

## IISA® ICE MILE CHECKLIST

1. An Ice Mile (“Ice Mile”) is an Ice Swim completed in water with a temperature of 5.00C 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)

### BEFORE ICE MILE ATTEMPT

1. Read IISA rules and make sure you understand all the requirements. Safety ad Rules.
2. Make sure you have qualified:
  1. Look at IISA Qualifying table to make sure you have swum the required distance in the required temperature to qualify for an Ice Mile.
  2. You completed and passed IISA Medical Assessment and ECG signed by a doctor within six months of swim date.
  3. You have signed the Ice Mile Indemnity.
3. Please make sure you are fully prepared for what you are about to attempt.
  1. Seek knowledge from other Ice Milers
  2. Notify your Country Chair and seek advice if required.
4. Make sure there is a Medical Officer at the site and an evacuation plan to the nearest Medical Centre.
5. Brief the Medical Officer with your medical history and present your IISA Medical Form and ECG.
6. Brief your Observer and Water Safety personal with your swim, expectations, stroke, breathing direction, signals to check you’re ok or in distress.
7. Have a Recovery Plan – what happens when the swim is finished, prematurely or completed.
  1. Brief your Second on how you want to exit the water and what steps to take.
  2. Make sure your Second knows where your warm clothes are and how you want to get dressed.
  3. Make sure there a warm place waiting for you to spend your recovery.
  4. If you have any pre desired needs post swim – hot drink, special warm-wear, medication, glasses, help with ear plugs, caps, goggles, and others – plan for it and brief your support.
  5. Instruct your recovery people what you like and don’t like. You may not be able to communicate it at the time.
8. Go through the recovery plan and premature exit if required. Have all protocols in place before you enter the water.
9. Measure the course from the start point to end If you are in open water, use GPS coordinates to make sure all distances are accurate. When in doubt? Add few meters, don’t cut it short.
10. Prepare your support team and medical support for the attempt.
11. Take good pictures of:
  1. The course
  2. The three thermometers’ readings (5.0c or lower)
  3. Time and date

4. Entry to water, id swim, exit from Water
  5. Location
  6. Recovery area
  7. Team
  8. Pictures and videos are critical to verify your attempt. Good quality, zoom in and out.
12. Make sure someone is taking a good quality 2min video of:
1. Entry to water – and Swim start
  2. Mid swim – pace, zoom in and surroundings.
  3. Exit the water – Swim finish and exit from the water to recovery.
13. Make sure you have a qualified IISA Official Observer and a witness
1. They must be IISA Members
14. Take wind speed and air temperature (you can use local weather website for info)
15. Make sure the observer takes start and ends time
1. Start time from start point [not from walking into the water]. Same with End Point.
16. Make sure you have water safety covered.
17. Have your safety belt or tow float.
18. Make sure you are wearing IISA rules attire.
19. Make sure you have medical support and emergency evacuation plan
1. If you end up in an emergency: Medical, Physical or any situation that require Medical attention. Have a plan in place: Who makes decisions, where is the nearest medical Centre, evacuation vehicle and process.
  2. Every successful event has a crisis plan, just in case.
20. GOOD LUCK AND BE SAFE

## POST ICE MILE SWIM - APPLICATION

1. Make sure you have all the required info about the See above.
2. Make payment to IISA
3. Go to IISA website and apply for your Ice Mile to be ratified:
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 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
8. Once approved by IISA – you are an Ice Miler.