**Inosivut 2222** Name:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Extreme Cold Procedures**

**1.** What steps should you always take before taking any skidoo trip ?

**2.** How would you best avoid getting frostbite or hypothermia?

**3.** What are the signs of frostbite?

**4.** You and a friend have go to your cabin, 20 km out of town, and his handlebar warmers were not working. You arrive and he says his hands were really cold but now he just doesn’t feel them. You suspect frostbite is setting in. What steps do you take?

**5.** What is hypothermia, and how is it usually caused?

**6.** What are the symptoms of mild hypothermia?

**7.** What are the symptoms of severe hypothermia?

**8.** What are some of the Do’s and Don’ts for dealing with hypothermia?

**9.** You managed to save your friends hands and had a great few days at the cabin. On the way home, your friend with no luck, crashes through the ice on Alexander Lake. You were riding behind and were able to stop before going in. What do you do now?

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