

IISA® ICE MILE CHECK LIST

ICE MILE

1. An Ice Mile (“Ice Mile”) is an Ice Swim completed in water with a temperature of 5.0C or less, swum wholly in accordance with IISA Rules and Regulations.
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.

BEFORE ICE MILE ATTEMPT

1. Read IISA rules
 - a. <https://www.internationaliceswimming.com/wp-content/uploads/2018/10/IISA-Swimming-Rules-and-Regulations.pdf>
2. Make sure you have qualified
 - a. <https://www.internationaliceswimming.com/wp-content/uploads/2018/10/IISA-Qualifying-Swims.pdf>
3. Have your medical check and ECG
 - a. <https://www.internationaliceswimming.com/wp-content/uploads/2018/10/IISA-Medical-Assesment-Form.pdf>
4. Measure the course from start point to end point. If you are in an open water, use GPS coordinates to make sure distances are accurate. MAKE SURE the
5. Prepare your support team and medical support for the swim.
6. Take pictures of:
 - a. The course
 - b. The three thermometers readings (5c or lower)
 - c. Time and date
 - d. Entry to water, exit from Water
 - e. Location
 - f. Recovery area
 - g. Team
7. Make sure someone is taking a 30 second video of:
 - a. Entry to water - start
 - b. Mid swim
 - c. Exit the water – finish
8. Make sure you have an IISA observer and a witness
9. Take wind speed and air temperature (you can use local weather website for info)
10. Make sure observer takes start and end time
11. Make sure you have water safety covered
12. Make sure you have medical support and emergency evacuation plan
13. GOOD LUCK AND BE SAFE

AFTER THE SWIM - APPLICATION

1. Make sure you have all the required info about the swim. See above.
2. Make payment to IISA
 - a. <https://www.internationaliceswimming.com/members/ice-mile-payment/>
3. Go to IISA website and apply for your Ice Mile to be ratified:
 - a. <https://www.internationaliceswimming.com/ice-swim-application/>
4. Load your 3 video clips, as required above, to YouTube and copy the URLs to the application
5. If you swam longer than a mile, enter the exact distance, as long as it has a start and end point. Walking into the water and out the water – doesn’t count.
6. Complete your Ice Mile application and submit it
7. Once it has been approved by your observer and witness, it will go to IISA for approval.
8. Once approved by IISA – you are done.