

Application for Membership to International Ice Swimming Association

Swimmer: Scott Tapley

Summary of qualifying swim (Affidavit & Proof of Payment and medical check/ECG attached)

Swim Date: **Saturday March 2, 2013**

Location: **Lake Tahoe, California** (Carnelian Bay)

Avg: Water Temp: 39.8 f (**4.3 c**) measured following iisa rules

Air Temp: **42f**

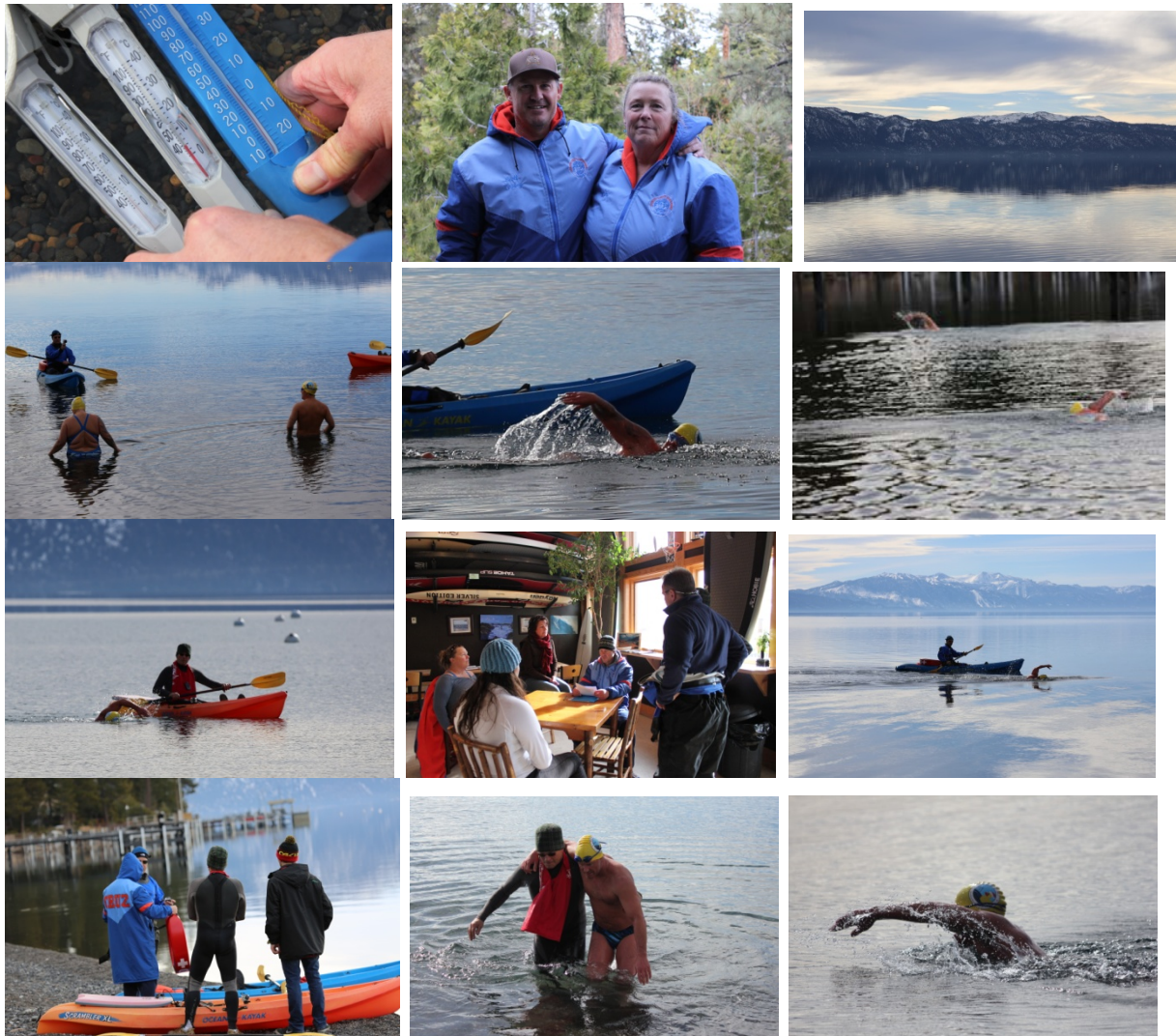
Wind Speed/Chill: **0/0**

Distance swam: **1.1 miles**, 1988 yards, 1818 meters

Swim time: **36:52**

Notes and fun facts: I swam with Kimberly Rutherford. Our swim information will be nearly identical except swim time. - Kim passed me on the second lap and led to the finish. I had no feeling in my legs for the final 500 yards ☺ We believe that we are the 4th and 5th swimmers to complete an official ice swim in Lake Tahoe and the **FIRST two swimmers to complete an official ice swim in the state of California.**

The link to our documented video and stills is here: <http://youtu.be/-uMymkp6qIk>



Ice Swim Crew Notes (adapted from notes by Elaine K. Howley)

Thank you for helping us in this attempt to swim a mile or more in water 41 degrees or less while following iisa rules! To date, only a handful of people around the world have “joined the club.” We literally cannot do this without your support - so we really appreciate it.

There are some things we all need to be aware of as we head into the swim. A lot of this is basic common sense that probably doesn't need to be said, but I'll feel better saying it anyway, and the goal here is to offer general guidelines for crew to know so that you aren't caught by surprise by how things go on Saturday. This is all based on information learned from other ice swimmers and from our own training sessions. Things on event day could go differently, so staying flexible and reactive to needs as they present themselves is probably the best advice we can offer crew members. We're new to this, too. Still, here are some thoughts on how things will probably go down and what we think you should do to help us.

Though the swim itself will be very difficult and painful, it's the period immediately after we exit the water that will be the hardest, most excruciating, and most dangerous part of this adventure. We will need close monitoring during the hour or so following the swim. We anticipate the recovery period will take between 45 minutes to 2 hours, and will probably be really ugly. We may be delirious, belligerent, weepy, or any combination of those or a whole other range of emotions. If we say something mean or demanding, please know we don't mean it. We are very grateful for the help and will try not to abuse our crew but when you're so cold you can't think, who knows what might happen! **THE SWIM ISN'T OVER UNTIL THE REWARMING IS DONE.**

We are all but guaranteed to be suffering from mild to severe hypothermia by the end of the swim, and how quickly we bounce back will be determined by a range of factors including:

- How cold the water and air is
- How long we're in the water— anticipated swim time is roughly 35 to 45 minutes
- How quickly we get into the building or car and dried off
- How well we've prepared.

That last one we can't do anything more about now, and the water and air temperatures are going to be what they're going to be. All we can control now is how quickly we get dried off, dressed and into the pre-warmed cars. To that end, we'd like assistance getting up the beach, dressed, and into the front passenger side of the cars immediately upon exiting the water. Our skin will be on fire and we likely will have extremely limited use of our hands and feet, so walking will be painfully slow, and extracting ourselves from our bathing suits is going to require some assistance. Please don't be embarrassed by our nudity, because I'm pretty sure we won't care who sees what. We will have scissors on hand should the fabric need to be cut. A couple other things to keep in mind:

- 1) **Don't rub our skin to rewarm.** It'll feel like sandpaper, and generating warmth via friction at the skin can worsen the effects of after-drop by speeding the return of cold blood trapped in the extremities back to the heart. A warm hug, however, if delivered gently, can be a nice rewarming tool.
- 2) **Don't clap us on the back or playfully punch us in the arm in celebration or excitement as we exit the water.** There will be plenty of time for that over a few beers and hot chocolates after we've fully recovered. Any sudden shock or movements can actually trigger heart arrhythmias. Neither of us has an arrhythmia that we're aware of, but if there's a proclivity to one lurking, this is the time when it's likely to appear
- 3) **Listen to the EMT on site.** If shit gets crazy, back up and let him/her work. We've hired this professional to be there and we are trusting his/her judgment. Neither of us wants to take a trip to the hospital, but if something goes wrong, please lend the EMT a hand if you can and just do what he/she says.
- 4) **Don't let us wander off on our own.** Even if we seem completely fine and normal and not outwardly suffering the effects of hypothermia, keep us in close and under watch. One of the hallmark signs of hypothermia is an inability to answer questions or follow directions and being

“spacey”. So we might need some nudging to go the right direction when it’s time to head inside even if we’re protesting that we’re fine and we want to go searching for pretty seashells. That can wait until after rewarming is completed.

Upon exiting the water, immediately throw a blanket over us and assist us in getting to the car.

Once the wet things have been removed and we are dressed, we’ll need to be bundled hat, and into sleeping bags and sealed into the hot car with heaters blasting.

We may want gloves, and socks, but don’t let adding these delay getting dressed and into the warm car first.

Placing warm water bottles or heat pads under armpits and at the groin and neck can be helpful. We will have our thermos of warm fluids ready and should begin drinking them (no caffeine) immediately. We’ll be able to take on progressively hotter drinks as we recover, but again, avoiding sudden shocks is the name of the game here.

We may also be feeling dizzy or sick to our stomachs, so sitting upright is best. Lying down is not good because that facilitates a rush of cold blood to the brain, and standing up can put added pressure on an already taxed heart, so it’s best if we sit up straight with knees tucked under chins and backs resting against the wall while shivering under multiple layers of blankets, sleeping bags, towels, jackets, etc. Slow rewarming is best.

We will have at least one bucket on standby should either of us feel sick enough to spew. Stand clear if you like your shoes.

As long as there is not an emergency situation, and after both of us are in the car and have been warming for about 15 minutes - after the worst of the rewarming is over— basically when the EMT gives us the all clear— Our drivers will drive us back to the cabin and will move inside for continued warming.

Only after our temps have returned up to the normal range, should we take a shower or bath. After we are safely warmed (this could be a couple of hours), we will be ready to get some lunch.

Thank you again for your help and we hope to have a great day at the Lake!

RULES:

To be classified as an Ice Swim the event must conform to the following criteria -

1. The swim distance must be at least 1 (one) mile or 1609.3 (one thousand six hundred and nine point three) meters;
2. swim must be in water temperature of 5 (five) degrees Celsius or below (41 degrees Fahrenheit) measured as follows:
3. Water temperature must be measured for at least 10 (ten) minutes, between 5 (five) to 20 (twenty) inches below the water surface; and
4. Water temperature must be established by using the average of 3 (three) separate approved thermometers;
5. The thermometers have to be water submerged thermometers;
6. The swimmer must be unassisted from start to end. Disabled swimmers may be allowed assistance in entry to, and exit from the water only;
7. The swim may have a wet or dry start and finish for as long as the distance covered is uninterrupted;
8. The swimmer must be uninterrupted and no resting is allowed on boats, logs, ice, rocks and so on;
9. Standing on the ground is allowed in shallow water, but no walking or diving is allowed through the course of the swim;
10. The swimmer is allowed to push floating objects out of his/her way such as ice;

11. The swimmer is allowed to wear one pair of standard brief swimming costume, one pair of goggles and one standard silicon cap;
12. Greasing is only allowed for chafing purposes;
13. Ear plugs and mouth guards are allowed;
14. Feeding is allowed during the swim;
15. No other swimming aids are allowed, however, the board of managers reserves its right to allow for special exceptions if it sees fit and it doesn't reduce the extreme nature and credibility of the swim ; and
16. Swimmers must have a recent complete medical examination including ECG (1 months max).

SAFETY PLAN

Checklist:

H2O Thermometers x 3 or more (buy two more of the floating ones)
Body Thermometers (x2)
Sleeping Bag(s)
Reserve Kayaks (x2) - unless Kim as arranged for something else.
Rescue Tubes x2
Rescue Paddleboard
SUP and paddle (the big one)
Xtra Life Vests and rope
Thermos for hot liquids x2
Heat Packs/Warmers
Emergency Phone numbers
Course Maps
GPS on Lanyard w/fresh batteries (both Finis and Garmin)
Cameras and Tripod (charged and extra battery) w/ chargers and cables
Swim Gear (suits, goggles, ear plugs, cap, vaso, baggies)
Warming Clothes, Hat, Flip Flops
Large Towels and Blankets for exit
ICE Rules Printed
ICE Forms/Affidavits (bring extras)
Warming Checklist/Reminders
Overall Safety/Rescue Plan - outlined to read to crew
Red Rash Flags, Worlds loudest whistle
Scissors (for cutting off swim suit, if necessary)

CREW

On the Water

2 Paddler/Lifeguards (one for each swimmer) – there may be more paddlers, but this is a minimum.
Paddlers will each have red flag and rescue tube and wearing wet suites.

On the Beach

- EMT

(Will notify Coast Guard and Hospital regarding pre warming IV before swim begins)

Safety & Rescue:

There will be one paddler/lifeguard for each swimmer at all times. Paddlers will carry a rescue tube and know how to use it. Dry suit or wetsuit preferred.

They know what signs to look for WRT hypothermia or distress.
Cutoff time is 45 minutes.

A RED FLAG MEANS CALL 911.

Each paddler can end a swim for their swimmer at any time.

If one swimmer ends **for an emergency** - WAVE RED FLAG.

If one swimmer ends for an emergency, the other swimmer is directed by paddler to go in.

If a swimmer chooses to end swim for a Non-Emergency, just go in. No FlaG!.

If After exiting the water, the swimmer then has an emergency, someone on the beach will WAVE RED FLAG, blow a whistle to call in the other swimmer. EMT determines if/when to call 911.

In the case of a water emergency:

Paddler - WAVE RED FLAG

Paddler Throws life preserver and/or attach rescue tube to swimmer (you may need to get into the water).

Transfer (paddle) the swimmer to the beach. Any additional paddlers will aid in the rescue.

EMT will instruct and stabilize until help arrives. This may involve getting them into the warm car and starting the warming process while waiting for assistance.

Someone will still need to receive the other swimmer and support with their warming during the rescue, as originally planned.

WARMING Plan and Crew

Pre-start and heat cars before swimmer exits (about 15 minutes into the swim). Let the cards run.

Place swimmer flip flops at feet upon exiting water.

Throw Blanket over swimmer. Swimmer may not be able to walk alone.

Assist directly to car. (or bench if there is sun and no wind)

Quick gentle pat dry, rip off suit, and quick dress and hat.

Assist swimmer to car (unless there already) and into pre-heated car.

Assist swimmer into sleeping back.

Assist swimmer with opening and placing hot pads or warmed water bottles (armpits, groin, back of neck)

Assist swimmer with warm sugar water/fluids. Engage swimmer in conversation.

If swimmer is non-responsive or has other medical issues, alert EMT.

As soon as possible, swimmer should be reminded to take body temp. Record this for swimmer.

Stay in the car with the swimmer during re-heating.

Continue to monitor swimmers mental and physical state. Keep them alert and talking.

(We may appear drunk and confused, mean, silly... This is normal)

EMT monitors both swimmers, as needed, post swim. EMT determines if further assistance, 911, trip to the hospital is required.