

## IISA® ICE MILE OBSERVER FORM

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)

<b>OBSERVER</b>		<b>WITNESS</b>	
Name		Name	
Email		Email	
Mobile		Mobile	
ICE & Swimming Experience [short]		ICE & Swimming Experience [short]	
Signature		Signature	
Date		Date	

<b>SWIMMER</b>			
Name			
Email			
Mobile			
Date of Birth / Age			
Country			
Swim attire check	One cap, Swimwear, Goggles, no accessories, Safety Belt		
IISA Medical	Medical valid:	ECG valid:	

<b>SWIM</b>					
Venue					
Date / Hour					
Air Temperature 0.0C°					
Water Temperature 0.0C°	1. C°	2. C°	3. C°		
Distance KM / Mile	KM		Miles		
Pool?	Length m	Length swum:	Extra m		
Pool certified?	Y / N	Name:	Company:		
Open Water?	Loop m	Loops	Extra m		
Swim Time	HH:MM:SS				
Stroke Rate	First 3min:	Mid:	Last 3min:		
Stroke	Free	Back	Breast	Fly	IM

SWIM / SAFETY / RECOVERY - OBSERVATIONS	
Water safety	
Water quality	
Second's participation	
Recovery facility on site	
Emergency plan	
Medical Officer on site	Y / N
Emergency facility?	Location: _____ Distance: _____ km
Unusual events during the swim	
Exit from water	Assisted / Unassisted
Swimmer's focus on exit	Normal / disoriented / unable to respond
Swimmer's eyes	Focused / Vacant / Closed
Swimmer Behavior at exit	Talkative/Aggressive/Excessive euphoria/Quiet & Withdrawn
Additional observations	