

**THE MARYLAND-NATIONAL CAPITAL PARK AND PLANNING COMMISSION
PRESS RELEASE**

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**ICE SKATING ON PONDS WITHIN MONTGOMERY COUNTY PARKS
STRICTLY PROHIBITED, DANGEROUS**

SILVER SPRING, MD – Ponds and lakes in Montgomery County’s parks can begin to look like ice skating rinks as temperatures fall below freezing this time of year. However, any activity on the ice is strictly prohibited and can be extremely dangerous.

The Maryland-National Capital Park and Planning Commission has posted warning signs along the perimeter of bodies of water in the park system to remind users to stay away from the ice.

The Park Police offer the following safety tips. If for some reason, you find yourself or someone nearby on unsafe ice, remember:

1. If you hear cracking, lie down immediately to try to distribute your weight.
2. If you witness someone falling through the ice, never attempt to make a rescue by yourself.
3. Call 911 and notify the proper authorities.
4. Be sure to give the exact location and an account of the incident.

For safe, affordable and enjoyable ice skating, visit M-NCPPC ice rinks:

Wheaton Ice Arena
11751 Orebaugh Avenue
Wheaton, MD
301/649-2250 or www.wheatonicearena.com

Cabin John Ice Rink
10610 Westlake Drive
Rockville, MD
301/365-0585 or www.cabinjohnice.com

For other safe activities this winter, pick up a Leisure Guide distributed by the Montgomery County Department of Recreation and M-NCPPC. To request a copy of the Leisure Guide, call 240/777-6820.

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