hill, there is a cluster of trees, including several pointed evergreens and a few deciduous trees with bare branches. To the left of the trees, there is a small, simple house with a chimney. The background is a plain, light gray area.



Page 12

Thanks for coming on a winter adventure.
Did you find me throughout this book?



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