



CONSTITUTION OF THE INTERNATIONAL ICE SWIMMING ASSOCIATION ("IISA")

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Rules

IISA OBJECTIVES

The main objectives of the Association shall be -

- 1) to promote Ice Swims around the world;
- 2) to provide and encourage recognition of swimmers having completed an Ice Swim;
- 3) to promote safety in extreme swimming events;
- 4) the establishment and organisation of annual Ice Swims around the world;
- 5) to promote medical research on cold water swimming;
- 6) to promote knowledge and understanding of swimming in ice and cold waters;
- 7) the promotion and protection of the environment in which Ice Swims take place; and
- 8) the promotion of communities and humanity in places in which Ice Swims take place.