



## Standard Guide for Ice Staff Self-Rescue Technique<sup>1</sup>

This standard is issued under the fixed designation F 1765; the number immediately following the designation indicates the year of original adoption or, in the case of revision, the year of last revision. A number in parentheses indicates the year of last reapproval. A superscript epsilon ( $\epsilon$ ) indicates an editorial change since the last revision or reapproval.

### 1. Scope

1.1 This guide describes the self-rescue technique on ice utilizing an ice staff.

1.2 This guide is one in a series of self-rescue techniques for the ice rescuer.

1.3 Individuals who will operate in the cold water or ice rescue setting need to be aware of the equipment and physical requirements necessary to be able to perform all identified objectives and necessary skills in the setting.

### 2. Terminology

#### 2.1 Definitions:

2.1.1 *drysuit, n*—a protective suit that encompasses the wearer, prohibiting water from entering; a dry suit provides no buoyancy or thermal protection without insulative undergarments.

2.1.2 *ice awl, n*—a device, consisting of a sharp spike with a handle used for rescue on ice.

2.1.3 *ice staff, n*—a stick, pole, or rod with a sharp spike in one end used to traverse on ice or rescue on ice.

2.1.4 *immersion suit, n*—designed to provide cold water protection and buoyancy by one person in cold water emergencies.

2.1.4.1 *Discussion*—These devices should conform to standards set by the appropriate national regulatory authority, that is, the U.S. Coast Guard in the United States.

2.1.5 *personal flotation device (PFD), n*—a buoyant device suitable for use by one person in water emergencies.

2.1.5.1 *Discussion*—These devices should conform to standards set by the appropriate national regulatory authority, that is, the U.S. Coast Guard in the United States.

### 3. Significance and Use

3.1 This guide establishes a recommended procedure for utilizing an ice staff as a self-rescue technique on ice.

3.2 All persons who are identified as ice rescuers shall meet the requirements of this guide.

3.3 This guide will assist government agencies; state, local, or regional organizations; fire departments, rescue teams and

others who are responsible for establishing a minimum performance for personnel who respond to ice emergencies.

3.4 This guide is not intended to be used in isolation, but as a component guide acknowledging many skills and techniques needed to respond at a cold water and ice emergency.

3.5 An ice rescuer shall be wearing an immersion suit, drysuit with PFD, or equivalent cold water protection and buoyancy to perform these rescues.

3.6 An ice rescuer shall carry a set of ice awls along with the ice staff as a backup technique.

### 4. Procedure

4.1 The ice rescuer should grasp the ice staff firmly near the spiked end.

4.2 Extend the staff in a downward slanting position tapping in a semicircle to test the ice.

4.3 Listen for a clear, hard resonating sound indicating good ice.

4.4 Move slowly onto the area of ice that has been tested.

4.5 Continue to traverse by sliding steps to lessen the impact of the footsteps while distributing body weight as evenly as possible.

4.6 When moving, continue listening for the clear, hard resonant sound; however, a dull sound or thud may indicate weaker ice.

4.7 The rescuer should use the spiked end of the staff to test those areas of ice by jabbing at the surface. If the ice breaks away or is deteriorative, select another path.

4.8 If the ice begins to break, lie down and roll to safety.

4.9 If the rescuer becomes immersed, cover the mouth and nose to prevent aspiration.

4.10 While immersed, remain calm and use the staff horizontally to lift up and onto the ice, rolling to safety.

4.11 The rescuer can utilize the staff while immersed in a vertical position by allowing feet and legs to float to the surface.

4.12 While stabbing the spiked end into the ice, pull and flutter kick, sliding forward if ice conditions allow.

4.13 If ice conditions do not allow, continue stabbing and kicking to reach stronger ice, then roll to safety.

### 5. Keywords

5.1 ice; ice rescue; ice rescuer; ice staff; water; water rescue; water rescuer

<sup>1</sup> This guide is under the jurisdiction of ASTM Committee F32 on Search and Rescue and is the direct responsibility of Subcommittee F32.02 on Search and Rescue Management.

Current edition approved Jan. 10, 1997. Published June 1997.

 **F 1765**

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