



# LESOTHO 2018

INTERNATIONAL ICE SWIMMING ASSOCIATION (IISA)

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## Lesotho Ice Swimming 2018 Program

The swim will take place in Afrtiski, Lesotho.

**It is your responsibility to arrive to Lesotho on time and book your accommodations – see options attached.**

Lesotho is separate country that requires border and custom. ZAR is welcome currency.

You will be required to bring your passport.

You can get to Lesotho driving from

- Cape Town 14h-18h
- JHB OR Tambo airport 5h
- Bloemfontein airport 4h

It is possible to fly from CPT to Bloemfontein and hire a car

### **The venue is**

Website: <https://www.afriski.net>

Booking: [chantelle@afriski.net](mailto:chantelle@afriski.net)

Webcam: <https://www.afriski.net/resort-status/>

Weather – weather is expected to be between -5c to +10c : dress warm

Altitude – 3000m – be ready to deal with altitude!!!

Water temp: Expected to be anywhere between 1C to 5C : most likely around 2C-4C

Snow – on slops, other areas – depends on weather

Ice on water – depends on conditions

Ice in Whisky – guaranteed!

Accommodations:

There is various type of accommodations from sharing backpack style to luxury and pricy.

Entry fees:

50 m R200

200m R350

500m R700

1000m R1000

**\*If you entered the 1000m + 500m = total is R1500 for both**

**Please email proof of payment to [ram.iceswimming@gmail.com](mailto:ram.iceswimming@gmail.com)**

## **Program**

We will allow swimmers to swim 500m day 1 and 1000m day 2

Altitude is a challenge.

### **Thursday 14-June 2018 - Arrival**

- Arrival and check by 14:00
- 15:00-16:00 acclimatisation swim – 5min
- Medical and briefing 16:00 – 18:00
- 18:00 dinner

### **Friday 15-June 2018 – Ice Swimming Day 1**

- 7:30 breakfast
- 8:30 swim briefing at recovery location
- 9:00 500m free style [1km qualifying swim, if you haven't qualified before]
  - Cut-off time for 500m swim is 15min
- 11:00 200m free style
- 12:30 lunch break
- 14:00 50m free
- 16:00 end of swimming
- 18:30 dinner

\*\*\* It is allowed to swim 500m and attempt 1km the next day. If you have qualified before, no need to qualify again. If not. You will need to complete the 500m under 15min in a good condition.

\*\*\* Please choose 200m or 500m – not both.

### **Saturday 16-June 2018 – Ice Swimming Day 2**

- 7:30 breakfast
- 9:00 swim briefing at recovery location
- 10:00 1000m free style – cut-off time for 1000m will be 30min.
- 15:00 swimming ends
- 15:00 recreational activities – ski, recovery, hikes, local pub...
- 18:00 award ceremony and dinner [Dinner R200] – pls let us know how many people extra you are inviting.

Cut-off times:

500m 15min

1000m 30min

#### **IMPORTANT**

A swimmer may be taken out the water if the Swim referee has enough reason to believe that the swimmer will not finish the swim under the cut-off time. The decision may be assisted by stroke count, time per lap, swimmers body language. The referee decision is at his discretion and is final.

Sunday 17-June 2018 – check out, departure

Entries on IISA website

<https://www.internationaliceswimming.com/events-calendar/>

### **Training tips**

- If you are newbie to cold water swimming and the ICE – swim the 50m
- If you swam in cold and wish to dip your toes further in the ICE – swim 50m and 200m or 50m and 500m
- If you wish to swim 1000m you will need to qualify by completing the 500m swim.
- The 1000m at this altitude adds between 10% to 30% time in the water.
- We will allow 500m swimmers to swim 1000m the next day if they completed the 500m in a reasonable condition. It will be up to event director and Doctor.
- Altitude is a significant additional challenge, especially to coast sider swimmers.
- Ice bath – it certainly useful couple of times. Not more than 10min!!! and never alone. It helps your body and brain feel the pain of the ICE and memorise it. Move your hands in the ICE bath, try and feel how your hands will feel the water in the ICE.

2017 - 2018

rooms	Peak		Off Peak	
	Week-end	Mid-week	Mid-week	
Backpackers - 2 sleeper	1	1,860.00	2,108.00	1,530.00
Backpackers - 4 sleeper	1	3,720.00	4,216.00	3,060.00
Backpackers - 8 sleeper	1	7,440.00	8,432.00	6,120.00
Backpackers new - 2 sleeper	1	2,040.00	2,312.00	1,734.00
Backpackers new - 4 sleeper	1	4,080.00	4,624.00	3,468.00
Andorra - 4 sleeper	1	6,930.00	7,854.00	5,644.00
Andorra - 10 sleeper	2	17,325.00	19,635.00	14,110.00
Whistler Yuppie - 2 sleeper	1	4,290.00	4,862.00	3,468.00
<b>Apartments - not self catering</b>				
Vail - 2 sleeper	1	4,830.00	5,474.00	3,910.00
Vail - 4 sleeper	1 & 2	9,660.00	10,948.00	7,820.00
Tirol - 2 sleeper	1	5,640.00	6,392.00	4,590.00
Tirol - 4 sleeper	1	11,280.00	12,784.00	9,180.00
Tirol - 5 sleeper	1	14,100.00	15,980.00	11,475.00
Alpe D'Heus - 2 sleeper	1	5,730.00	6,494.00	4,624.00
<b>Self catering</b>				
Whistler Family - 4 sleeper	2	11,520.00	13,056.00	9,316.00
Whistler Family - 8 sleeper	3	23,040.00	26,112.00	18,632.00
Courcheval - 4 sleeper	2	11,520.00	13,056.00	9,316.00
Aspen - 6 sleeper	3	17,280.00	19,584.00	13,974.00
Aspen - 8 sleeper	4 & 2	23,040.00	26,112.00	18,632.00
Chalet 8 sleeper	3	24,720.00	28,016.00	19,992.00
Chalet 10 sleeper	4	30,900.00	35,020.00	24,990.00
Chalet 11 sleeper	4	33,990.00	38,522.00	27,489.00
Motswalle (10 sleeper)	5	34,650.00	39,270.00	27,030.00
St Johann (6 sleeper)	2	20,790.00	23,562.00	16,218.00
Nepal (8 sleeper)	3	27,720.00	31,416.00	21,624.00
Winterpark	4	39,006.00	44,206.80	30,929.80

2018 Ski Season peak dates

(all week-ends are peak price)

June 07 -14	Off-Peak	early bird
June 14 - 17	Peak	public holiday
June 17 - 21	Off-Peak	
June 21 - July 15	Peak	public school holidays
July 15 - Aug 02	Off-Peak	(except week-ends)
Aug 02 - 19	Peak	private school holidays
Aug 19 - Sept 02	Off-Peak	Spring ski

### Ski packages - April 5% Discount

For skiing/snowboarding we have a special, pre-book, 4-day ski package (includes 4 days snow pass & equipment hire - skis/snowboard, boots & poles) for the price of 3 days – must be booked & paid before going to the resort

*Adult is 13 years upwards. Youth is 5 – 12 years. 5 years younger is Bambini*

Can ski (no lessons) adult is R2,035 less 5% = R1,934, youth is R1,635 less 5% = R1,554

Learn to Ski (includes 1-day lesson) adult R2,690 less 5% = R2,556, youth R2,130 less 5% = R2,024

Learn to ski (includes 2-days lessons) adult R3,155 less 5% = R2,998, youth R2,555 less 5% =R2,428

Pudi Holiday Package (6-12 years) R3,000 less 5% = R2,850

For the perfect, all-inclusive kiddies experience, this package is ideal. It includes all snow activities, from lessons, to tubing and bum-boarding. Lunch is included on the days when kids are in lessons. Access to day-care at any time and for any length of time is also included.

Bambini 4-day snow and fun play package (2 - 5 years) R1,900 less 5% =R1,805

This is a snow-fun experience, which includes both indoor and outdoor activities. There is no skiing in this package, but includes building a snowman, snowball fights and bum-boarding/tubing. Lunch is included daily in this package. Lunch is included daily with this package.

### Daily skiing rates

1 day Lessons R655 per adult, R495 per child (does not include equipment or pass)

1 day (beginner) pass, equipment & 2 hour lesson R1,240 and youth R980 (5 - 12 years)

1 day Can Ski Pass and Equipment R785 per adult, R625 youth (5 – 12 years)

2-day pass & equipment R1,565 per adult, R1,270 youth (5 – 12 years)

3-day pass & equipment R2,035 per adult, R1,635 youth (5 – 12 years)

Restaurant meals – average per day

R120 breakfast, per person per day

R190 dinner, per person per day