



# CONSTITUTION OF THE INTERNATIONAL ICE SWIMMING ASSOCIATION (“IISA”)

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## Rules

### ICE MILE SWIM EVENT

#### ICE MILE EVENTS “ICE ATTEMPT”

- 1) An Ice Mile Event is an organised Ice Mile attempt, which allows several swimmers to attempt a mile swim. The Event is purposed to capitalise on the economy of scale of safety, medical, rescue and recovery facilities.
- 2) An Ice Mile attempt must not be a race, and is instead a grouping of individual attempts.
- 3) Ice Mile attempt is an extreme and dangerous undertaking. Swimmers must prepare, train and employ rigorous safety and risk management procedures.
- 4) Each Ice Attempt will have a designated Attempt Director. The director will act as Safety Officer and will bear the overall responsibility to all procedures and safety measures in the Attempt.
- 5) The Event Director must be an IISA Ice Member.
- 6) The Event Director will provide IISA with all required attempt details as per Application for Ice Membership.
- 7) The Director will qualify the swimmers attempting the swim.
  - a) A minimum requirement by the swimmer is a signed affidavit declaring that he/she has successfully completed at least 600m unassisted and uninterrupted swim in water of 5C or less according to IISA rules; or
  - b) A minimum of 1km in water temperatures at 6C or under.
  - c) The Director has the sole discretion to allow or disallow a swimmer to participate in the Event even if they have completed the above.
- 8) The Director must be a qualified IISA Member. The Director will also act as the IISA Observer in the Attempt. If the Director is one of the Swimmers, he/she must have a qualified second to observe the swim while he/she is swimming.
- 9) All swimmers must adhere to IISA ICE SWIM rules
- 10) The Director, will prepare a site plan, medical recovery and safety plan.
- 11) An Attempt requires at least one qualified Medical Doctor on site with at least two qualified nurses to assist him.
- 12) The Doctor and two nurses will be committed and able to serve at four swimmers at one time. No other swimmers will be allowed to start their Attempt until the Doctor assures the Director



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that he/she has enough capacity to deal with more recovering swimmers or potential emergencies.

- 13) In the event of emergency, the Director will consult with the Doctor and will make an executive decision as to whether to stop the Attempt immediately or allow it to proceed. If the emergency takes the Doctor away from the location or takes 100% of his capacity for more than 5 minutes the Director will terminate the Event immediately.
- 14) The Director must have a contingency plan in place in case the Doctor is requested to deal with an emergency and has no further capacity to deal with other swimmers.
- 15) The Director will brief the swimmer as to the risks involved in the Attempt, including a medical brief by the Doctor.
- 16) Each Swimmer will have a dedicated recovery location / spot where he/she leaves warm clothing for post recovery. The Swimmer will be pointed to his/her exact recovery spot (bed, Chair, etc...)
- 17) When a swimmer exits the water, he/she will be ushered to their recovery location for recovery.
- 18) The Doctor will use the recovery location as the Attempt Medical centre.
- 19) The Recovery location must be pre heated with warm blankets and hot drinks.
- 20) Each Swimmer Attempting an Ice Mile must have a Second. The Second will accompany the Swimmer to the Recovery location prior to the swim, assist him/her with preparing for the swim and getting to the start.
- 21) The Second will oversee the Swimmer's Attempt personally and has the right to notify the Swim Safety Officer that his/her Swimmer must be pulled out.
- 22) The Second must be at the Swimmer's exit from the water and accompany the Swimmer to the Recovery location until he/she is declared as fully recovered by the Doctor.
- 23) The Doctor will supervise the overall Swimmers recovery and will be the only one to qualify each Swimmer as fully recovered. The Doctor will decide to admit a recovering Swimmer to the ambulance or other care if required or discharge him/her from the recovery location.
- 24) The Second will accompany the Swimmer for at least 20 minutes following discharge from the Recovery location by the Doctor.
- 25) Each Swimmer is performing an individual Attempt. The Attempt is not a race and it is at the Director's discretion to terminate a Swimmer's swim if he/she believes the Swimmer may be in danger. The Director will use his/her experience when assessing the Swimmer's stroke rate,



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body language, behaviour in the water, frequent change of stroke, frequent stopping and any other signs that may indicate that the swimmer is in danger.