



CONSTITUTION OF THE INTERNATIONAL ICE SWIMMING ASSOCIATION ("IISA")

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Rules

ICE SWIM RULES

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1. In order to be recognised as an official IISA-verified Ice Swim, the swim shall conform to the following criteria -
 - 1.1. the swim distance must be at least 1 (one) mile or 1609.3 (one thousand six hundred and nine point three) meters;
 - 1.2. the swim must be in water of a temperature of 5.00 (five with two decimals) degrees Celsius or below (41.00 degrees Fahrenheit) measured as follows:
 - 1.2.1. water temperature must be measured for at least 10 (ten) minutes, between 5 (five) to 20 (twenty) inches below the water surface (127 to 508 millimetres below the water surface); and
 - 1.2.2. the water temperature must be established by using the average reading obtained from 3 (three) digital thermometer readings with a temperature accuracy of +/- 1.00C (at least one decimal display);
 - 1.3. The thermometers have to be water submerged thermometers; (e.g. no laser or infra-red thermometers shall be allowed)
 - 1.4. The official water temperature must be measured no more that 30 minutes before the swim begins.
2. the swimmer must be unassisted from start to end. Disabled swimmers may be allowed assistance only for entry into and exit from the water;
3. the swim may have a wet or dry start and finish for as long as the distance covered is uninterrupted and points of start and finish have been agreed prior to start.
4. the swim must be uninterrupted and no resting or contact with any floating or other objects, including but not limited, to boats, logs, ice, and rocks shall be allowed;
5. swimmer is not allowed to touch the ground with his feet once the swim has started;
6. 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 anyway;
7. the swimmer is allowed to wear;
 - 7.1. one pair of standard brief swimming costume, which may not be lower than the



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swimmer's knees and, in the case of female swimmers, which shall not be broader than the swimmer's shoulders and not above neck line.

- 7.2. one pair of goggles;
- 7.3. and one standard silicon or latex cap only.
8. greasing is only allowed for chafing purposes;
9. ear plugs, nose clips and mouth guards are allowed;
10. any other accessories including but not limited to, music players and heat bags are not allowed.
11. No feeding is allowed during the swim.
12. no other swimming aids shall be allowed.
13. Notwithstanding anything to the contrary hereinabove, the Board reserves its right to allow swimming aids in exceptional cases of disability when and if it sees fit, provided the allowed aid does not reduce the nature and credibility of the swim as an extreme swim;
14. swimmers must have undertaken a complete medical examination including ECG (within three months prior to the swim);
15. a swim attempt may not take advantage of a known current, within reasonability.
16. IISA prescribes a minimum age of 16 years for participation in an Ice Swim, save that, anyone under 18 years of age shall be required to provide a comprehensive capability affidavit in water temps below 10 C and will require full parental or guardian consent in order to attempt the swim. IISA reserves its right to disallow, at its sole discretion, a youth from attempting an Ice Mile.
17. An Ice swim must be done in an outdoor water mass;
18. A water mass can be a man made pool provided that it is naturally cold (no human assistance)
19. if the water mass is a swimming pool - no tumble turns are allowed. Only open turns, with pushing allowed. No resting on poolside, lane rope or other is allowed;
20. Diving is only allowed in individual attempts, not in an organized event. The swimmers may only be submerged for a maximum of 5 meters from the starting point.
21. The pool must be at least 25m long
22. Usage of Safety Buoys
 - 22.1. The use of Safety buoys will be allowed in an open water swim
 - 22.2. The Safety buoy must not be used to assist the swimmer. It is the swimmer's responsibility to ensure that he/she doesn't use the buoy for assistance during the swim.
 - 22.3. It is the observer's responsibility to qualify and verify that this was the case in each swim.



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- 22.4. The use of Safety buoys is not compulsory but is recommended for open water swims and can be imposed by the observer if he/she deems the conditions or circumstances to require the usage of the buoy.
- 22.4.1. Ice Swims can be done by engaging any swimming stroke as long as the stroke has been pre declared by the Swimmer.
23. The supervisor of the attempt shall use his/her discretion to pull the swimmer out of the water in the event of a change and / or deterioration in the swimmer's stroke.
24. Performance-enhancing drugs as identified on the [World Anti-Doping Agency List of Prohibited Substances](#), are prohibited;
25. Independent Observers
- 25.1. The observer must be capable of dispassionately evaluating the swim and its adherence to the declared rules. If the observer is acquainted with the swimmer, he/she must be able to separate the personal relationship from his or her duties to observe, document, and verify.
- 25.2. If the observer is acquainted with the swimmer, he shall remain duty bound to evaluate the Swim impartially, objectively and fairly in accordance with the rules and criteria prescribed herein.
26. Transparency of Swim Conduct
- 26.1. The intended conduct of the swim - including Swim Rules and any non-standard equipment to be used - must be communicated fully and clearly to everyone involved in the swim attempt prior to the start of the swim, as well as in all public promotion of the swim. The declared rules and equipment may not be changed once the swim has begun.
27. Safety
- 27.1. Briefing – It is the observer's responsibility to hold a detailed briefing before the attempt with all swimmers and role players and to make sure that the all role players and swimmers are clear in all safety procedures and eventualities. Course, rules, recovery, medical are clear.
- 27.2. It is the responsibility of the medical doctor on site to brief all swimmers and role players on the symptoms of Hypothermia, risk involved, symptoms and treatment.
- 27.3. It is the Observer's responsibility to highlight to the swimmer that it is an extreme and dangerous sport that may lead to an emergency or even fatality. Verify that the Swimmer has gone through medical checks, ECG, and the doctor on site has approved the Attempt after viewing the swimmer's medical information and history.