



AFRISKI
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International Ice Swimming Association South Africa National 1km ICE Event

Location Afriski Resort in Lesotho Mountains

For virtual tour of the resort:

http://www.afriski.net/360/Afriski_Corporate/Afriski_Corporate.html

Altitude 3000m

Water temp +/-3C

Air Temp -5c to +5C

Accommodations:

Room	Sleeps	Description	Price pp for period
Andorra 2,3,4	4	4 bunk beds in a unit, bedding, showers, toilet	R1700
Andorra 1	6,4	Two interlinked rooms. Bedding, showers, toilet	R1700
Tirol 6,7	4	2 x 4 beds luxury rooms	R2754
Tirol 2	5	one 5 beds luxury room	R2754
Back-packers	6 x 4	6 rooms sleep 4 bunk beds, bring sleeping bed. Rooms heated	R986
Back-packers	2 x 2	2 rooms sleep 2 bunk beds, bring sleeping bed. Rooms heated	986

There are limited beds available. All bunk beds sharing rooms.

To view the accommodations: <http://www.afriski.net/Home/Accom>

To book a unit or a room and a place on the bus. call:

Roxy +27 84 645 7804 or

email: roxyvaneyk7@yahoo.com

Food and beverages

Are provided in the resort restaurant at the swimmers own costs.

Passports: No visa is required, however, a valid passport is required at the border post to Lesotho.

Award Ceremony and last dinner and party – will be provided by the event. There will be a cash bar available.

No children under 18y are allowed.

Program

Date	Day	Time	Action
06-Aug-16	Saturday	20:00 departure place TBA	Depart to Lesotho from Cape Town. Swimmers from other locations should arrange their own transportation or come to Cape Town Bus costs: R1,900 pp 60 seats
07-Aug-16	Sunday	Morning	Arrive AfriSki Lesotho
07-Aug-16	Sunday	12:00	Check in, Medical for qualifiers, setting up the course, short acclimatisation swim
08-Aug-16	Monday	10:00	Qualifying swims 500m, Medical for 1000m swimmers, late afternoon a short acclimatisation swim
09-Aug-16	Tuesday	10:00	1000m IISA SA Champ
09-Aug-16	Tuesday	18:00	Award Ceremony and dinner
10-Aug-16	Wednesday	10:00	Recovery and fun day on the slopes
10-Aug-16	Wednesday	15:00	Depart to Cape Town
11-Aug-16	Thursday		Arrive Cape Town

Entries

Entries are the IISA event website.

Swimmers must enter and pay upfront else his/her place will not be considered.

We have limited place. Entries will be based on first come first serve.

Qualifying:

If you qualified last year or overseas you can enter, else, you will have to swim the 500m qualifying swim the previous day. If you wish the swim the 500m qualifying and participate in the 1000m the next day your qualifying swim is at your own risk. If you don't qualify there will be no refund.

Refund / Cancellation

There will be no refund or cancellation fee. The event is remote and complex and it doesn't allow for flexibility.

Training and Altitude

Swimmers are advised to be fully prepared for the event. Water temperature are expected to be at around 3C. Although there is never a guarantee, the location and time of the year is ideal for icy waters. The swim will be at an altitude of 3000m. With the water temperature at sub 5C, we strongly recommend that you try and train for such altitude.

Training tips:

Open ocean in cold water – warm up on the beach. Enter the water and do 5 x 100m hard sprints with little rest. Learn how your body, breathing and heart rate cops with the cold and lack of air.

In the Pool – try and use the centre forehead snorkel (available in sport shops) and swim distance and sprint with it.

Altitude chambers are available in various sport science and performance centres.

Drugs and Alcohol (sex is legal but not advisable before the swim)

IISA support the global anti-doping rules. Please be prepared for possible random tests. It is strongly advised that you refrain or have very little alcohol before the race.

World Champ Qualifying

The Event is also a qualifying event for the IISA 2nd World Champ in Germany. To qualify, one has to compete the swim in under 25min.

The Course

We are not yet sure about the exact swim course, however, we are expecting a 100m to 200m loops in the small dam.

Water Safety

We will have two SUPs on the water and a person in a dry suit at all times.

Medical

The event will provide a medical check and an ECG prior to the swim. We will have the resort medical facilities, evacuation facilities and we will have our own Dr Sean and another doctor supervising the swimmers safety.