

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.

<b>Water Temperature and Estimated Survival Time</b>	
<b>Water 38 Degrees Fahrenheit</b>	
Loss of use of hands and forearms.....	15 minutes
Loss of mental activity.....	45 minutes
Hypothermia & death.....	65 minutes
<b>Water 48 Degrees Fahrenheit</b>	
Loss of use of hands and forearms.....	20 minutes
Loss of mental activity.....	60 minutes
Hypothermia & death.....	90 minutes
<b>Water 70 Degrees Fahrenheit</b>	
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.