



CONSTITUTION OF THE INTERNATIONAL ICE SWIMMING ASSOCIATION (“IISA”)

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Rules

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) *Warm 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 (See Swim Affidavit);



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- 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.



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ICE SWIM AFFIDAVIT

Swimmer detail [all fields are mandatory]

Name _____
Email _____
Age _____
Gender M/F _____
Country _____
County/province _____
City/Town _____
Physical Address [for certificate] _____
Telephone number for delivery _____

Ice Swim details

Swim Date _____
Swim Location _____
Time taken (hh:mm:ss) _____
Water mass description _____
Lake or Pool ? _____
Swim Distance _____
Water temp1 C _____
Water temp2 C _____
Water temp3 C _____
Average Water temp C _____
Air temp C _____
Wind speed MPH _____
Wind Chill C _____
Support Boat or Kayak? _____

Please provide links to any media, photos, video clips and/ or other material that will assist us in assessing the swim and promoting it.

DECLARATION

I solemnly declare that I have observed the Ice Swim requirements as detailed above and I am satisfied that they are correct, authentic and in compliance with IISA general and safety requirements, to the best of my knowledge and belief. I have been presented with a swimmer recent ECG and medical check and I am satisfied that it is authentic and valid. I am above the age of 18Y and I am suitably experienced to observe such feat.

Observer

Witness

Name: _____
City, Country: _____
Email: _____
Statement of experience _____

Name: _____
City, Country: _____
Email: _____

Signature: _____

Signature: _____



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WARM MEMBERSHIP APPLICATION

Name _____
Email _____
Age _____
Gender _____
Country _____
County/province _____
City/Town _____

Member relevant experience (if any)

Main role as a Member

(e.g., Swimmer, aspiring swimmer, observer, medical, family, fan, boatman, Ice fanatic, etc...)

Signature: _____



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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.