



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

IISA OBJECTIVES

The main objectives of the Association shall be -

- 1) to promote Ice Swims around the world;
- 2) to provide and encourage recognition of swimmers having completed an Ice Swim;
- 3) to promote safety in extreme swimming events;
- 4) the establishment and organisation of annual Ice Swims around the world;
- 5) to promote medical research on cold water swimming;
- 6) to promote knowledge and understanding of swimming in ice and cold waters;
- 7) the promotion and protection of the environment in which Ice Swims take place; and
- 8) the promotion of communities and humanity in places in which Ice Swims take place.

IISA MEMBERSHIP & APPLICATION

IISA MEMBERSHIP

IISA is registered in South Africa as a Not for Profit Organization (“NPO”).

All income generated from IISA activities shall be directed towards the growth and administration of the Ice Swims.

IISA offers a 3-tier membership structure:

- 1) **Ice Membership (Full Membership)** - shall be acquired by a successful and accredited IISA Ice Mile.
 - a) Ice Members shall receive a certificate, Badge and Red Jacket.
- 2) **Cold Membership** shall be acquired by anyone who successfully completes a 1km ice swim event and is endorsed by IISA and the particular Event Director.
 - a) Cold Members shall receive an IISA certificate only.
- 3) **Cold Membership** - Shall be acquired by any person that wishes to associate with IISA as a coach, referee, support provider, medical, or as a volunteer. Warm Member will receive Membership acknowledgment only.

IISA Membership will provide each member with a unique login to the IISA website.

APPLICATIONS

- 1) All applications for Membership shall be made in writing and addressed to the Board in the format as determined by the Board from time to time and such application shall include;
 - a) Pre-Approval;
 - i) save that where an individual Ice Swim attempt has been organised by the swimmer following all IISA safety requirements and rules, then pre-approval shall not be required by the IISA board;
 - ii) an Ice Swim attempt organised to accommodate several swimmers shall require notification to IISA in the manner and form as described in the Ice Mile Event Manual;
- 2) the Ice Swim affidavit completed in the manner and format specified in the Website Ice Mile application.
- 3) original pictures of the following;
 - a) entry into the water;
 - b) exit from the water;

- c) the three thermometers readings;
 - d) the swimming course;
 - e) at least a one minute video clip of uninterrupted swimming in the first half of the swim;
 - f) at least a one minute video clip of uninterrupted swimming in the second half of the swim;
 - g) all three thermometer readings together with a time/date stamp
- 4) Proof of compliance with a safety plan that complies with the standard IISA safety protocols [See IISA Safety Plan];
 - 5) A proof of payment of application fees
 - 6) The Board shall consider all applications for membership and shall have sole discretion to accept or reject any applications for membership.
 - 7) Upon confirmation of a successful application, a Member shall receive a digital certificate and entry into the IISA record book
 - 8) The Association reserves the right to promote the applicant's swim on its website and in other publications in relation to and/ or in connection with IISA affairs worldwide.

MEMBER'S RIGHTS AND OBLIGATIONS

1. Each Member shall abide by the rules and regulations of the Association as set out in this Constitution and as determined by the Board from time to time.
2. No Member shall have the right to contract on behalf of or bind the Association in any manner whatsoever.
3. No Member shall, as a result of becoming a Member of the Association, be entitled to any of the assets and/ or proceeds derived by the Association as result of any IISA activities or events;
4. No member shall, by virtue of becoming a Member of the Association, be liable for any of the Association's obligations.

DISQUALIFICATION OF MEMBERS

1. Any Member that breaches any of the terms of this Constitution or any rule or regulation, as determined by the Board from time to time, shall be subject to immediate disqualification as Member of the Association at the sole discretion of the Board.
2. Any Manager or Member may direct any suspected breach by a Member of the rules of the Association or any other action by a Member in contravention of the spirit and objectives of the Association to the Board for consideration.
3. The Board shall determine any such report in a manner and form as the Board deems fit under the circumstances, and shall make any such ruling as the Board at its sole discretion deems appropriate.
4. Rulings made by the Board in terms of this clause shall not be subject to appeal.

ICE SWIM RULES

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 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.

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

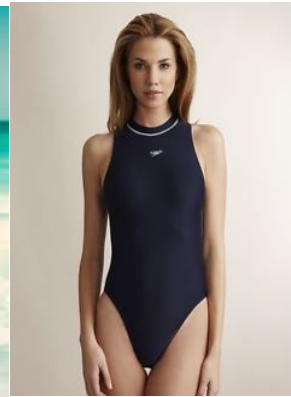
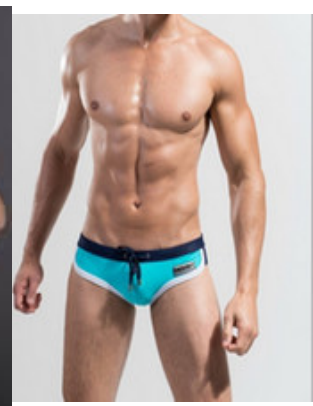
27.1. Briefing – It is the observer's responsibility to hold a detailed briefing before the attempt with all swimmers and role players and to make sure that the all role players and swimmers are clear in all safety procedures and eventualities. Course, rules, recovery, medical are clear.

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.

IISA SWIM ATTIRE & ACCESSORIES

ALLOWED



NOT - ALLOWED



RACES AND 1KM SWIM EVENTS MANUAL

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.

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.
- “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.
- 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.
- 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:

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.
 - d. Other very cold (sub 9C) longer swim.
 - e. It is at the event director discretion to accept or reject a swimmer.
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.
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 Wavier 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.

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
 - 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.

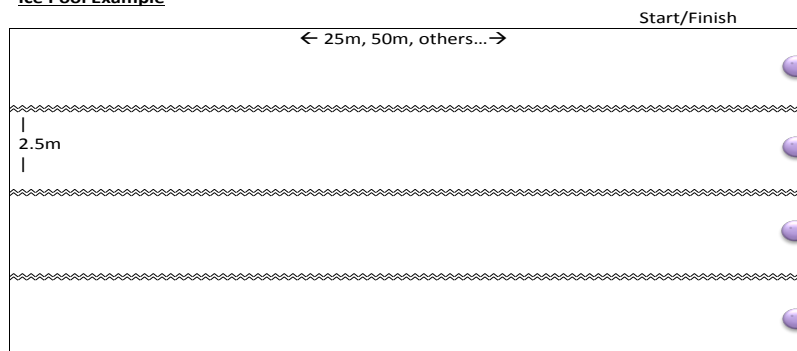
SHORT DISTANCE CATEGORY

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.

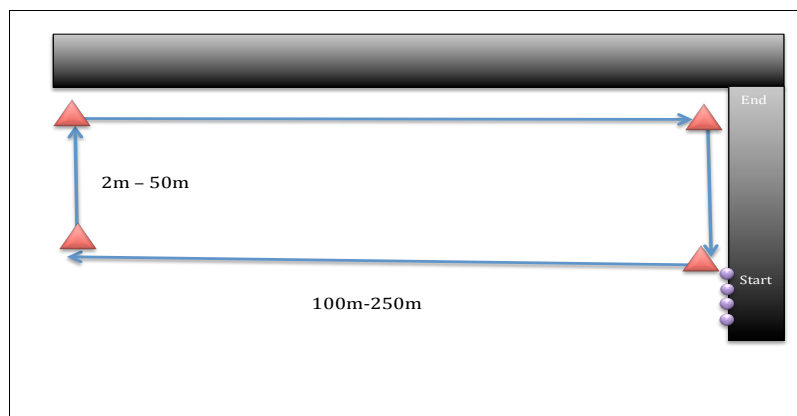
COURSE LAYOUT [EXAMPLE]

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)



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.

ICE MILE SWIM EVENT

ICE MILE EVENTS “ICE ATTEMPT”

- 1) An Ice Mile Event is an organised Ice Mile attempt, which allows several swimmers to attempt a mile swim. The Event is purposed to capitalise on the economy of scale of safety, medical, rescue and recovery facilities.
- 2) An Ice Mile attempt must not be a race, and is instead a grouping of individual attempts.
- 3) Ice Mile attempt is an extreme and dangerous undertaking. Swimmers must prepare, train and employ rigorous safety and risk management procedures.
- 4) Each Ice Attempt will have a designated Attempt Director. The director will act as Safety Officer and will bear the overall responsibility to all procedures and safety measures in the Attempt.
- 5) The Event Director must be an IISA Ice Member.
- 6) The Event Director will provide IISA with all required attempt details as per Application for Ice Membership.
- 7) The Director will qualify the swimmers attempting the swim.
 - a) A minimum requirement by the swimmer is a signed affidavit declaring that he/she has successfully completed at least 600m unassisted and uninterrupted swim in water of 5C or less according to IISA rules; or
 - b) A minimum of 1km in water temperatures at 6C or under.
 - c) The Director has the sole discretion to allow or disallow a swimmer to participate in the Event even if they have completed the above.
- 8) The Director must be a qualified IISA Member. The Director will also act as the IISA Observer in the Attempt. If the Director is one of the Swimmers, he/she must have a qualified second to observe the swim while he/she is swimming.
- 9) All swimmers must adhere to IISA ICE SWIM rules
- 10) The Director, will prepare a site plan, medical recovery and safety plan.
- 11) An Attempt requires at least one qualified Medical Doctor on site with at least two qualified nurses to assist him.
- 12) The Doctor and two nurses will be committed and able to serve at four swimmers at one time. No other swimmers will be allowed to start their Attempt until the Doctor assures the Director that he/she has enough capacity to deal with more recovering swimmers or potential emergencies.
- 13) In the event of emergency, the Director will consult with the Doctor and will make an executive decision as to whether to stop the Attempt immediately or allow it to proceed. If the emergency takes the Doctor away from the location or takes 100% of his capacity for more than 5 minutes the Director will terminate the Event immediately.
- 14) The Director must have a contingency plan in place in case the Doctor is requested

- to deal with an emergency and has no further capacity to deal with other swimmers.
- 15) The Director will brief the swimmer as to the risks involved in the Attempt, including a medical brief by the Doctor.
 - 16) Each Swimmer will have a dedicated recovery location / spot where he/she leaves warm clothing for post recovery. The Swimmer will be pointed to his/her exact recovery spot (bed, Chair, etc...)
 - 17) When a swimmer exits the water, he/she will be ushered to their recovery location for recovery.
 - 18) The Doctor will use the recovery location as the Attempt Medical centre.
 - 19) The Recovery location must be pre heated with warm blankets and hot drinks.
 - 20) Each Swimmer Attempting an Ice Mile must have a Second. The Second will accompany the Swimmer to the Recovery location prior to the swim, assist him/her with preparing for the swim and getting to the start.
 - 21) The Second will oversee the Swimmer's Attempt personally and has the right to notify the Swim Safety Officer that his/her Swimmer must be pulled out.
 - 22) The Second must be at the Swimmer's exit from the water and accompany the Swimmer to the Recovery location until he/she is declared as fully recovered by the Doctor.
 - 23) The Doctor will supervise the overall Swimmers recovery and will be the only one to qualify each Swimmer as fully recovered. The Doctor will decide to admit a recovering Swimmer to the ambulance or other care if required or discharge him/her from the recovery location.
 - 24) The Second will accompany the Swimmer for at least 20 minutes following discharge from the Recovery location by the Doctor.
 - 25) Each Swimmer is performing an individual Attempt. The Attempt is not a race and it is at the Director's discretion to terminate a Swimmer's swim if he/she believes the Swimmer may be in danger. The Director will use his/her experience when assessing the Swimmer's stroke rate, body language, behaviour in the water, frequent change of stroke, frequent stopping and any other signs that may indicate that the swimmer is in danger.

IISA SAFETY PROTOCOL

SAFETY

1. Swimming and swim racing in water 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 in order to reach a stage of being able to swim 1km in such conditions.
2. IISA cannot verify every swimmer's claim of record achievements. IISA can only demand certain medical & previous experience accreditation as best effort of regulating Swimmers' qualifications. Some 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.
3. The Event plan and management must provide for a checklist in terms of IISA requirements.
4. The Event management must provide for every risk eventuality to the swimmers, spectators, staff and anyone involved in the event.
5. Fatalities or emergencies are real possibilities in such events, and the management

- should make sure it has done everything possible to prepare for and manage such outcomes. Each Swimmer, however, must assume responsibility for his/her own decisions and actions (See Indemnity and Wavier 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 30 minutes before the swim (core body temperature testing is optional).
 8. The Safety Officer has the right to disallow a Swimmer to swim or place him/her under medical supervision until the Safety Officer is satisfied that the swimmer is fit to participate.
 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 final medical full recovery qualification.
 10. The Minimum Age for a Swimmer in an IISA Event will be 18 years old at the time of the Event.
 11. IISA recommends that all swimmers refrain from the consumption of any alcohol at least 24hrs before any ice swim or race is undertaken.
 12. There is no maximum age limit to qualify for the Events, however, the Event Committee will treat applicants over the age of 65 years old, with extra caution 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 (ICU) with a 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 at all times.
5. The Recovery Area must have a vacancy in the ICU area at all times. There should always be a doctor available to deal with possible eventualities of the swim, and an available ambulance.
6. The recovery facilities can have wet or dry recovery procedure, but must be pre-warmed to at least 35°C.
7. Every Swimmer's blood pressure must be taken, as well as their core body temperature, if so desired.

PROMOTION OF SWIMS

- 1) Promotion of any claimed Ice Swim prior to formal IISA approval is not permitted and will not be recognised and/or supported by IISA.
- 2) An IISA member shall refrain from claiming or using the terminology of an Ice Swim or Ice Mile or Ice Kilometre unless the swim has been approved by IISA.
- 3) A Member Ice Swimmer will endeavour to promote IISA rules.

SWIM APPEAL PROCESS

- 1) An Appeal is a formal request by an Ice member or group of Ice members who wish to appeal the approval of an Ice Swim Application.
- 2) An Appeal must be submitted at least one week from the day of the public announcement of the approval of the Ice Swim.
- 3) An Appeal must be submitted directly to IISA Chairperson.
- 4) The Appeal must provide sufficient grounds to the claim that the swim must be disqualified. It must be accompanied by facts or personal testimonies of members involved in the appeal, or credible testimonials from other members or observers known and respected by the appealing member and whose credibility is trusted.
- 5) Once an Appeal has been submitted as per IISA requirements, IISA will inform the Appealers and the Swimmer/s that an Appeal is being processed.
- 6) During the appeal process, all information regarding the appeal will remain confidential until a decision is made.
- 7) The IISA Board, in consultation with its local ambassadors, will make a decision within one week.
- 8) Once an Appeal has been decided, no further Appeal for the same swim can be lodged.
- 9) IISA will communicate the Appeal decision to the Appealers and to the Swimmer/s directly.
- 10) The Appeal and its results will generally be kept confidential, however, IISA reserves its right to publicise the Appeal, its outcome and to take further action if it sees fit.

AMENDMENTS TO IISA CONSTITUTION SEP-2015

1. Vision and Mission

- 1.1. The board is satisfied that IISA vision as published on the IISA home page remains accurate, relevant and appropriate.
- 1.2. Olympic Games goal is a prime mission, albeit part of IISA vision - IISA vision is broader, as stated.
- 1.3. IISA mission next winter 2015/2016 is to have 10 countries hosting a national or regional 1km IISA event.
- 1.4. IISA mission for the 2016/17 season to introduce World Cup swim series in selected 5 countries each and every year
- 1.5. IISA mission for 2018 is to have a demonstration 1km swim in the Winter Olympic games South Korea
- 1.6. IISA invite countries to approach IISA to hosting such events – effect immediately
- 1.7. IISA have developed a substantial knowledge base through its members' swims and its experience. Therefore, IISA encourages everyone to follow IISA rules in any icy swim or other very cold water adventures.

2. Swim Distances

- 2.1. IISA official distances are 1mile and 1km
- 2.2. IISA qualifying distances are from 450m and longer
- 2.3. IISA welcomes and encourages swimmers to start with shorter distances as an entry level training for IISA events or the ICE Mile
- 2.4. IISA doesn't accredit swimmers with distances shorter than 1km.
Swimmer/Members are however encouraged to add their shorter swims (completed under IISA rules!) in their BIO as other or qualifying swim.

3. Water Temperatures

- 3.1. IISA retain one simple water temp qualifier
 - 3.1.1. Water must be 5C or less using at least 3 thermometers
 - 3.1.2. IISA is aware of the levels of difficulty added to a swim as temp drop from 5C, to 0C, however, it assumes the same level of safety and risk management for all temperatures, regardless.

4. ICE Miles

- 4.1. ICE Mile is a personal challenge and achievement – It is considered IISA-EVEREST
- 4.2. IISA introduces three new tiers in ICE Miles achievements:
 - 4.2.1. 1-4 ICE Miles - ICE
 - 4.2.2. 5-9 ICE Miles - ICE 5+ [a new badge awarded]
 - 4.2.3. 10+ ICE Miles - ICE 10+ [a new badge awarded]
 - 4.2.4. etc... every 5 ICE miles
 - 4.2.5. The new levels will be reflected in the BIO and Membership with addition to the logo
 - 4.2.6. ICE Zero category – An ICE Mile in water temp of sub 1.00C
 - 4.2.7. ICE Zero will be mentioned in the BIO
 - 4.2.8. All the new categories will be displayed as a list on the Website



5. IISA Attire

5.1. IISA ICE

5.2. Members are required to endeavour to wear IISA Red Jacket in IISA official functions such as Award ceremonies and Press Conferences or whenever representing IISA in an official event.

5.3. IISA realised that people can wear their badge on various outfits; however, the official IISA attire is only recognised as the red jacket. Members are able to purchase their own red jacket but adhere to the Red colour as displayed on the website in IISA Original jacket

SLAZENGER SOFT SHELLRED JACKET
 single jersey knit of 100% polyester bonded with 100% polyester micro fleece / front pockets with zipper / hood with elastic cord, cord stoppers & flap with velcro / cuff with flap with velcro closure / drawstring at the bottom with cord stoppers / Slazenger rubber label at the front weight 360 g/m2
 Sizes: S – XXXXL



5.4. Only IISA certified ICE Miler are should wear IISA badge above the left pocket of their jacket.

5.5. IISA Country Association Logo can be worn by all IISA members

Silicone Cap**Left / Side 1**

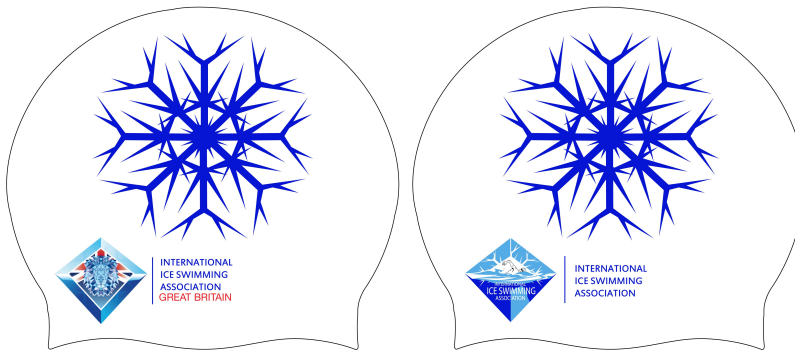
Cap Color : White - W1 (B11)
 Printing Color : Yellow - RIS Y0 / ISI B20 / PMS 108C
 Blue - RIS B9 / ISI A64 / PMS 2736C
 Red - RIS R1 / ISI B45 / PMS 4865C
 Green - RIS G4 / ISI B50 / PMS 347C
 Light Blue - RIS B0 / ISI B64 / PMS 2925C
 Big Logo Size : 12cm (L) X 11.4cm (H)
 Small Logo Size : 9.6cm (L) X 4.6cm (H) (proba)
 Total Logo Size : 14cm (L) X 15.9cm (H)

Right / Side 2

Cap Color : White - W1 (B11)
 Printing Color : Black - RIS K0 / ISI B00 / PMS BLACK
 Blue - RIS B9 / ISI A64 / PMS 2736C
 Light Blue - RIS B0 / ISI B64 / PMS 2925C
 Big Logo Size : 12cm (L) X 11.4cm (H)
 Small Logo Size : 9.6cm (L) X 4.6cm (H) (proba)
 Total Logo Size : 14cm (L) X 15.9cm (H)

Jul 21 2015
 Rev: Jul 23 2015
 Rev: Jul 27 2015
 Rev: Jul 28 2015
 Rev: Jul 30 2015
 Rev: Jul 31 2015

5.6. In a World Cup or World Champ, events the swimmers must wear swim caps with their country's flag or colours or emblem.



5.7. Qualifying for IISA events

5.8. All qualifying swims to take place within 3 years preceding the Event date

5.9. Qualifying for IISA World champs – 1km in an IISA event swum under 25min or an ICE Mile swum under 40min

5.10. Qualifying for ICE Mile – 1km officiated under IISA rules under 30min [not required to be in an IISA event]

5.10.1. If the member already swam 1km in an IISA event, he/she will be able to use it.

5.10.2. The qualifying 1km will not be eligible for the 1km events record book [unless it was in an official IISA 1km Event] but will be added to the member Bio qualifying swims.

5.10.3. A new facility in the Website allows members to add new “Qualifying Swims”. These swims will be from 450m onwards under IISA rules. It will display swim details, witness and an Observer. Medical fitness for the qualifying swim is at the swimmer responsibility.

5.11. Qualifying for IISA 1km – 450m or more under IISA rules requires the Observer approval online. The qualifying swim for the 1km event doesn't have to be under 5C, however, it has to be a notable difficult cold swim. It is with the event Director discretion to accept an entry based on his/her qualifying swim. If the 1km event is expected to be at 0C – 2C the Event Director will use a stricter discretion to accept an entry.

6. IISA World Championship

6.1. IISA world Champ will be held every alternate year on 2017, 2019, 2021,...

6.2. Bids for the following world Champ will open immediately post the current World Champ.

6.3. Swimmers for World Champ will be selected as follows (guidelines – At IISA discretion)

6.3.1. Max 80 swimmers in total

6.3.2. Max 8 swimmers per heat

6.3.3. The hosting country will be allowed to select 10 swimmers

6.3.4. Each Country will be allowed max 5 swimmer

6.3.5. Male and Female will be awarded the same opportunity to enter and qualify

6.3.6. IISA will endeavour to have same number Male/Females

6.3.7. IISA will approve each swimmer for the World Champ

6.3.8. IISA reserves the right to allow more swimmers per country if some countries have less than 5 swimmers

- 6.4. IISA will have the right to approve sponsors for World Champs
 - 6.5. IISA will have the right to approve branding and marketing material
 - 6.6. IISA retains the broadcasting rights of the World Champs events
 - 6.7. Any goods using IISA logo will require IISA permission
 - 6.8. Any goods sold with IISA Logo will require IISA approval and participation
7. Ambassadors
 - 7.1. Their positions will typically remain for a lifetime as long as they adhere to IISA code of conduct and promote it. IISA reserves the discretion to appoint or remove ambassadors.
 - 7.2. Country Ambassadors will be appointed by IISA and their role will be to represent IISA locally and globally and promote IISA sport.
8. Country representation by Swimmer
 - 8.1. A swimmer must have a citizenship of the country he/she represents.
 - 8.2. The Country used in the Swimmers registration is the Country he/she represents – IISA call it his/her Sport Nationality = Country Association
 - 8.3. A swimmer will have to provide a proof of citizenship
 - 8.4. The Swimmer Country filed for address purposes must be entered next to the City in the account details
 - 8.5. Change of Swimmer Country Association as well as representation will have to be approved by IISA
9. Country Associations See Country Association Doc
10. Cut-off times
 - 10.1. IISA doesn't impose a cut off time of an individual swims, ICE Mile.
 - 10.2. Any IISA event, ICE Mile or 1km Race must have a clear cut off times guidelines to allow for appropriate time management and risk control
 - 10.3. The current IISA recommended cut off times for EVENTS are:
 - 10.3.1. ICE Mile 40min
 - 10.3.2. 1km 25min
 - 10.3.3. Cut off times should be monitored during the event. Swimmer who is clearly not going to make the cut off times must be stopped and exited before getting into a dangerous situation
 - 10.3.4. There are no Cut Off times for individual Ice Swim or 1km swim. The Swimmer and his/her safety team should use their discretion.
11. ICE Mile Events
 - 11.1.1. ICE Mile is not a race event. IISA will not sanction or support event as such.
 - 11.1.2. ICE Mile event is a group attempt of a one ICE mile distance.
 - 11.1.3. The medical infrastructure for such events requires:
 - 11.1.4. A boat in the water for every 4 swimmers in the water.
 - 11.1.5. An ambulance for every 8 swimmers in the water and recovery together.
 - 11.1.6. A doctor with all emergency required gear for every 8 swimmers in the water and recovery together
 - 11.1.7. A swimmer is assumed to be in recovery for at least 45min post the swim, even if he or she has been discharged by the doctor

- 11.1.8. Every exiting swimmers must have be reviewed by the doctor on exit, to take BP and Pulse and to see if there are any signs of potential emergency
- 11.1.9. IISA advises a maximum of 10 swimmers in a heat
- 11.1.10. Running in and out the water is not advisable but at swimmers discretion
- 11.1.11. Every swimmer must be accompanied by a light vessel, be it a kayak, stand up paddle or such.
- 11.1.12. Any signs of significant slow down, significant drop in stroke rate, lack of coherence and other signs that may indicate that the swimmer is struggling and may not be able of finish the swim – must raise a red flag by the kayak to allow for the shore medical to be aware of the risk in the water.
- 11.1.13. IISA recommends maximum of two red flags in the water at any given time.
- 11.1.14. Recovery has to be monitored carefully. The event must have a designated recovery area where all swimmers exiting the water are taken to for medical check and observed recovery. The doctor on site is the only one allowed to discharge recovering swimmers to a secondary recovery facility such as heated car, or others.

12. IISA brand

- 12.1.IISA has the legal right to any use of its logo, name, vision and marketing material.
- 12.2.Any use of IISA logo requires IISA permission in writing.
- 12.3.IISA reserves the right to take legal action against anyone copying or using its Logo or name without IISA permission.
- 12.4.No goods are allowed to be produced and sold with IISA logo or name without IISA permission
- 12.5.Local IISA 1km events marketing, sponsorship and branding TV rights belong to the local organisers.
- 12.6.IISA has these rights for World Champ and World Cup events.

13. Safety and Rules

- 13.1.IISA doesn't allow for or permit swimmers to swim both 1km and 1mile distances in the same event
- 13.2.It is highly recommended that A swimmer participating in 1km event should not participate in other swims on that day and should limit him/herself to a max distance of 200m the next day event.
- 13.3.IISA adopts FINA rules with expectations:
 - 13.3.1. No diving is allowed [in IISA Events] - for safety reasons
 - 13.3.2. Maximum of 5 meter underwater push is allowed on start and turns
 - 13.3.3. Breast stroke is allowed inline with FINA rules
 - 13.3.4. If the swim is done in a pool a visible marker required 5m before end of the lane on both ends and both sides.
 - 13.3.5. No tumble turns are allowed – for safety reasons
 - 13.3.6. Swim stroke is Free or Breaststrokes. Free style – is any stroke
 - 13.3.7. 1km events must be seeded according to time, not age groups
- 13.4.IISA are looking to have coaching and referee/officials manuals and courses produced
- 13.5.Currently, any coaching for ICE swim purposes must be done by certified IISA ICE milers only

14. Medical

- 14.1. Before a Mile Swim or 1km swim each swimmer must have:
- 14.2. Recent 3 month ECG
- 14.3. A recent 12 month Medical check. IISA reserves the right to ask for a more recent Medical if the swimmer has Medical History.
- 14.4. ECG, BP, HR, [Blood Oxygen recommended] in any event the morning of the event or the previous evening.
 - 14.4.1. IISA only set the minimal guidelines for safety and medical checks.
 - 14.4.2. Each event should set a specific Event medical check requirements, safety procedures and recovery protocol.
- 14.5. Doping test and Alcohol level – will be random at events or ICE Miles

15. Records

- 15.1. Only IISA Events that have been completed successfully under IISA rules will be recorded in IISA world Record books.
- 15.2. IISA understand that some Events cant guarantee the 5C or less water temp. Such events, if successful, will remain as record for the Event in IISA website, however, the swim records will not be included in the IISA World Record books.
- 15.3. For purpose of “adventure” swims around the world, IISA will only recognise a 1km and or more if it has been done strictly by IISA rules. Any swims of 450m or more can be recognised as a Qualifying swim only [this will be added to the IISA Website at a later stage]

16. Media

- 16.1. Any claims by IISA members or swimmers of records are to be kept locally to the event – but cant be used as an IISA record; unless, it is an IISA recognised record
- 16.2. IISA can't control the media around swims, however, it reserves the right to publish a press release if it sees fit to verify or reject a public claim.
- 16.3. IISA have the legal rights to the IISA name, ICE Swimming, logo branding etc...

17. IISA 1km National events

- 17.1. Country local event can host any nationality swimmer
- 17.2. The foreign swimmer record will go to the global record book and the event record book but not to the hosting country record book

18. Other amendments - Events

- 18.1. Swim course must have a predefined Start Point and End Point.
- 18.2. The course must be measured by a boat GPS or hand held GPS.
- 18.3. The course from Start to End points must be at least one mile (1.609m)
- 18.4. The swimmer must swim the course from Start point to End Point. No assistance, walking, running, standing is considered as part of the course. The course distance starts when the swimmer starts swimming to end.
- 18.5. Additional distance – A swimmer can only claim an additional distance if he or she continued to swim unassisted from Start to End Point under IISA rules.
- 18.6. The course may be longer than a Mile to allow swimmer to arrive at the Start Point but it will not count as an extra distance. The same applies to the finish if the swimmer has to walk or crawl or other assistance required to land, it would not be considered extra distance.
- 18.7. Once swimmer reaches endpoint, he/she can be assisted.
- 18.8. Indirect routes, longer turns, or route mistakes can't be considered as an extra distance.
- 18.9. A swimmer doing the distance but not as planned from Point-to-Point will not be recognised.

- 18.10. Thermometers – if water temperature on any of the thermometers is above 5C the swim director must take several checks to ensure that the entire course water temperature is below 5C.
 - 18.11. Thermometers must be stationed in the water for at least 5min to record a stable temperature. A digital thermometer with at least one decimal point is recommended. Water temp must be clearly sub 5C for usage of analogue thermometers.
 - 18.12. In swims where the water temperature is close or at 5C, the observer or event director is required to take several measurements across the course to ensure sub 5C temp.
 - 18.13. Usage of watches for distance and temp measurement are not allowed.
19. Individual Swims can take place anywhere on the planet (and others, in the far future...). Safety integrity of individual swims is imperative to the existence of the Ice Sport.
20. IF IN DOUBT – DOUBLE CHECK AND MEASURE, INCREASE SAFETY AND PREPARE FOR EVERY POSSIBLE EVENTUALITY!
21. IISA Country Association
22. IISA is a South African based initiative and is flourishing to become truly global phenomena. IISA and the sport of ice swimming needs this to be represented in as many countries as possible to achieve our big goal of taking swimming to the Winter Olympic Games.
23. IISA is has continually logging results and assigned world records to the deserving competitions following the above vision.
24. Ice Swimming and the formation of IISA is based on the passion for the ICE. The Ice brings the brutally cold water and environment, which brings the critical SAFETY element as it most important focus, however, the ICE also represents BEAUTY, CLEAN, CRISP, SIMPLE, HONEST, UNSPOILT, NATURAL BEAUTY, FREEDOM, and INTEGRITY.
25. All of these should be employed as IISA code of conduct in every aspect of the sport, its Ice attempts, competitions, branding and promotion of our “mad” sport.
- 25.1.1.1.1.1. Formation of an IISA Country Association
26. As Ice swimming continues to grow the IISA have decided to set up an 'IISA country Association' - a global network of frozen ones with their warm friends, families and supporters.
27. For a country to qualify for 'IISA country association' they are required to have at least three Ice Members. IISA will appoint the country Chairperson of the association, and in turn the Chairperson will invite nominations to the local board. The local board will have maximum of 5 members which at least 3 of them must be ICE Members. The other two must IISA Members.
28. For a country who has not got the required number of ICE Members to set up a local association they will be permitted to appoint associate members who then have maximum of 18 months to qualify as ICE Members as specified above.

29. IISA has a unique strong brand and vision and it wishes to keep this focus avoiding “sport politics” that can happen when growth and decentralisation happens. To ensure this IISA will retain one central IISA constitution and every country association which all will adhere to.
30. The constitution is reviewed once a year and countries are welcome to offer amendments, which will be considered. If a country has local requirements that are country specific due to regulations or safety, the 'IISA country association' should contact IISA for approval on local specifications the IISA constitution must never be overridden. The IISA constitution endeavours to regulate the integrity and safety of the ice swimming and any local amendments can only be additional to IISA guidelines and at the consent of the IISA.
31. A country wishes to form a local IISA Association should approach IISA.
32. IISA will appoint the Chairperson and assist in forming the local Association.

33. Naming the Country Association
 - 33.1. IISA country
 - 33.2. IISA Ireland
 - 33.3. IISA GB
 - 33.4. IISA Russia
 - 33.5. Etc...

34. The Role of the 'IISA country association'

35. Organise 1km events
36. Arrange for qualifiers for the world championships
37. Support of personal Ice Miles in line with the IISA rules safety.
38. Organised events to promote ice swimming and the IISA
39. Promote IISA brand within the country
40. Assist in disputes raised locally in line with the IISA constitution
41. Dissemination knowledge of Ice Swimming for the benefit of the future of the sport
42. Report to IISA
43. The Local Association will decide its own structure and role of its board members to deliver the above objective.as and when required with regard to its rule above.
44. Reporting to IISA board will done
45. PLEASE REMEMBER – keep it SIMPLE, CLEAR, CLEAN, SAFE with INTEGRITY.

46. Promotion and communication

47. IISA will provide each country with a page link on main IISA site to maintain centralisation of all data including swim records and events.
48. Each country Association will receive a direct link to its page in IISA website called: country.inernationliceswimming.com(e.g., Ireland.internationaliceswimming.com)
49. Entries of data regarding all IISA approved events will be completed via IISA country page so to will results and records be added. Each country will have a local list of records and members and these members will be included in the main IISA record.
50. Promotion of IISA country association swims and of the local IISA country, association can be offered on this local webpage.

51. Country Association Logo

52. Each country can have its own logo as long as it is contained in the Iceberg, diamond like shape like the original IISA logo. Colours and content can be anything desired by the Association. IISA advise Country association to endeavour to capture the spirit of the ICE as explained above in its colour, shapes and fonts at the same time IISA encourage countries to capture the country spirit and colours in their logos.
53. The IISA logo and branding can be used for local 'IISA country association' marketing as long as it uses the IISA original logo, flags, etc and that this is only used to market IISA globally or locally and not for commercial purposes.
54. IISA will retain control of this logo. Local country associations can produce Products and Branding containing the local name and logo.
55. IISA Products and Branding
56. IISA has established legal rights to its name, logo and branding. This is IISA's only real asset aside from the swimmers. IISA would like to retain control of this and therefore only IISA is allowed to produce products containing the IISA name and logo.
57. IISA is in the process of producing IISA products such as badges, jackets, towels, caps, etc.. which will be sent in bulk to local country associations for distribution locally. It will allow for cheaper pricing and affordable products to swimmers.
58. Costs and Profits
59. IISA is established as a non-profit organisation. Its incorporation will change location from South Africa to a global location soon. IISA is seeking sponsors and funders willing to assist IISA in its mission. IISA strongly support the spirit of "make the sport as affordable as possible to the Athletes".