



## CERTIFICATE OF MEMBERSHIP

This is to certify that  
**kareena parkes**

ICE ID : 234 - ICE MILE : 1

has successfully qualified as an ICE member of the  
**INTERNATIONAL ICE SWIMMING ASSOCIATION**

by completing a minimum of One Statute mile [1609m] in water temperature  
of 5.00°C or lower



**Volendam, Netherlands**  
**19-Jan-2018**

**1.0000 mile / 1.61km in 43:03 minutes**

**Water 4.00°C, Wind Chill 0.90°C**

**YOU ARE OFFICIALLY FROZEN**

**Ram Barkai (Chairman)**

**INTERNATIONAL ICE SWIMMING ASSOCIATION**  
[www.internationaliceswimming.com](http://www.internationaliceswimming.com)

