

# IN CASE OF EMERGENCY (ICE)

## INFO

Unfortunately accidents happen. By Carrying your emergency contact details (ICE) with you, it allows people to provide the right help quickly and easily and be able to contact somebody for you immediately. Friends and family can also relax knowing that should something happen they will know who to call first and have any special details they might need, straight away.

## INSTRUCTIONS

1. Complete your details on the ICE cards
2. Disable scaling on the printer settings to get the correct size ICE card
3. Print & cut the card out
4. Use thick card or laminate to increase durability

**PUT A COPY IN YOUR WALLET AND TAKE THE SECOND COPY OUT WITH YOU EVERY TIME YOU GO OUT FOR A RUN.**

NAME	SEX
CARDHOLDER MOBILE	BLOOD GROUP
EMERGENCY CONTACT 1	MOBILE
EMERGENCY CONTACT 2	MOBILE
ALLERGIES / HEALTH INFO	
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