



| HOW TO USE | 1. | 2. | 3. | 4. | RISK INCREASING EXAMPLES | TO BE REGARDED AS NORMAL |
|--|-------------------------------------|---------------------------------|------------------------------------|---------------------------------------|--|---|
| <p>Pick yes or no in each cell in the column of your moment in time. Count the number of 'yes' in that column to get the risk score at that moment in time. Take appropriate risk reducing measures counterparting the score at that moment in time.</p> | <p>The evening before your tour</p> | <p>At breakfast on tour day</p> | <p>On the ice before departure</p> | <p>During fika and after a change</p> | <p>Warning - a low risk score is no guarantee that there are no other risks involved than the risks in the column below. A low risk score is not automatically a green light to skate. You are responsible yourself at all times to make a safe skating tour. Keep thinking.</p> | <p>Goal - use the 4x4 risk analysis as instrument to avoid unsafe situations, by evaluating your circumstances. Judge the risks by comparing it to the reference 'normal' day tour described in this column. Use the 4x4 risk analysis to get out of a tunnel vision you might be in.</p> |
| <p>1. Terrain</p> <p>Does the lake/sea have characteristics that are known to be risk increasing?</p> | yes/no | yes/no | yes/no | yes/no | <p>large size and/or depth; salt or brackish water; part of river; strong currents; border to sea; waves; tides; incoming (warmer) water; ship lanes; location sensible for hard wind; dangerous places indicated on SN</p> | <p>small and middle sized waters; fresh (sweet) water; uddar; sund; inflows; outflow; islands; normally changing deep/shallow water</p> |
| <p>2. Ice</p> <p>Does the ice situation have characteristics that are known to be risk increasing?</p> | yes/no | yes/no | yes/no | yes/no | <p>thin ice; weak structured ice; spring ice; loose from shore; connected to open water; ice floes; (newly formed) signs of recent ice drift; signals of tension; (refrozen) släpprårer; ice broken near shore due to traveling waves; råk following shoreline; stöpis/snöis without stable kärna; double ice; reduced visibility by snow/water on the ice; underfrättning; many vindbrunnar; vrakis; many torrsprickor; plurnings reported</p> | <p>thick kärnis; hard stöpis/snöis with stable kärna under; ice not degenerated; snow/rimfrost on the ice < 1cm; water on the ice < 1mm; normally placed upp/nedråkar; few vindbrunnar; generations of ice easily visible</p> |
| <p>3. Weather</p> <p>Does the weather situation have characteristics that are known to be risk increasing?</p> | yes/no | yes/no | yes/no | yes/no | <p>hard wind; increasing wind; wind direction change; temperature rise; temperature fall; air pressure change; (starting) thaw; strong sun radiation; snow; rain; fog; no or less daylight</p> | <p>freezing weather; temperature fluctuation < 10°; wind < 6 m/s; wind direction change < 45°; visibility > 1km; no significant air pressure change; no precipitation; daylight</p> |
| <p>4. People</p> <p>Would you judge the composition of the group to be risk increasing?</p> | yes/no | yes/no | yes/no | yes/no | <p>skating alone; group size < 3 or > klubb maximum; only one leader; tired or injured people; one or more newbies; stubborn/competitive people; no mixed genders; safety equipment not complete; people not having done safety exercises; group split while skating; multi day trip; multi group trip; multi klubb trip; new situation(s) for leader(s); exhausting night before day tour; bad internet / no information; bad preparation; preparation done in hurry; no or bad map available</p> | <p>standard day tour; group size >= 3 and <= klubb maximum; two leaders; complete safety equipment; skating in normal formation; signals known to whole group; keeping distance after keep distance signal; nothing to prove; freedom to speak; enough time to prepare; known area to at least one group member; sufficient information available; suitable map available</p> |

Count the number of 'yes' answers

- | | |
|---------------------|--|
| 0 - normal risk | - go skating according to your plan, taking normal precautions |
| 1 - increased risk- | - add risk reducing measures to mitigate the increased risk |
| 2 - high risk | - add strong risk reducing measures to mitigate the increased risks |
| 3 - very high risk | - take very strong risk reducing measures or choose another location |
| 4 - extreme risk | - don't go, retreat, choose another location or date/time |



Germany, Netherlands, Norway, Sweden:

SOS ALARM 112

Sweden:

Medical consult 1177

also for closest hospital/doctor

- Police, no emergency **114 14**
- Number info **+46.118 118**

Wind speed m/s > Bft

| | | |
|---------------|---------------|--------------|
| 5,0- 7,9 m/s | mod. breeze | Bft 4 |
| 8,0-10,7 m/s | fresh breeze | Bft 5 |
| 10,8-13,8 m/s | strong breeze | Bft 6 |
| 13,9-17,1 m/s | moderate gale | Bft 7 |
| 17,2-20,7 m/s | fresh gale | Bft 8 |

Appoint before departure

- Last person (second guide or experienced participant)
- Second person (second guide or experienced participant)
- Rescue leader in case the guide plurrs (second person or last person).

Plurrring

Secure

- Retreat to secure ice, probe the ice
- Skate – crawl - lie down

Rescue

- Rescue leader takes charge of the rescue
- Rescue leader appoints line throwers

Care

- Stay with the plurred one, let someone find a sheltered spot
- Change clothes, everyone helps
- Replace guide with second guide, if guide plurred

IN DOUBT? CALL 112

Germany, Netherlands, Norway, Sweden

Alerting emergency services 112

Answer the questions of the operator in English:

- If necessary: ask for someone who speaks English
- Tell that you are the leader of a skating group
- Report your position by describing the location (name of water/ part) and your coordinates (name also the system you use, f.i. RT90)
- Tell what kind of help you need
- Ask to be connected to the rescue service crew that is send out to you for help
- Agree on where you will meet
- Send 2 participants to the meeting place
- Assist the rescue service

Press contact on the spot after the incident:

- Tell what happened, as far as known.
- Offer condolences to victims
- Tell only what you are 100% certain of
- Tell what you think of it (indication; feeling)
- Tell what you do or did about it
- Thank the rescue services

Do not: speculate, guess, interpret or defend
Never say: no comment.

Last person

Skate as last one in the row

- Know the number of participants
- Check if everyone is there, also during/after walking
- Check what happens in the group during skating
- Consult the guide if necessary
- Tell how the group is doing
- Inform the guide about speed, etc.

Second person

Keep distance (min. 15 m) to the guide

- Keep distance, also in strong headwinds
- Give warning of a high tone (thin ice)

Rescue leader

- Lead the rescue when guide plurrs
- Support guide when participant plurrs

When guide plurred > second guide in front. When both plurred > most experienced participant in front and abort tour asap.

Signals of the guide

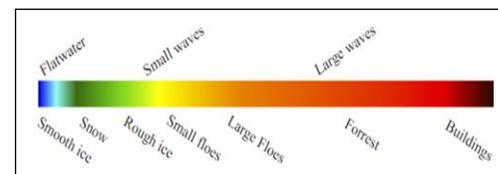


Keep distance

Dangerous

Stop!

Scale for Sentinel-1 - smooth > rough



<https://www.trampofoil.com/is-sar/>

Wounded person

Always protect against hypothermia

Bleeding

- Uphold bleeding bodypart
- Bandage the wound
- Severe bleeding = hold wound edges together >5min; dress the wound
- Use pressure bandage/tourniquet if necessary
- If bleeding does not stop = **112**
- Deep cut = **to hospital/doctor or 112**

Unconsciousness

- Unconsciousness = **112**
- Keep the victim under control/watch
- Please note: also in case of a short period of unconsciousness = **112**

Damage to bone, tendon, ligament

Ask:

- Where does it hurt most?
- Can you use feet/leg/arm/hand?
- Can you use feet/leg/arm/hand for support?
- Suspicion of fracture or other serious damage = **112**
- Damage to ankle, knee, shoulder, arm, hand, joints = fixate if necessary = **to hospital/doctor**

Safety training

1. **Signals**, guide trains group to follow signals, repeat until everyone reacts correctly.
2. **Line throwing**, throw safety line to fixed spot or person, until everyone reaches the spot/person.
3. **Simulate plurrring**, the whole group participates in a simulated plurrring, form begin to end.
4. **Use isdubbar**, everyone flat on the ice and covering a distance of at least 15 m using isdubbar only.
5. **Cross råk**, train the use of poles to make a safe step across the råk.
6. **Calibrate pole**, test thin ice with the pole, estimate thickness and check if correct.

Hypothermia

- Frozen body parts = defrost with body heat, protect against freezing again
- General hypothermia = activate the victim
- If the victim cannot be activated = handle with care, protect against further hypothermia = **112**

Chestpain

Acute chestpain lasting ≥ 10 - 15 min = **112**

CPR/reanimation: **let someone call 112**

- 30 fast compressions on the middle of the sternum and
- breath air into the victim 2 times, first ensure free airways
- **Repeat in this sequence this until help arrives**

Burn wounds

- Cool directly with water, snow, ice.
- Cool at least 10 min
- Second or third degree burns = **to hospital/doctor**