



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

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Rules

RACES AND 1KM SWIM EVENTS MANUAL

INTRODUCTION

The International Ice Swimming Association ("IISA") was founded as a non-profit association on 1-July-2009 in Cape Town, South Africa by Ram Barkai (founder), Andrew Chin, Ryan Stramrood, Toks Viviers and Kieron Palframan (founding members).

IISA BOARD:

Ram Barkai (South Africa)	Chairman
Ned Denison (Ireland)	Director
Jonty Warneken (UK)	Director
Ryan Stramrood (SA)	Director
Kieron Palframan (SA)	Director
Andrew Chin (SA)	Invitee
Toks Viviers (SA)	Invitee

IISA provides guidelines and membership for Ice Swimming, which is defined as the completion of an unassisted one mile (1.609km) swim in water temperature of 5°C (41°F) or lower (see constitution and rules) and, more recently, recognises the 1km distance under organised event rules as an Ice Mile qualifier.

Currently IISA has 90 members from 15 countries (see appendix A).

IISA's objectives, as detailed in its Constitution are:

1. The promotion of 'Ice Swims' around the world;
2. provision of recognition of swimmers having completed an Ice Swim;
3. promotion of safety in extreme swimming events;
4. establishment of annual Ice Swims around the world;
5. promotion of medical research relating to cold water swimming;
6. promotion of knowledge and understanding of swimming in ice and cold water;
7. raising awareness about the environments in which Ice Swims take place;
8. investing and building into the communities living in the areas in which Ice Swims take place.



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MEMBERSHIP

See IISA Membership

Although now well established in its own right, IISA is a young but growing organization, which continues, via learnings from local and international swimming events, to grow its knowledge base on issues relating to safety and swimmers’ health. It is our experience that spending prolonged amounts of time in waters of 5°C or less will expose a person to significant risks. IISA has therefore decided to keep the official Ice Mile swims as an individual challenge and ultimate personal achievement.

On July 2014, IISA introduced a new swim distance of 1km, taking place under IISA rules, to be a recognised distance by IISA. A swimmer’s completion of this distance does not provide for full ‘Ice Membership’ but rather ‘Cold Membership’ as defined above. It is also not recognised as an individual swim or achievement, but as a race event distance. The new shorter distance of 1km provides a platform whereby Ice Mile aspirants can work towards the ultimate Ice Mile challenge and full ‘Ice Membership’. The 1km distance has been introduced primarily to limit a swimmer’s exposure to extreme cold temperatures to an average of 20 minutes, thereby protecting the safety of swimmers at IISA events.

This document merely outlines the rules, regulations and safety procedures for IISA 1km events, and therefore event organisers, race directors and competitors are strongly advised to use these rules as a base from which to start. The required safety measures should further be enhanced according to the event location, participants and the prevailing conditions at the time of the event. Some of the technical terms utilized in this document may have varying meanings and implications for different countries or local governments. The Rule of Thumb to be adopted is: when in doubt, assume that safety requires more rather than less.

VISION

The IISA’s vision is to increase the uptake of Ice Swimming experiences through exposure to 1km events. Further, it is envisioned that an internationally unified manifesto of competition and safety, rules and procedures be created. And lastly that winter/extreme cold water swimming be promoted and included, in whatever form, as a Winter Olympic and Paralympic Games sport for the 2022 Winter Games.



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DEFINITIONS

- “Event” – a 1km IISA regulated swimming race;
- “Event Director” – the organizer ultimately responsible for the event;
- “IISA Official” – an IISA Ice Member qualified as an official for the Event. The Event Director, Referee or other can double as an IISA Official as long as they are free to roam around the Event grounds and are not bound to a Recovery Facility.
- “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.
- “Recovery Officer” – a medical doctor experienced in winter/extreme cold water swimming. The Recovery Officer will oversee the recovery of the swimmers post Event, and has the responsibility to monitor swimmers’ recovery, decide on emergency or evacuation protocol, and discharge swimmers from the Recovery Facility.
- “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 at least four recovering swimmers as well as Medical staff.
- “Recovery Protocol” - protocol specifying the process of swimmer recovery post Event.
- “Safety Officer” – the person responsible for all safety arrangements pre, during and post event. That person has the ultimate power to call on/off the event based on safety judgment call.
- “Swimmer” – a competitor in the event
- “Second” – A person accompanying the Swimmer. The Second’s responsibility is to watch the Swimmer throughout, from change room to recovery until the Swimmer has been declared as fully recovered by the Recovery Officer.
- “Jumper” – a Designated person who is tasked with diving into the water to aid a swimmer in an emergency.
- “Time Keeper” – a person taking the time of the swimmers’ swim. Each swimmer will have at least one Time Keeper.
- “Safety Buoy” – an IISA approved floating device that may be used by the Swimmer during the event. The use of the buoy is for emergency only, if a swim official suspects that the swimmer is using the device to assist in the swim in any way, the swimmer will be disqualified immediately.
- “Event Committee” – a committee comprising of at least an Event Director, Safety Officer, IISA Official with a minimum of 3 individuals. Roles cannot be shared.



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- “Event Plan” a plan required to be submitted to IISA at least 3 month before a planned Event for approval. IISA will provide a template plan.
- “Medical Testing Area” – a designated area where swimmers can have their blood pressure, heart rate, core body temperature [Optional] and ECG (EKG) tested.
- “Winter Swimming” – means the Winter Swimming Association
<http://openwaterpedia.com/index.php?title=IWSA>
- “IISA Language” – to avoid any confusion, the official language of IISA will be English. All IISA’s required documentation must be presented in English. If a required document or communication is done in the local or other language, it has to include an English translation.
- “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.

1KM RACE EVENT

- The event will consist of a 1,000-meter course.
- The number of swimmers in the event and per heat are subject to local safety measures, medical facilities and recovery facilities.
- IISA requires at least one medical doctor with relevant experience per 4 swimmers in recovery. (for example, if a heat has 8 swimmers at least two doctors must be at the recovery facility).
- One Doctor must be at the swim area to observe swimmers and assist in spotting potential emergency.
- Consequent heats will only commence once the Recovery Officer is satisfied that previous swimmers have recovered sufficiently to allow for full medical facility readiness for the new heat. (ratio of 4:1 Swimmers : Doctor prevails at all times)
- A Swimmer can participate in a maximum of one swim per day.
- The course can be a 25m/50m pool or an open water body with a maximum single swimming leg of 250m. The swimmer must never be further than 100m from a point of land to which he/she can be evacuated and easily taken to the Recovery Facility if needed.
- Water Temperature on event day must adhere to IISA rules of 5.00°C (41.00°F) or lower. This is to be measured and documented by the Event Director using at least three digital thermometers which have a minimum variance of 1.00°C and at least one decimal point. If the average water temperature is close to 5.00°C, a temperature reading is required prior to every race.
- Diving is not allowed and a full hazard inspection must be performed by the Event Director and the Safety Officer until satisfied that the Swimmers are not at risk.



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- Turns – if the Event is held in a pool or water body requiring a 180° turn and the place provides a surface that allows for pushing off the wall, swimmers are only allowed to perform an open turn with a push. Tumble Turns are not allowed for safety reasons.
- Push/Dive – when pushing off a wall or diving at the start, the Swimmers are allowed a shallow submergence for a maximum distance of 5 meters (usually to the flags in a racing pool), which is to be monitored by the Event Referee. If the course allows for it, a marker will be placed at the 5m point.
- Swim attire – As detailed in IISA rules
- Safety Buoys are only allowed in the open water, and therefore not in a swimming pool. It is not mandatory for a Swimmer to use a safety buoy during the Event, however, this is subject to the Event Director's discretion to enforce the use of Safety Buoys in an Open Water Event. The Event Director will supply Safety Buoys.
- Safety Belt – each swimmer must swim with a Safety Belt. A Safety Belt is a light material belt sitting around the swimmers' hips. The Event Director will provide the swimmers with the Belt. The Belt is required to allow for easy grip / attachment to the Swimmer in case of emergency. If the Swimmer is using a Safety Buoy as described above, he/she is not required to also wear a Safety Belt. (See Appendix B - Swim Attire)
- A false start will allow for a restart. A second false start will call for immediate disqualification of the Swimmer.
- The officially permitted stroke is front crawl. IISA reserves the right to allow a swimmer to swim breaststroke as their stroke of choice in special cases (upon prior application).
- Swimmers can convert to breaststroke briefly for no more than five consecutive strokes.
- Each Swimmer must have a Second. The Second will accompany the Swimmer to the start, will attend to his/her clothing and, when the swimmer exits the water, it is the seconder's responsibility to make sure that the Swimmer is immediately taken to the recovery facility and is treated until discharged by the Recovery Officer.
- The Safety Officer will appoint at least two Jumpers who will be ready to dive into the water and assist a Swimmer if required. The Jumper will be dressed in a dry suit, or other diving suit, which will allow him/her to remain in the water for an extended period without risk to him/herself.
- Cut off time – there is no official cut off time. However, the Referee has the discretion to pull a Swimmer out if he/she sees a significant drop in stroke rate, continues to change stroke, significant pace slow down, or any other signs that may lead the Referee to conclude that the Swimmer is at risk.
- No resting is allowed on lane ropes, marker buoys, safety buoys or any other element while swimming.



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- Standing or using any other assistance as described above, during a swim will call for immediate disqualification.
- Involuntary touching of lane ropes, boats or other will not be deemed as a disqualification. However, the Referee reserves his/her judgment if he/she deems it to have been deliberate.
- A designated Officer at the Event cannot participate in the Event.

RECORDS

- Each event will be recorded and submitted to IISA for record keeping. Local record keeping is encouraged as long as it is in line with the IISA's Record Book, which will be the master overriding record log. IISA will publish a worldwide 1km Event Record log.
- A distinction will be made between Pool events and Open Water Events. No distinction will be made within Pool Events or within Open water Event.
- No Distinction will be made in terms of conditions, water temperature and other possible differentiating factors.

DISQUALIFICATION OR TERMINATION OF A SWIM

- The Referee is allowed at his/her discretion to disqualify a Swimmer before, during or after the Event at his/her discretion if he/she has sound reason to believe that a Swimmer has breached any of the Event and/or IISA rules.
- An Appeal may be submitted within 30 minutes of a Swimmer's official recovery to the Event Director. The Event Committee will consider the Appeal and judgment will be published by the end of Event day.
- The Second of a Swimmer does not have authority to call for his/her Swimmer's removal from the Event, however, he/she must advise the Referee when appropriate, and the Referee must consider the Second's recommendation. The Referee may consult with the Second before terminating a swim, however this is not an obligation.
- A Swimmer is allowed to terminate his/her swim at any time by either stopping, raising an arm, leaning on the lane rope or swimming to an exit point. The swim is recorded as Did Not Finish (DNF) only once the Swimmer has touched a safety boat or exited the water.

QUALIFYING FOR AN IISA 1KM EVENT

In order for a swimmer to qualify for a race, he/she must prove the following:



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1. Recent (being within three months) – a medical document stating that a stress ECG, as well as a blood pressure test have been performed and that the Swimmer is fit to participate in the Event.
2. Qualifying Swim –
 - a. Recent, being within 1 calendar year, verified (Event record) swim of a minimum of 450m which was performed in water temperatures of 5.0°C (41.0°F) according to IISA rules and in regulation swim attire; OR
 - b. Recent, being within 1 calendar year, swim of at least 1km performed in water temperatures of 6.0°C (42.0°F) according to IISA
 - c. Personal affidavit supporting the above swims.
3. Medical Insurance valid internationally covering an icy swim

The Event Committee will assess each Swimmer's records and will qualify them one at a time.

PHYSICAL DISABILITY AND SPECIAL CATEGORY

1. IISA recognises, supports and encourages participation of swimmers with disabilities.
2. Currently, IISA treats disability cases on a case-by-case basis, allowing the IISA to append categories, swimming aids etc. as needed, while considering swimmer safety as the main objective.

SAFETY

1. Swimming and swim racing in water with a temperature of 5°C is a very dangerous exercise. The body is exposed to serious physical and mental stress. The Swimmer must be familiar with the possible risks of cold water swimming.
2. Please note that IISA cannot verify every Swimmer's claim of record of accomplishment, and can therefore only demand certain medical and previous experience accreditation as a best effort of regulation. Accreditation will have to be provided by either an accredited professional or by a signed affidavit by the Swimmer him/herself. Swimmers are expected to be 100% honest about their medical condition, history and experience. Lack of adherence to this could result in placing the swimmer's life at risk and other.
3. The Event plan and management must provide for a checklist in terms of IISA requirements.



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4. The Event Management must provide for every eventuality of risk to the swimmers, spectators, staff and anyone involved in the event.
5. Fatalities or emergencies are a real possibility in such an event and the management should make sure it has done everything possible to prepare and manage such situations efficiently. However, each Swimmer must assume responsibility for his/her decisions and/or actions (See Indemnity and Waiver Appendix)
6. If at any stage the Event Management perceives risk and believes it cannot attend to further eventualities, it is within the Event Safety officer and/or the Event Director's discretion and duty to pause or terminate the event with immediate effect.
7. All swimmers must have their heart rate, blood pressure and resting ECG (EKG) taken at least 3h before the swim (testing of core body temperature is optional).
8. The Safety Officer has the right to disallow a Swimmer's participation, or place him/her under medical supervision until the Safety Officer is satisfied that the Swimmer is fit for participation.
9. Each Swimmer must have his/her heart rate and blood pressure measured as soon as possible during the recovery process. The testing area can be in a different location to the Recovery Area. A Swimmer will be discharged from the Recovery Area to Medical Testing area for full and final recovery qualification.
10. The Minimum Age of a Swimmer for a IISA Event will be 18 years old as at the time of the Event;
11. Consumption of any alcohol at least 24 hours before any ice swim or race is prohibited
12. There is no maximum age limit to qualify for the Events; however, the Event Committee will treat applicants of the age of 65y+ with extra caution and at its discretion.

RECOVERY PROCESS

1. The Event must have sufficient recovery facilities.
2. The Recovery area must have a general recovery area whereby experienced staff can attend to recovering Swimmers.
3. The recovery area must have a designated Intensive Care Unit with a qualified doctor on site. A fully equipped Ambulance can be considered a designated ICU area.
4. Two fully equipped Ambulances must be on standby close to the Recovery Area.
5. The recovery facilities can have wet or dry recovery procedure.
6. The Recovery Area must be pre-warmed to at least 35°C.
7. Every Swimmer's blood pressure must be taken, and core-body temperature tests are optional but recommended.



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AGE GROUP AND RECORDS

IISA Event will recognise the following records in each Event:

1. Fastest Male/Female overall – Places 1,2,3
2. World Record Male/Female
3. Country Record Male/Female
4. Age Group Male/Female – Places 1,2,3
 - a. 18-24
 - b. 25-29
 - c. 30-34
 - d. 35-39
 - e. 40-44
 - f. 45-49
 - g. 50-54
 - h. 55-59
 - i. 60-64
 - j. 65-69
 - k. 70-74
 - l. 75-79
 - m. 80-84
 - n. 85-89
 - o. 90-94
 - p. 95-99
 - q. 100+
5. Disabled Swimmer categories as above.

CERTIFICATES & IISA RECORDS

1. Once the Event has run according to IISA Event rules, each Swimmer to have finished the Swim according to the Event's rules will receive an Event and Record (if applicable) certificate.
2. The Event Management will provide the Event Certificate, which will incorporate the IISA logo on the top right hand side.
3. The Certificate format and design is at the discretion of the Event Management.
4. The Certificate must include at least the:
 - a. Swimmer's full name
 - b. Swimmers age
 - c. Category (as above)
 - d. Time



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- e. Water Temperature
 - f. Air Temperature
 - g. Distance Swum
 - h. Location
 - i. Date
 - j. The wording “International Ice Swimming Association”
 - k. IISA Logo
5. The Event Director will provide all accurate times and records of the Swimmers to IISA, where after IISA will log it in the IISA worldwide record book.
 6. IISA will provide its affiliation and reasonable services at no fee for the first year of its new 1km Events. Commencing from 1-Jun-2014.

SPONSORS AND BRANDING

1. The rights of any sponsors, sponsorship and packages are at the discretion of the Event Management.
2. The branding of each Event is generally at discretion of the Event Management, however, IISA requires that approval be granted prior to the use of the:
 - a. IISA Logo in all marketing materials as the overseeing regulatory body
 - b. IISA logo on the Event Website Home Page
 - c. At Least two IISA banners or Feather banners at the Event by the Pool and at the Award ceremony
 - d. If the Event Management would like to use IISA logo in other marketing, branding, T-shirts etc. it will require IISA approval.

SHORT DISTANCE CATEGORY

1. IISA doesn't recognize or record distances shorter than 1km, however, IISA will support and allow shorter distances swims events to take place during its events as long as they adhere to IISA swim Rules.
2. Participants may receive certificates, medals and prizes by the Event Management.
3. The awards may include IISA logo if it is part of the event logo.



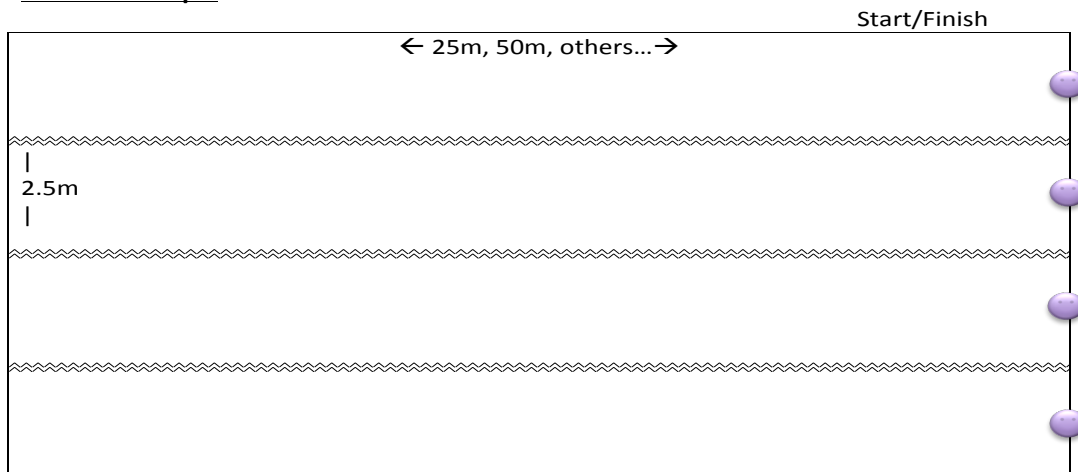
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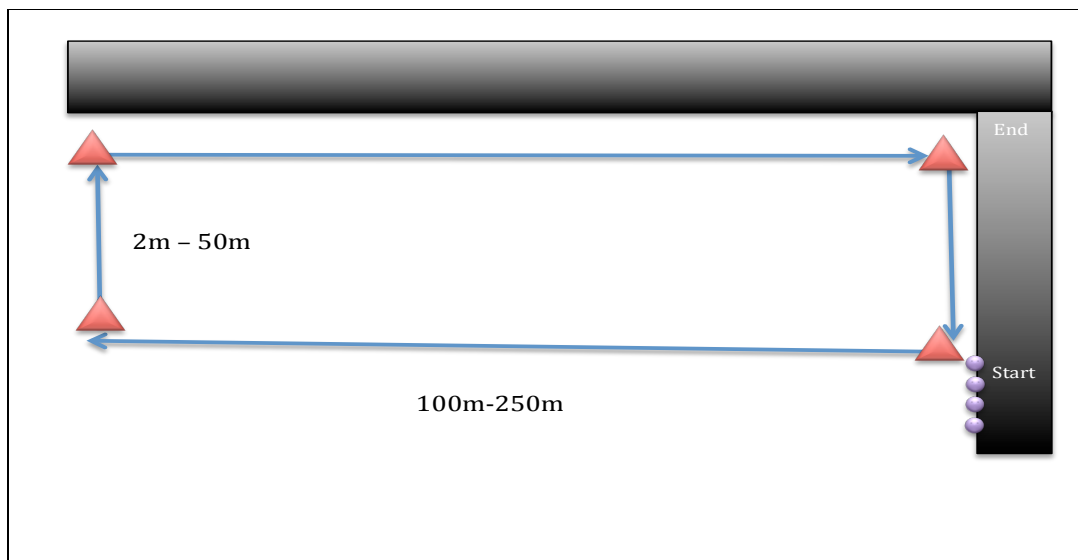
COURSE LAYOUT[EXAMPLE]

ICE POOL or Any outdoors Pool Maximum 4 swimmers at the time.

Ice Pool Example



Jetty, Harbour, Large outdoor pool Example (Max leg mustn't exceed 250m)





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AFFILIATIONS

Any affiliation (not Association) of the Event with other sports entities requires IISA approval

ENTRY FEES, EVENT FEES

Relevant fees are at the discretion of the Event Manager.