

THE INTERNATIONAL ICE SWIMMING ASSOCIATION ®

IISA ®

SWIMMING RULES
AND
REGULATIONS



OBJECTIVES OF THE IISA RULES AND REGULATIONS

IISA is committed to ensuring that all Ice Swims and Events are conducted in the safest environment possible as it is acknowledged that this is an extreme sport. Whilst it is not possible to guarantee the safety of any participant undertaking any IISA regulated activity, IISA wishes to try to establish certain standards for this activity and insist that these are adhered to in order to take advantage of the most up-to-date research in cold water immersion and ensure that there is adequate access to medical assistance in the event that it should be required.

No Swim or Event will be recognized by IISA unless all of these Rules and Regulations are strictly adhered to. In any event, IISA reserve the right not to recognise the Event or Swim as the Board shall determine.

It must be emphasised that IISA cannot guarantee the safety of any participant who wishes to take part in ICE Swimming or a recognized IISA Event and IISA will not and cannot take any responsibility for any death, injuries or losses suffered as a consequence. All Swimmers must participate at their own risk.

Like anything in life which is new, out of reach, dangerous and extreme, some may interpret a safety warning as a challenge and some as a warning.

I. DEFINITIONS

- I.1. Definitions are as below or as defined in Clause 2 of the IISA Constitution.
- I.2. “Event Committee” – a committee formed of the Event Director, Safety Officer, and IISA Official to be comprised of a minimum of 3 individuals.
- I.3. “Event Language” – The official Language of each event will be decided by the Event Committee as per Event location, however, IISA language must prevail when in doubt.
- I.4. “IISA Event or Event” – an IISA regulated swimming event which follows the Rules and Regulations.
- I.5. “IISA Language” – to avoid any confusion, the official language of IISA will be English. All IISA’s requisite documentation must be presented in English. If a requisite document or communication is done in the local or other language, it must include an English translation.
- I.6. “IISA Official” – an IISA Member certified by IISA as a qualified official for the Event or Swim. An Event Director, Referee or other can be regarded as the IISA Official if they are free to roam around the Event grounds, supervise all activities and are not bound to a Recovery Facility.
- I.7. “IISA Swims or Swim” – any swims governed by IISA Rules and Regulations, approved by IISA and officiated by IISA Officials. No swim will be regarded as an IISA Swim or Event unless an IISA Official is present.
- I.8. “Medical Check Area” – a designated area where swimmers can have their pre-Event or Swim medical checks.
- I.9. “Medical Officer” – a designated medical doctor experienced in cold and ice water immersion, hypothermia risks and had some trauma cases training. The Medical Officer will oversee the recovery of the swimmers post Event, and has the responsibility to watch



swimmers' recovery, decide on emergency or evacuation protocol, and discharge swimmers from the Recovery Facility. The Medical Officer will supervise the other medical staff in attendance. The Medical Officer may also be asked to supervise the actual Swim or Event to ensure no participant is in danger.

- I.10. "IISA Medical Assessment Form ("MAF")" – means IISA provided medical form used in Pre-Swims Medical Examination [available on IISA website]
- I.11. "Medical Examination" – means a Medical check following IISA Medical Assessment Form.
- I.12. "Observer" – a person who is qualified by his/her experience and integrity to observe an IISA Swim. The Observer has the responsibility of monitoring the ICE Swim adherence to the Rules and Regulations, the safety of the Swim conditions and the integrity of the information provided. (in the future all Observers will be Officials)
- I.13. "Witness" – a person witnessing the Swim and testifying in a Swim application to the adherence of the Swim with IISA Rules. The Witness must be familiar with the Swim basic requirements.
- I.14. "Race Director or Event Director" is the person ultimately responsible for the Event and responsible for ensuring that the Rules and Regulations are adhered to.
- I.15. "Recovery Facility" – specially designated room/s with the required facilities to assist and monitor the swimmers' recovery post Event. The Recovery Facility must be of a suitable size to accommodate all recovering swimmers as well as medical staff.
- I.16. "Referee" – race referee responsible for adherence to Race Rules in all aspects. The Referee has the ultimate power to disqualify a swimmer or pull a swimmer out, at his/her discretion without any delay, negotiations, or appeal. The Referee can double up as the Event Director if both roles are not compromised and may be referred to as such in the Rules and Regulations. The Referee must be a Member of IISA. In time, all Race Directors and Referee will have to be an Accredited IISA Officials.
- I.17. "Safety-Belt" – a belt used by the Swimmer, around his/her waist during a swim. The Safety-Belt provides a place for the support or rescue staff to pull the swimmer out the water.
- I.18. "Tow-Float" – a floating device attached to the Swimmer with a Waist Belt.
- I.19. "Swimmer" – a participant in the Event or Swim.
- I.20. "Second" – A person accompanying the Swimmer. The Second's responsibility is to watch the Swimmer throughout his/her Event or Swim, from change room to recovery until the Swimmer has been handed over to the responsible staff at the Recovery Facility. The Second must be briefed and familiar with ICE Swimming, the Rules and Regulations, the Event or Swim process, and the Swimmer recovery process. The Swimmer must brief the Second prior to the Swim.
- I.21. "Time Keeper" – a person taking the time of the Swimmers' swim. Each Swimmer will have at least one Time Keeper.
- I.22. "Cut off time" means a time set for a specific IISA Event.

1.23. “Pool Course” – means a swim course of 25m to 50m in a pool like structure, where the Swimmer swims up and down a dedicated lane. It can be man-made, ice cut or in open water, as long as the required conditions are met.

1.24. “Open Water Course” – means a Swimming course that is not a Pool Course.

2. OFFICIAL ICE SWIMMING DISTANCES

2.1. IISA official distances are 1 British mile and 1 kilometer.

2.2. Any distance of 1 Mile or longer will be treated as Ice Mile and will be recorded in IISA Ice Mile record book with its distance swum

2.3. One kilometre or longer is an individual achievement and will receive IISA recognition if it is regarded by the Board as a qualifying Swim. The Board’s decision in this regard is final.

2.4. Shorter Distances than a 1000m are allowed in an IISA Event

2.5. Any Swimming Event governed by IISA Rules, regardless of the distances swum, can be recorded as an IISA Event.

2.6. Shorter distances in IISA events will be added to the Member’s Bio records on IISA website. However, IISA only holds world records, recorded Swims and Swimmers rankings in the IISA Mile and 1km distances.

3. PHYSICAL DISABILITY AND SPECIAL CATEGORIES OF SWIMMERS

3.1. IISA recognises, supports and encourages participation of swimmers with disabilities.

3.2. IISA will treat disabled swimmers on a case-by-case basis, allowing Event Directors to amend categories, and relax the Rules on swimming aids etc. as required, while considering swimmer safety as the main objective. Every attempt will be made to provide the necessary facilities and assistance, but it must be recognised that due to limitations at some venues, this may not always be possible.

3.3. An IISA Official, Event Director or Medical Doctor may prevent a disabled Swimmer from swimming at any time if it is felt that the conditions are adverse for that swimmer and/or the venue is not suitable for the disability in question as safety must always be the primary consideration. The Swimmer must accept that decision as final.

3.4. IISA adopts the International Paralympic committee disability classification:

3.4.1. <https://www.paralympic.org/swimming/classification>

4. ICE SWIMMING RULES

4.1. IISA safety requirements set the minimum standards in all ICE Swims. It is within the Event Director, Observer, IISA Official, Medical Officer or anyone else responsible for the Ice Swim, to add or enhance additional safety measures as per Country specific requirements or conditions at the time of the Swim.

4.2. An IISA Ice Swim is a swim which is recognized by IISA and it is undertaken and completed under IISA rules.

4.3. Ice Swim Rules apply to any swim done under IISA Rules in an IISA Event, an Ice Mile attempt or any IISA qualifying swim.



4.4. Temperature Measurement

- 4.4.1. An Ice Swim must be in water of a temperature of 5.0 (five with one decimal) degrees Celsius (“C”) or below or 41.0 degrees Fahrenheit (“F”), measured as follows:
- 4.4.2. The reading of the water temperature must be measured for a continuous period of at least 5 (five) minutes, at a depth of between 5 (five) to 20 (twenty) inches below the water surface (12.7 to 50.8 centimetres below the water surface).
- 4.4.3. The water temperature must be established by using the average reading obtained from 3 (three) digital thermometer readings with a temperature accuracy of +/-1.0C (at least one decimal display)
- 4.4.4. When measuring the average water temperature, only readings of 5.0C or lower can be used. So, 3 thermometers reading 5.2C, 5.0C and 4.8C respectively cannot be used to calculate an average even if the mean temperature is 5.0C or lower. To be valid for the purposes of an Ice Swim, all three thermometers must register 5.0C or below.
- 4.4.5. The thermometers must be water submerged thermometers or utilise a probe; no laser or infra-red thermometers are allowed.
- 4.4.6. The official water temperature must be measured no more than 30 minutes before the Swim begins.
- 4.4.7. For Swims where the water temperature is close to or at 5.0C, the Observer, or Event Director or IISA Official is required to take several measurements across the course and during the Swim to ensure average water temperatures remain at 5.0C or less for the duration of the Swim.
- 4.4.8. Use of watches, or watch-type devices, for distance and temperature measurement are not allowed.

4.5. The Swimmer can wear:

- 4.5.1. one standard approved swimming costume, which may not be lower than the swimmer’s knees and, in the case of female swimmers, a swimming costume which shall not be broader than the swimmer’s shoulders and not above neck line.
- 4.5.2. one pair of the approved style of goggles; and,
- 4.5.3. one standard silicon or latex cap only;
- 4.5.4. greasing is only allowed for chafing purposes;
- 4.5.5. a safety belt, ear plugs, nose clips and mouth guards are allowed for safety purposes only.
- 4.5.6. Any other accessories including but not limited to, music players and heat bags, are not allowed.

4.6. Medical Requirements

- 4.6.1. Swimmers must have undertaken a medical examination using IISA Medical

Assessment Form including an ECG within six months prior to the Swim. The Swimmer must declare his/her intent to make a Swim attempt to the doctor handling the medical examination. The Swimmer must also disclose any relevant medical history to the doctor, any allergies, chronic illness or medications he/she consumes at the time of the examination.

- 4.6.2. The ECG results together with the Medical Assessment Form must be handed in at an Event registration. In a solo attempt, the Swimmer must supply the Form on demand and must attached it to his/her attempt application on IISA website. Failure to comply with this requirement will mean that the Swimmer is not qualified to undertake a Swim or participate in an Event. [It is the Swimmer responsibility to demonstrate and declare that he/she has passed the medical including an ECG as per IISA requirements]

4.7. Age Limits

- 4.7.1. ICE KM to 500m, inclusive, IISA prescribes a minimum age of 16 years at the Swim date. Parents or guardian approval required.
- 4.7.2. Any distance longer than ICE KM IISA prescribes a minimum age of 18 years at the Swim date.
- 4.7.3. IISA doesn't prescribe Age Limit for distances shorter than 500m, however, IISA strongly recommends that swimmer history and background is examined for swimmers younger than 16y.

4.8. The Venue

- 4.8.1. An Ice Swim must be done in an outdoor water mass, preferably a lake or a river.
- 4.8.2. The water quality must be adequate for swimming.
- 4.8.3. A water mass can be a man-made outdoor pool ("Swimming Pool") provided that it is naturally cold (no human assistance to decrease the temperature is permitted).
- 4.8.4. A Swimming Pool or lake must be at least 25m long and of sufficient depth so that the Swimmer does not have to come into contact with any ground surface for the duration of the Swim.
- 4.8.5. An Ice Mile attempt may not take advantage of a known current. Should there be a current, or a current develops, in the chosen location, the Event Director, IISA Official or Observer must determine whether or not any significant assistance would be rendered to participants in the Swim before the Event or Swim commences. If it is thought that the current would render significant assistance, the venue cannot be used for the purposes of an Event or a Swim.
- 4.8.6. An IISA Event must ensure minimum assistance of any prevailing current. If the Event location has a prevailing current, the Race Director should endeavour to design the course in such a manner so that the net effect of the current is neutral.

4.9. The Course

- 4.9.1. The Swim course (the "Course") must have a predefined start point and end point.



- 4.9.2. The Course must be measured by a boat GPS or hand held GPS and not a watch GPS.
 - 4.9.3. The Course from start to end points must be at least one British mile (1,609 metres) for a Swim and one kilometre (1,000 metres) for an Event.
 - 4.9.4. The Swimmer must swim the Course from the start point to the end Point. No assistance, walking, running, standing over or on the Course is considered as being part of the Swim.
 - 4.9.5. An additional distance may be claimed if the distance between the start and end point is longer than one mile or the Swimmer goes beyond the end point of the course. Walking or swimming to the start point doesn't count as an additional distance for these purposes. If a swimmer covers a longer distance than measured between the designated start and end points, due to not swimming by the shortest route, this will not count as additional distance.
 - 4.9.6. Indirect routes, longer turns, or route mistakes will not be considered as an additional distance for this purpose.
- 4.10. Entry and Exit into the Water
- 4.10.1. The Swimmer must be unassisted from the start to the end of the Swim. Disabled Swimmers may be allowed assistance only for entry into and exit from the water. This assistance may take the form of up to 2 persons and/or walking aids or wheelchairs. The Event Director or Observer must immediately disqualify any Swims which do not adhere to this rule.
 - 4.10.2. Diving into the water is only allowed in individual Swim attempts and not in an Event. For reasons of safety, entry into the water by walking or jumping in is the preferred method of entry. The Event Director, IISA Official or Observer should determine the safest method of entry into the water at each venue and ask the Swimmer to comply.
 - 4.10.3. The swim may have a wet or dry start and finish provided that the distance covered is uninterrupted and the points of start and finish have been agreed by the Event Director/Observer and IISA Official prior to the start of the Event or Swim.
 - 4.10.4. Assisting the Swimmer on entry or exit is allowed only to the Swim Start-Point and from the Swim End-Point. It is the Official/Observer responsibility to make sure that the Start and The End Points are accessible.
- 4.11. Swim Course Visibility
- 4.11.1. Course and Swimmer visibility in a swim is critical. The Swimmers must be clearly visible and easily accessible during the Swim. In case of Fog and/or low light visibility, Swimming mustn't take place.
- 4.12. During the Swim
- 4.12.1. The Swim must be uninterrupted and no resting on or contact with any floating or other objects, including, but not limited to, boats, logs, ice, and rocks shall be allowed;

- 4.12.2. The Swimmer is not allowed to touch the ground with his feet once the Swim has commenced.
 - 4.12.3. The Swimmer is allowed to push floating objects out of his way provided that the Swimmer shall not use this process to assist his swim in any way.
 - 4.12.4. No feeding is allowed during the swim.
 - 4.12.5. No other swimming aids shall be allowed.
 - 4.12.6. No tumble turns are allowed.
 - 4.12.7. If the swim course is a pool course only open turns are allowed, with at least one hand touching the end, body turns and legs pushing.
 - 4.12.8. When pushing from a wall, Swimmers may only be submerged for a maximum of 5 metres before breaking surface with their head and continuing swimming.
 - 4.12.9. The Observer, Event Director, Medical Director or the IISA Official of a Swim or Event shall use his/her discretion to terminate the swim if a change or deterioration in the swimmer's stroke or body language occurs, at his/her discretion. The Swimmer must accept the decision of the official to terminate the Swim and must exit the water as soon as able to do so.
- 4.13. Swimming Strokes
- 4.13.1. All swimming strokes recognised by FINA are allowed. IISA adopts FINA swimming rules as the basis for its swimming stroke rules. When IISA rules conflicts with FINA rules, IISA rules will take precedence.
- 4.14. Usage of Tow-Floats and Belts
- 4.14.1. Tow-Floats must not be used to assist the Swimmer. It is the Swimmer's responsibility to ensure that he/she doesn't use the Tow-float for floatation or any assistance during the swim.
 - 4.14.2. It is the Observer's responsibility to qualify and verify that this condition was complied with in each Swim.
 - 4.14.3. The use of Tow-Floats is not compulsory but it is recommended for open water swims and can be imposed by the observer if he/she considers the conditions or circumstances require the use of the Float.
 - 4.14.4. The use of a belt that allows the rescue lift of a swimmer is compulsory in IISA Events.
 - 4.14.5. Use of wrist based watch and GPS is permitted for personal use only. No readings from this source cannot be used for any purpose in respect of the Swim.
- 4.15. Use of Performance Enhancing Substances
- 4.15.1. Performance-enhancing drugs as identified on the World Anti-Doping Agency List of Prohibited Substances, are prohibited. (<https://www.wada-ama.org>)
- 4.16. Observers / [soon to be IISA Officials]
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- 4.16.1. An IISA Observer must be capable of dispassionately evaluating the Swim and its adherence to the Rules and Regulations.
- 4.17. Transparency of Swim or Event Conduct
 - 4.17.1. The intended conduct of the Swim or Event - including Swim Rules and any non-standard equipment to be used - must be communicated fully and clearly to everyone involved in the Swim attempt or Event prior to the start of the Swim, as well as in all public promotion of the Swim. The Rules cannot be amended under any circumstances. Equipment or clothing may not be changed once the Swim has begun.
- 4.18. Safety
 - 4.18.1. The following safety requirements are mandatory for any Swim or Event and if these do not take place, the Swim or Event will not qualify as valid under IISA Rules and Regulations.
 - 4.18.2. Briefing – It is the responsibility of the IISA Official, Observer or Event Director to hold a detailed briefing before any IISA Swim or Event with all Swimmers and officials and support teams. The purpose of the briefing is to ensure that all the officials, support teams and Swimmers are familiar with all safety procedures, the Swim course, Rules, recovery arrangements and medical facilities.
 - 4.18.3. It is the responsibility of the Medical Doctor on site to make sure that all Swimmers are briefed all and role players on the symptoms of hypothermia, risk involved, symptoms and treatment. It is also the responsibility of the Medical Doctor to ensure he has all of the Swimmers’ medical details to hand in case of an emergency.
 - 4.18.4. It is the responsibility of the IISA Official or the Observer to highlight to the Swimmer before the Swim or Event that Ice Swimming is an extreme and dangerous sport that may lead to an emergency or even fatality. The Officials or Observer should verify that the Swimmer has gone through medical checks, ECG, and the Medical Doctor on site has approved the Attempt after viewing the swimmer’s medical information and history. The Event Director or IISA Official should ensure that the Swimmer has signed any disclaimer of IISA responsibility and that they are aware of the risks of participating in an Event or Swim. Failure to complete this documentation before the Swim may invalidate the Swim or Event for the Swimmer at the discretion of the Board.
 - 4.19. Responsibility for the Event or Swim
 - 4.19.1. The Event Director is responsible for the Event and the IISA Official is responsible for the Swim if not at an Event. In all matters pertaining to the application of these Rules and Regulations, the decision of the Event Director or IISA Official is final. Any Swimmer who participates in a Swim automatically agrees to abide by the Constitution, Rules and Regulations and accepts the authority of the Event Director or IISA Official.
 - 4.20. Water Safety in an Open Water Course
 - 4.20.1. If the swim course is not further than 20m from accessible dry land at any part of the course, no water support vehicles are required. Land Safety personal must be able to assist a Swimmer if required.

- 4.20.2. If the Swim Course is between 20m and 50m from land, a kayak, canoe or a similar water vehicle is required per swimmer.
 - 4.20.3. If the Swim course is further than 50m from land, at least one motorised boat is required as a rescue water vehicle. In addition, each Swimmer requires a Kayak or such water vehicle.
 - 4.20.4. If the Swim course is further than 250m from land, each Swimmer requires a motorised boat.
- 4.21. Consecutive Swims
- 4.21.1. “Consecutive Swim” means ICE Swims, by an individual Swimmer, taking place within a period of 48Hours
 - 4.21.2. Consecutive ICE Miles
 - 4.21.2.1. A Medical Doctor approval to perform the next swim
 - 4.21.2.2. A dedicated Medical Doctor on site with relevant experience
 - 4.21.2.3. The Medical Doctor is satisfied that the Swimmer core body temp and vital signs are back to normal.
 - 4.21.2.4. A minimum rest of 12Hours between attempts
 - 4.21.3. Consecutive 1km
 - 4.21.3.1. A Medical Doctor approval to perform the next swim
 - 4.21.3.2. The Medical Doctor is satisfied that the Swimmer core body temp and vital signs are back to normal.
 - 4.21.3.3. A minimum rest of 6Hours between attempts
 - 4.21.4. IISA Events
 - 4.21.4.1. A maximum distance of 1650 or 45 minutes in the water for the first 24Hours and a maximum distance of 1000 or 30 minutes in the water for the following 24Hours.
- 4.22. Any attempt of an IISA Ice Mile under IISA rules and creates an obligation by the Swimmer.
- 4.22.1. A successful swim requires an application to IISA to verify the Attempt.
 - 4.22.2. A failure to apply for verification after a successful swim will be deemed by IISA as an abuse of its rules and its brand.
 - 4.22.3. IISA reserves the right to take a disciplinary action against the Swimmer if he/she fails to apply for ratification (including deletion of all previous recorded information)
 - 4.22.4. IISA has no involvement in any swims done in extreme conditions, mimicking IISA terms but are not done under IISA umbrella.



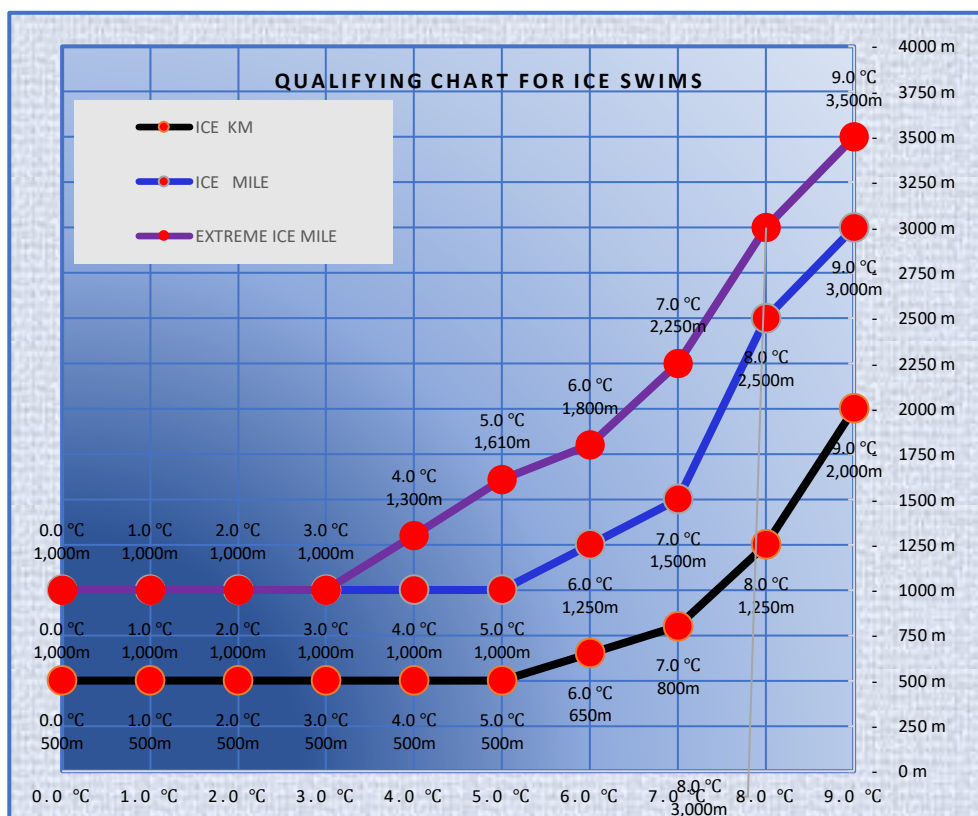
4.22.5. IISA, again, reverses the right to take disciplinary action against the Swimmer if he/she is an IISA Member and chose to ignore IISA rules, yet claim IISA related achievements (including deletion of all previous recorded information).

4.23. Qualifying for an ICE SWIM

To qualify, a swimmer must prove that they have successfully completed one of the following distances under IISA safety rules regulations.

A Qualifying swim is valid for 18 months.

IISA ICE SWIMS QUALIFYING CRITERIA					
From	To	Temp C	ICE KM	ICE MILE	EXTREME ICE MILE
0.00 °C	0.9 °C	0.0 °C	500m	1,000m	1,000m
1.00 °C	1.9 °C	1.0 °C	500m	1,000m	1,000m
2.00 °C	2.9 °C	2.0 °C	500m	1,000m	1,000m
3.00 °C	3.9 °C	3.0 °C	500m	1,000m	1,000m
4.00 °C	4.9 °C	4.0 °C	500m	1,000m	1,300m
5.00 °C	5.9 °C	5.0 °C	500m	1,000m	1,610m
6.00 °C	6.9 °C	6.0 °C	650m	1,250m	1,800m
7.00 °C	7.9 °C	7.0 °C	800m	1,500m	2,250m
8.00 °C	8.9 °C	8.0 °C	1,250m	2,500m	3,000m
9.00 °C	9.9 °C	9.0 °C	2,000m	3,000m	3,500m
10.00 °C	10.9 °C	10.0 °C	3,000m	3,500m	4,000m



THE IISA ICE MILE

THE IISA ICE MILE OBJECTIVES

The Ice Mile is the IISA prime and original Swim. The Mile was created as the ultimate challenge in the Ice Swimming world. The distance of the Mile was based on achievable yet extremely challenging swim distance in the ICE. An Ice Mile should take between 25 minutes to 45 minutes. Although IISA hasn't placed time limits on an Ice Mile, it is very important that Swimmers attempting an Ice Mile are aware that spending significant time in ICE waters is dangerous and as swim time exceeds 30 minutes The Observer is advice to exercise extreme caution.

The spirit of the Ice Mile was never created for competition purposes but as an individual challenge with the spirit of extreme adventure. Ice Miles can be attempted in any icy place on earth as long as it adheres in full to IISA Rules. Extreme challenges always come with extreme planning, training and safety. IISA Swimming and Safety Rules are there to set the minimum requirements for an Ice Mile in safe, assessable and hazard free location. It is with the Swimmer and his or her safety and logistics team to increase and improve on the safety requirements as location and conditions extends to the extreme.

I. ICE MILE

- 1.1. An Ice Mile ("Ice Mile") is a Swim completed in water with a temperature of 5.0C or less, swum wholly in accordance with IISA Rules and Regulations.
- 1.2. The Swim distance must be at least 1 (one) British mile or 1,609.3 (one thousand six hundred and nine point three) metres.

2. ICE MILE RULES

- 2.1. The Swimmer has personally qualified to attempt an Ice Mile as specified in the IISA Rules and Regulations (as per Clause 5 of these Rules).
- 2.2. In order to be recognized as an Ice Mile, the Swimmer must successfully complete an IISA Ice Mile as defined by IISA in the IISA Rules and Regulations.
- 2.3. The Ice Mile attempt must follow all IISA safety requirements and rules.
- 2.4. The Swim must be verified by an Observer and a Witness.
- 2.5. Following the successful completion of the Swim in qualifying conditions, an application must be made to IISA by the Swimmer within 30 days of the Swim:
 - 2.5.1. The readings of each of the 3 thermometers reading of each at 5.0C or lower.
 - 2.5.2. Swim Distance
 - 2.5.3. Wind speed at the time of the attempt.
 - 2.5.4. Air temperature.
 - 2.5.5. Details of location



- 2.5.6. Personal details for the Observer and Witnesses; all must be IISA Members.
- 2.5.7. Original photographs of the following, taken at the time of the Swim attempt:
 - 2.5.7.1. entry into the water;
 - 2.5.7.2. exit from the water;
 - 2.5.7.3. the three thermometer readings;
 - 2.5.7.4. the swimming course;
 - 2.5.7.5. location and surroundings.
 - 2.5.7.6. A copy of the ECG certificate.
- 2.5.8. At least a 30 seconds video clip of the Swim attempt to include:
 - 2.5.8.1. entry to the water;
 - 2.5.8.2. mid swim;
 - 2.5.8.3. finish and exiting the water.
- 2.5.9. Proof of payment of the application fees
- 2.5.10. Completed Medical Form and ECG as per IISA Assessment Medical Form must be loaded on the Swimmer BIO
- 2.6. Once the Observer and the Witnesses have viewed and verified the swim details online, the Swimmer will receive an acknowledgement from IISA of the application for ICE Membership. This acknowledgement should not be regarded as being notification that the Swim attempt has qualified as an Ice Mile.
- 2.7. The Board shall consider the application for ICE membership and shall have sole discretion to accept or reject any applications for the recognition that the Swim attempt qualifies as an Ice Mile.
- 2.8. Until such time that the Swimmer has received a formal notification of his or her Attempt, the Swimmer must refer to the Attempt as “a successful Ice Mile Attempt, yet to be verified by IISA” or similar words to avoid possible reputational damage if IISA decides to reject the Attempt.
- 2.9. IISA will not recognise an Attempt publicly, to press or other form of media, until it has officially verified the Mile Attempt.
- 2.10. Upon confirmation by the Board of a successful application, a new ICE Member shall receive a digital certificate and entry into the IISA record book.
- 2.11. The Association reserves the right to promote the applicant’s Swim on its website and in any other publications in relation to and/ or about IISA affairs worldwide. The applicant accepts as part of the application for Membership that certain personal details may be included in this publicity.



- 2.12. All successful Ice Mile will be recoded in IISA Ice Mile Record Book. Each Mile will have a record entry specifying Swim details including distance.
- 2.13. IISA does not distinguish between the Ice Miles recorded. However, IISA has created various categories to record number of Ice Miles done and various other categories. IISA may add from time to time various other new categories to signify achievements in the Ice Miles.

3. EXTREME ICE MILE

- 3.1.1. Extreme Ice Swim (“EIS”) is a higher risk Ice Mile attempt with at least one of the below factors:
- 3.1.2. Water temp is at 2.0C or lower; or
- 3.1.3. Wind chill is -15C or lower; or
- 3.1.4. Distant attempted is 2.00km or longer; or
- 3.1.5. Expected Swim time is 45min or longer;
- 3.1.6. Altitude is 2,440m (8,000F) or higher
- 3.1.7. IISA recommends an extra safety measures for Extreme Ice Mile Attempts

4. ICE MILE APPEAL PROCESS

- 4.1. An appeal (“Appeal”) is a formal request by an IISA Member or group of IISA Members who wish to appeal the approval of an ICE Swim Application (the “Appellants”).
- 4.2. An Appeal must be submitted within 7 days from the completion of the Ice Mile attempt.
- 4.3. An Appeal must be submitted directly to the IISA Chairperson by email.
- 4.4. The Appeal must provide sufficient grounds to back up the claim that the Swim attempt must be disqualified. It must be accompanied by verified facts or personal testimonies of Members involved in the Appeal who were present at the attempt, or credible testimonials from Witnesses or Observers known and respected by the appealing Member(s).
- 4.5. Once an Appeal has been submitted as per IISA requirements, IISA will inform the Appellants and the Swimmer/s that an Appeal has been received and is being considered by the Board.
- 4.6. During the Appeal process, all information regarding the Appeal will remain confidential to the public until a decision is made by the Board.
- 4.7. Further facts may be requested from the Swimmer(s) and/or the Appellants and these must be provided on a timely basis.
- 4.8. The IISA Board, in consultation with its relevant Affiliate board if appropriate, will determine the Appeal and announce the decision as soon as it is able to do so.
- 4.9. Once an Appeal has been decided, no further Appeal for the same Swim can be lodged



unless it can be shown that the information received by the IISA Board for the purposes of the Appeal was materially false or incorrect.

- 4.10. If the Appeal is successful, IISA will communicate the Appeal decision to the Swimmer(s) initially and subsequently to the Appellants directly. However, if the Appeal is not upheld, the Swimmer(s) will be informed that their Swim attempt qualifies and their Ice Membership is ratified.
- 4.11. The Appeal and its results will generally be kept confidential from the public; however, IISA reserves the right to publicise the Appeal, its outcome and to take further action against the Swimmer(s) or Appellants if it sees fit.
- 4.12. IISA reserves the right to inform parties involved with any information regarding the appeal.
- 4.13. The Appellants must take into consideration that their identity and information regarding the Appeal may be disclosed to the Swimmers.

5. IISA RECOGNITION OF ICE MILE ACHIEVEMENTS

5.1. Multiple Ice Miles

- 5.1.1. If a Member achieves 1-4 Ice Miles, they are granted ICE status.
- 5.1.2. If a Member achieves between 5 and 9 ICE Miles they are granted ICE 5+ status. The swimmer's IISA biography on the website will be updated to acknowledge the achievement and reflect this status.
- 5.1.3. If a Member swims over 10 Ice Miles, they are awarded ICE 10+ status. The swimmer's IISA biography on the IISA website will be updated to acknowledge the achievement and reflect this status.

5.2. ICE ZERO Category

- 5.2.1. An ICE ZERO ("ICE 0C") is an Ice Mile completed in water temperature of below 1.00C (33.8 Fahrenheit).
- 5.2.2. The swimmer will be added to THE IISA ICE ZERO record book on the IISA website.
- 5.2.3. Membership of the ICE ZERO category will be mentioned in the Swimmer's BIO on the website.

6. ENTRY, RECORDS AND RESULTS

- 6.1. Entries and Results are done by the Event Director. Each Swimmer must apply for his/her Ice Mile as an individual Ice Mile attempt.
- 6.2. IISA has extended the Event facility on its Website to allow for an Ice Mile Event creation, entries and results.

THE IISA WORLD CHAMPIONSHIP

- I. IISA will hold an international World Championship every second year commencing 2015. These Championships will be run according to IISA Rules and Regulations.



2. IISA will invite country Affiliates to indicate their interest in hosting a World Championship by writing to the IISA Chairperson and outlining the potential venue. IISA will then respond and if IISA, at its sole discretion, feels that the proposed venue(s) are suitable, the Association will invite the Affiliate to submit a full proposal along the IISA guidelines. The Board will then consider all such proposals and make the final decision. The decision of the Board in this regard will be final.
3. The Swimmers allowed to compete at the World Championships will be invited to do so by IISA at its sole discretion. However, every Swimmer must meet certain qualification criteria, as determined by the Association, before being eligible to compete.
4. Once a World Championship venue is selected and announced, the Event committee, together with IISA, will publish details about the Championship which will include limits, qualification criteria, country allocation and, closer to the event, the programme of events.
5. In principal, the following criteria should apply wherever possible:
 - 5.1. Male and female swimmers will be awarded the same opportunities to enter and qualify.
 - 5.2. IISA will endeavour to have the same number of male and females but it must be recognized that this is not always possible.
 - 5.3. IISA will approve and subsequently invite each swimmer to the World Championships.
 - 5.4. IISA reserves the right to allow more swimmers per country if some countries have less than 5 swimmers who have qualified.
 - 5.5. IISA will have the sole right to solicit and approve all the sponsors for IISA World Championships.
 - 5.6. IISA will have the sole right to approve all of the branding and marketing material prepared for and in respect of the event and will conclude any licencing agreements if required.
 - 5.7. IISA retains the broadcasting rights of the IISA World Championships but may licence these out to a broadcaster of its choice if deemed appropriate.
 - 5.8. Any goods using the IISA logo or name will require a licence from IISA before any such goods are manufactured, gifted or sold.
 - 5.9. Qualifying for IISA World championships
 - 5.9.1. In order to qualify for the IISA World Championships, a swimmer must prove that they have successfully completed one of the following distances under IISA safety rules and regulations.
 - 5.9.1.1. 1km in an IISA ICE KM event swum under 25 minutes; or
 - 5.9.1.2. an Ice Mile swum in under 40 minutes.
 - 5.9.2. These qualifying swims must be undertaken under the same conditions and requirements as the Ice Mile Rules and certification of successful completion must be by an IISA Official or Observer.
 - 5.9.3. Written confirmation of the successful completion of these qualifying swims must be submitted to IISA with the application to complete in the World Championships.

