



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

Page 1

Rules

IISA SAFETY PROTOCOL

SAFETY

1. Swimming and swim racing in water temperature of 5°C is a very dangerous exercise. The body is exposed to serious physical and mental stress. The swimmer must be familiar with the possible risks of cold-water swimming in order to reach a stage of being able to swim 1km in such conditions.
2. IISA cannot verify every swimmer's claim of record achievements. IISA can only demand certain medical & previous experience accreditation as best effort of regulating Swimmers' qualifications. Some accreditation will have to be provided by either an accredited professional or by a signed affidavit by the Swimmer him/herself. Swimmers are expected to be 100% honest about their medical condition, history and experience. Lack of adherence to this could result in placing the swimmer's life at risk.
3. The Event plan and management must provide for a checklist in terms of IISA requirements.
4. The Event management must provide for every risk eventuality to the swimmers, spectators, staff and anyone involved in the event.
5. Fatalities or emergencies are real possibilities in such events, and the management should make sure it has done everything possible to prepare for and manage such outcomes. Each Swimmer, however, must assume responsibility for his/her own decisions and actions (See Indemnity and Waiver Appendix)
6. If at any stage the Event Management perceives risk and believes it cannot attend to further eventualities, it is within the Event Safety officer and/or the Event Director's discretion and duty to pause or terminate the event with immediate effect.
7. All swimmers must have their heart rate, blood pressure and resting ECG (EKG) taken at least 30 minutes before the swim (core body temperature testing is optional).
8. The Safety Officer has the right to disallow a Swimmer to swim or place him/her under medical supervision until the Safety Officer is satisfied that the swimmer is fit to participate.
9. Each swimmer must have his/her heart rate and blood pressure measured as soon as possible during the recovery process. The testing area can be in a different location to the Recovery Area. A Swimmer will be discharged from the Recovery Area to Medical Testing area for final



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

Page 2

medical full recovery qualification.

10. The Minimum Age for a Swimmer in an IISA Event will be 18 years old at the time of the Event.
11. IISA recommends that all swimmers refrain from the consumption of any alcohol at least 24hrs before any ice swim or race is undertaken.
12. There is no maximum age limit to qualify for the Events, however, the Event Committee will treat applicants over the age of 65 years old, with extra caution at its discretion.

RECOVERY PROCESS

1. The Event must have sufficient recovery facilities.
2. The Recovery area must have a general recovery area whereby experienced staff can attend to recovering swimmers
3. The recovery area must have a designated Intensive Care Unit (ICU) with a doctor on site. A fully equipped Ambulance can be considered a designated ICU area.
4. Two fully equipped Ambulances must be on standby close to the Recovery Area at all times.
5. The Recovery Area must have a vacancy in the ICU area at all times. There should always be a doctor available to deal with possible eventualities of the swim, and an available ambulance.
6. The recovery facilities can have wet or dry recovery procedure, but must be pre-warmed to at least 35°C.

Every Swimmer's blood pressure must be taken, as well as their core body temperature, if so desired.