



THE INTERNATIONAL ICE SWIMMING ASSOCIATION®

“IISA®”

SWIMMING RULES AND REGULATIONS

For Safety and Integrity in the ICE

May-2021

OBJECTIVES

IISA is committed to ensuring that all Ice Swims and Events are conducted in the safest environment possible as it is acknowledged that this is an extreme sport. Whilst it is not possible to guarantee the safety of any participant undertaking any IISA regulated activity, IISA wishes to try to establish certain standards for this activity and insist that these are adhered to take advantage of the most up-to-date research in cold water immersion and ensure that there is adequate access to medical assistance if it should be required.

No Swim or Event will be recognized by IISA unless all these Rules and Regulations are strictly adhered to. In any event, IISA reserve the right not to recognise the Event or Swim as the Board shall determine. It must be emphasised that IISA cannot guarantee the safety of any participant who wishes to take part in ICE Swimming or a recognized IISA Event and IISA will not and cannot take any responsibility for any death, injuries or losses suffered consequently. All Swimmers must participate at their own risk.

The essence of Ice Swimming under IISA is swimming unassisted in water temperature of 5.0°C, with a pair of goggles, one silicon cap and standard swimming costume under IISA safety and swimming rules. If there is any possible ambiguity or contradiction in the Rules it must be communicated to IISA and IISA will use its discretion to resolve such issue and amend or add rules to resolve the specific ambiguity or contradiction in the Rules.

DEFINITIONS

Definitions are as below or as defined in Clause 2 of the IISA Constitution.

- 1.1. "IISA" – The International Ice Swimming Association® or IISA®
- 1.2. "Ice-Swimming or Ice Swimming or Ice Swim or Ice-Swim or Swims" – means swimming according to IISA rules.
- 1.3. "IISA Event or Event" – an IISA regulated Ice Swimming event which follows IISA Rules and Regulations.
- 1.4. "Event Committee" – a committee formed for the purpose of holding IISA Event and comprises of the Event Director, Safety Officer, and IISA Official to be comprised of a minimum of 3 individuals.
- 1.5. "Published Events" – IISA Events which its results have been published by IISA Administrator and the results have been added to IISA record book where applicable and Swimmers BIO.
- 1.6. "IISA Event Management System" – is IISA event system on its website. Its IISA method of managing controlling the integrity of all Ice Swim records.
- 1.7. "Event Language" – The official Language of each event will be decided by the Event Committee as per Event location, however, IISA language must prevail when in doubt.
- 1.8. "IISA Language" – to avoid any confusion, the official language of IISA will be English. All IISA's requisite documentation must be presented in English. If a requisite document or communication is done in the local or other language, it must include an English translation.
- 1.9. "IISA Official" – an IISA Member certified by IISA as a qualified official for the Event or Swim. An Event Director, Referee or other can be regarded as the IISA Official if they are free to roam around the Event grounds, supervise all activities and are not bound to a Recovery Facility. As long as The Event Committee have at least 3 individuals.

- 1.10. "IISA Swims or Swim" – any swims governed by IISA Rules and Regulations, approved by IISA and officiated by IISA Officials. No swim will be regarded as an IISA Swim or Event unless an IISA Official is present.
- 1.11. "Swim Start Point and Swim End Point" – a predefined location by a landmark, marker buoy, a stationary boat, pool edge or any other stationary location marker that defines the Ice Swim start and end.
- 1.12. "Medical Check Area" – a designated area where swimmers can have their pre-Event or Swim medical checks.
- 1.13. "Medical Officer" – a designated medical personal experienced in cold and ice water immersion, hypothermia risks and had some trauma cases training. The Medical Officer will oversee the recovery of the swimmers' post Event, and has the responsibility to watch swimmers' recovery, decide on emergency or evacuation protocol, and discharge swimmers from the Recovery Facility. The Medical Officer will supervise the other medical staff in attendance. The Medical Officer may also be asked to supervise the actual Swim or Event to ensure no participant is in danger.
- 1.14. "IISA Medical Assessment Form – means IISA provided medical form used in Pre-Swims Medical Examination [available on IISA website]
- 1.15. "Medical Examination" – means a Medical check following IISA Medical Assessment Form.
- 1.16. "Observer" – a person who is qualified by his/her experience and integrity to observe an IISA Swim. The Observer has the responsibility of monitoring the ICE Swim adherence to the Rules and Regulations, the safety of the Swim conditions and the integrity of the information provided. In sometime the near future IISA will make it mandatory that The Observer must be an accredited IISA Official.
- 1.17. "Witness" – a person witnessing the Swim and testifying in a Swim application to the adherence of the Swim with IISA Rules. The Witness must be familiar with the Swim basic requirements.
- 1.18. "Second" – a person who acts as a support person to a Swimmer. The Second is dedicated to one Swimmer only. The Swimmer and his/her Second must have a joint briefing before a swim to ensure alignment of needs and safety requirements. The Second can be any person selected by the Swimmer but requires a full understanding of the swim process and his/her responsibility as a Second to the Swimmer.
- 1.19. "Event Director (or Race Director or Event Organiser)" is the person ultimately responsible for the Event and responsible for ensuring that the Rules and Regulations are adhered to. All other role players ultimately, report to The Event Director. He or She must oversee safety and integrity of e event as per IISA constitution and Swimming Rules.
- 1.20. "Recovery Facility" – specially designated room/s with the required facilities to assist and monitor the swimmers' recovery post Event. The Recovery Facility must be of a suitable size to accommodate all recovering swimmers as well as medical staff.
- 1.21. "Referee" – race referee responsible for adherence to Race Rules in all aspects. The Referee has the ultimate power to disqualify a swimmer pre-swim, or pull a swimmer out, or after the swim, at his/her discretion without any delay, negotiations, or appeal. The Referee can double up as the Event Director if both roles are not compromised and may be referred to as such in the Rules and Regulations. The Referee must be a Member of IISA. In time, all Race Directors and Referee will have to be an Accredited IISA Officials.



- 1.22. “Safety-Belt” – a belt used by the Swimmer, around his/her waist during a swim. The Safety-Belt provides a place for the support or rescue staff to pull the swimmer out the water.
- 1.23. “Tow-Float” – a floating device attached to the Swimmer with a Waist Belt.
- 1.24. “Swimmer” – a participant in the Event or Swim.
- 1.26. “Timekeeper” – a person taking the time of the Swimmers’ swim. Each Swimmer will have at least one Timekeeper.
- 1.27. “Cut off time” means a time set for a specific IISA Event.
- 1.28. “Pool Course” – means a swim course of 25m to 50m in a pool like structure, where the Swimmer swims up and down a dedicated lane. The Pool must have at least three sides surrounding the swim lanes.
- 1.29. “Open Water Course” – means a Swimming course that is an open water like venue and is not a Pool Course.

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IISA OFFICIAL SWIMS, DISTANCES & RECORDS

1. IISA promotes two main type of Ice Swims:
 - 1.1. Adventure Swims - 1 British mile (“ICE MILE”) or longer any stroke acceptable
 - 1.2. Competition Swims – all distances of 1000m and less are allowed in IISA Events and will be considered in IISA record books.
2. An IISA World Cup and World Championship Event requires the following distances as a minimum:
 - 2.1. 1000m (“ICE KM”) as elite distance free style
 - 2.2. 500m free style
 - 2.3. 250m free style
 - 2.4. 100m free style
 - 2.5. 100m Breaststroke
 - 2.6. 4x250m free style mixed as country relay
 - 2.6.1. Mixed refers to four swimmers with at least one female and one male.
 - 2.7. All other distances shorter than 1000m and excluded from the list above are allowed and will be recognised by IISA Events and record book.
 - 2.8. The 4x250m relay rules only apply to World Championships. Other events can host this distance without adhering to country or gender mix. World Record will only apply to World Championships.
3. IISA will recognise world records in overall category, age groups and in Para Swimmers in all distance swum in IISA Events.
4. World Championship must be held in a 25m pool course venue.
5. Only swims done in a Pool Course will be added to the global record book. Other courses records will remain in the Event Results and the Swimmer’s BIO only.
6. Distances included in IISA Event aside from World Championship are at the Event Director discretion.
7. IISA World Champ titles in 1000m free: [valid to the next Word Champ]
 - 7.1. Overall Male – “IISA KING OF THE ICE”
 - 7.2. Overall Female – “IISA QUEEN OF THE ICE”
8. Any Ice Swim of 1 Mile or longer will be treated as Ice Mile and will be recorded in IISA Ice Mile record book with its distance swum.
9. Any Ice Swim longer than 1000m but shorter than a mile is an individual swim which can be recorded in the Swimmer’s BIO but will not receive any additional recognition from IISA.
10. All Swimming Event governed by IISA Rules must use IISA Event Management System.
11. Swimmers who have not entered an IISA Event using the IISA Event Management System will not be allowed to participate in the Event.
12. If Swimmers have swum in an IISA Event and have not entered via IISA Event Management System their swim results will not be recognised by IISA and will not be recorded on IISA records system and Swimmers BIO.
13. IISA reserves the right to accept or reject the Events’ results and records if the information as presented by the Event Director provide IISA with sufficient grounds to question the accuracy or integrity of these results. In circumstances where there is reasonable doubt, IISA may request

further information from the Event Director which must be provided in full to IISA within the indicated timescale.

14. Results of published IISA events will be recorded in IISA World Record Book
15. World Records has an Overall Category with Male and Female records table, an Age Group Record Category and a Disabled (“Para”) record category.

IISA MEMBERSHIP

1. IISA has four tier membership:
 - 1.1. WARM – [old Cool] anyone who hasn’t done a recoded Ice-Swim.
Automatically on registration.
 - 1.2. COOL – any member who has swum an IISA recorded distance under 1000m
Automatically on completion of an IISA swim in IISA Event.
 - 1.3. COLD – any member who has swum an IISA recorded distance of 1000m
Automatically on completion of an IISA ICE KM in an IISA Event.
 - 1.4. ICE – Any member who has swum an IISA approved ICE MILE.
Automatically on completion and verification of an IISA ICE Mile.
2. Membership upgrade can only happen once Results are Published.
3. All Swims are added to Swimmers BIO.
4. Other Swims will only be displayed in Members Bio but will not enter any record book.
5. Ambassador accreditation has discontinued effective Dec-2020

PHYSICAL DISABILITY AND SPECIAL CATEGORIES OF SWIMMERS

1. IISA recognises, supports, and encourages participation of swimmers with disabilities.
2. IISA will treat disabled swimmers on a case-by-case basis, allowing Event Directors to amend categories, and relax the Rules on swimming aids etc. as required, while considering swimmer safety as the main objective. Every attempt will be made to provide the necessary facilities and assistance, but it must be recognised that due to limitations at some venues, this may not always be possible.
3. An IISA Official, Event Director or Medical Doctor may prevent a disabled Swimmer from swimming at any time if it is felt that the conditions are adverse for that swimmer and/or the venue is not suitable for the disability in question as safety must always be the primary consideration. The Swimmer must accept that decision as final.
4. IISA adopts the International Paralympic committee disability classification:
5. <https://www.paralympic.org/swimming/classification>
6. ICE ID will be replaced with IISA ID as the Ice Mile ID.
7. IISA ID will become each member unique ID assigned on registration on IISA website. This IISA ID will be used as the athlete identifier in event registrations and participation. [Effective in IISA new website - TBA]

DISCIPLINARY PROCESS

1. IISA new disciplinary process will deal with delinquencies in Ice Swimming.
2. It will cover breach of IISA Rules, safety, code of conduct, Drugs usage, and others...
3. The disciplinary process may suspend membership [participation in events or ice miles] or terminate membership for a period or life. Deletion of records and medals.
4. IISA can initiate a disciplinary process if enough facts have been presented.
5. A member will allow to present his/her case in writing once the process has started by IISA.
6. IISA is the only authority to discipline a swimmer, its judgment is final.

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ICE SWIMMING RULES

IISA safety requirements set the minimum standards in all ICE Swims.

All IISA Rules are there to protect the SAFETY and the INTEGRITY of the sport.

TEMPERATURE MEASUREMENT

1. The water temperature during an Ice Swim must be a maximum of 5.0 degrees Celsius (“°C”) or 41.0 degrees Fahrenheit (“°F”), measured as follows:
2. The reading of the water temperature must be measured until reading stabilises at a depth of between 5 (five) to 20 (twenty) inches below the water surface (12.7 to 50.8 centimetres below the water surface).
3. The water temperature must be established by using the average reading obtained from at least 3 (three) digital thermometer readings with a temperature accuracy of +/-1.0°C (at least one decimal display)
4. All three thermometers must register 5.0°C / 41.0°F or lower for the average temperature to be allowed.
5. thermometers must utilise a waterproof probe; no laser or infra-red thermometers are allowed.
6. official water temperature must be measured no more than 30 minutes before the Swim begins.
7. For Swims where the water temperature is close to or at 5.0°C, the Observer, or Event Director or IISA Official is required to take several measurements across the course and during the Swim to ensure average water temperatures remain at 5.0°C or less for the duration of the Swim or Event.
8. Use of watches, or watch-type devices, for distance and temperature measurement are not allowed.

THE SWIMMER CAN WEAR:

1. one standard swimming costume, which may not be lower than the swimmer’s knees and, in the case of female swimmers, a swimming costume which shall not be broader than the swimmer’s shoulders and not above neckline.
 - 1.1. The Costume material must be FINA® approved.
2. one pair of the approved style of goggles; and,
3. one standard silicon or latex cap only.
4. greasing is only allowed for chafing purposes.
5. a safety belt, tow float, ear plugs, nose clips and mouth guards are allowed for safety purposes only.
6. Any other accessories including but not limited to, music players and heat bags, are not allowed.

MEDICAL REQUIREMENTS

1. Swimmers must have undertaken a medical examination using IISA Medical Assessment Form including an ECG within six months prior to the Swim. The Swimmer must declare his/her intent to make a Swim attempt to the doctor handling the medical examination. The Swimmer must also disclose any relevant medical history to the doctor, any allergies, chronic illness or medications he/she consumes at the time of the examination.

2. The ECG results together with the Medical Assessment Form must be handed in at an Event registration. In a solo attempt, the Swimmer must present the signed Form and ECG to the swim Observer for verification. Failure to comply with this requirement will mean that the Swimmer is not qualified to undertake a Swim or participate in an Event.

AGE LIMITS

1. For distance of 500m, IISA prescribes a minimum age of 16 years at the Swim date. Parents or guardian approval required.
2. For distance of 1000m or longer IISA prescribes a minimum age of 18 years at the Swim date.
3. IISA doesn't prescribe Age Limit for distances shorter than 500m, however, IISA strongly recommends that a swimmer's history and background is examined for swimmers younger than 16y.

THE SWIM VENUE

1. An Ice Swimming event can be held indoors and outdoors. However, an indoors event will require a special motivation to IISA and a written approval before the event [The event must remain environmentally and energy usage friendly].
2. It is allowed to cool the pool water artificially to 5.0C or below.
3. It is not allowed to artificially heat up the pool if it is naturally at 5.0C or below.
4. Preventing the water surface from freezing is allowed as long as it is not done to raise the body of water temperature.
5. ICE Mile must remain outdoors in a naturally cold-water mass.
6. The water quality must be adequate for swimming.
7. A water mass can be a man-made pool ("Swimming Pool") or any outdoors water mass which permit swimming and has been scanned for safety.
8. A Swimming Pool or lake must be at least 25m long and of sufficient depth so that the Swimmer does not have to come into contact with any ground surface for the duration of the Swim. [See Ice Pool Manual]
9. An Ice Swim mustn't attempt to take advantage of a known consistent current. If the Ice Swim location has a prevailing and predictable current, the Race Director or Observer should endeavour to design the swim course in such a manner so that the effect of the current is minimal.

THE SWIM COURSE

1. The Swim course (the "Course") must have a predefined start point and end point.
2. The Course can be measured by a boat GPS, handheld GPS, manually or with a laser but not with a watch or smart phone GPS.
3. The Swim Course from a defined start point or marker to a defined end point or marker.
4. The Swimmer must swim the Course from the start point to the end Point unassisted. Walking, running, standing over or touching the ground with hands or body during the Swim is prohibited.
5. Indirect routes, longer turns, or route mistakes will not be considered as an additional distance for this purpose.
6. Distance from point of exit the water to recovery area must be less than 250m or no longer than 5 minutes reach.

7. Ice Swim water support must adhere to the followings:
8. Swimmer maximum distance from safe land is 25m or less – land assistance or a kayak with suitable gear to retrieve a swimmer is sufficient.
9. Else, a motorised water boat or boats able to retrieve and rescue all swimmers in the water.
10. The Swim Course and eyesight of the swimmer(s) is critical. The Swimmers must be clearly visible and easily accessible during the Swim.
11. The Swimmer must be unassisted from the Swim Start Point to Swim End Point. Assistance to Start Point and from End Point is allowed. Disabled Swimmers who require additional special assisted must approach IISA for the specific assistance required and receive a written permission to do so.
12. Diving into the water is only allowed in individual Swim but not in an Event.

DURING THE SWIM

1. No feeding is allowed during the swim.
2. No tumble turns are allowed.
3. If the swim course is a pool course only open turns are allowed, with at least one hand touching the end, body turns 180 degrees and legs pushing. This applies to all strokes.
4. When pushing from a wall, Swimmers may only be submerged for a maximum of 5 metres before breaking surface with their head and continuing swimming.
5. The Observer, Event Director, Medical Director, referee or the IISA Official of a Swim or Event shall use his/her discretion to terminate the swim if a change or deterioration in the swimmer's stroke or body language occurs, at his/her discretion. The Swimmer must accept the decision of the official to terminate the Swim and must exit the water as soon as able to do so.
6. No intentional contact with lane rope is allowed, unless requested by the referee or Medical Director for examination of the swimmer.
7. Touching of a marker buoy is allowed when passing through as long as it is not done intentionally to assist the swimmer or disrupt another swimmer.

SWIMMING STROKES

1. All swimming strokes recognised by FINA are allowed. IISA adopts FINA swimming rules as the basis for its swimming stroke rules. When IISA rules conflicts with FINA rules, IISA rules will take precedence.

RELAY RULES

1. Relay denotes 4 swimmer per team each swimming the same distance to complete the total Relay Distance.
2. Swimmer's changeover must happen in the water when the previous swimmer has touched the wall.
3. The swimmer taking over the relay from current swimmer, can only enter the water once the current swimmer is heading towards the his/her end of swim wall.
4. All IISA Swimming Rules apply.
5. The 4x250m Country relay is IISA flagship relay:
 - 5.1. Each Country is invited to put forward a team of their best 4 swimmers.

- 5.2. The four swimmer relay team must consist of at least one female and at least one male swimmer.
- 5.3. The order of swimmers is at the team discretion.
- 5.4. The 4x250m can be swum in other competitions, however, world records will only be recorded in IISA World Championship.
- 5.5. Swimmers participating in the Relay must be the represented country association members.

USAGE OF TOW-FLOATS AND BELTS

1. The use of Tow-Floats is not compulsory, but it is recommended for open water swims and can be imposed by the observer if he/she considers the conditions or circumstances require the use of the Float.
2. The use of a belt that allows the rescue lift of a swimmer is compulsory in all IISA Events and Ice Mile swims.
3. The string connecting the Tow-Float mustn't be shorter than 40cm.

USE OF PERFORMANCE ENHANCING SUBSTANCES

1. Performance-enhancing drugs as identified on the World Anti-Doping Agency List of Prohibited Substances, are prohibited. (<https://www.wada-ama.org>)

TRANSPARENCY OF SWIM OR EVENT CONDUCT

1. An IISA Observer, Event Referee, Event Director or IISA Official must be capable of dispassionately evaluating the Swim and its adherence to the Rules and Regulations.
2. IISA advise to avoid using family members as Observers in Ice Swims.
3. The intended conduct of the Swim or Event - including Swim Rules and any non-standard equipment to be used - must be communicated fully and clearly to everyone involved in the Swim attempt or Event prior to the start of the Swim, as well as in all public promotion of the Swim. The Rules cannot be amended under any circumstances. Equipment or clothing may not be changed once the Swim has begun.
4. In case of required communication to IISA or IISA Country Association this must be done in transparent and consist manner. This requires a proactive approach by the swimmers or the Event Organisers to avoid a possible disagreement during or post Swim or Event.

SAFETY

1. The following safety requirements are mandatory for any Swim or Event and if these do not take place, the Swim or Event will not qualify as valid under IISA Rules and Regulations.
2. Briefing – It is the responsibility of the IISA Official, Observer or Event Director to hold a detailed briefing before any IISA Ice Swim or Event with all Swimmers and officials and support teams. The purpose of the briefing is to ensure that all the officials, support teams and Swimmers are familiar with all safety procedures, the Swim course, Rules, recovery arrangements and medical facilities.
3. It is the responsibility of the Medical Officer on site to make sure that all Swimmers are briefed all and role players on the symptoms of hypothermia, risk involved, symptoms and treatment. It is also

the responsibility of the Medical Officer to ensure he or she has all the Swimmers' medical details to hand in case of an emergency.

4. It is the responsibility of the IISA Official or the Observer to highlight to the Swimmer before the Swim or Event that Ice Swimming is an extreme and dangerous sport that may lead to an emergency or even fatality. The Officials or Observer should verify that the Swimmer has gone through medical checks, ECG, and the Medical Officer on site has approved the Attempt after viewing the swimmer's medical information and history. The Event Director or IISA Official or the Observer should ensure that the Swimmer has signed any disclaimer of IISA responsibility and that they are aware of the risks of participating in an Event or Swim. Failure to complete this documentation before the Swim may invalidate the Swim or Event for the Swimmer at the discretion of the Board.

RESPONSIBILITY FOR THE EVENT OR SWIM

1. The Event Director is responsible for the Event and the IISA Official or Observer is responsible for the Swim if not at an Event. In all matters pertaining to the application of these Rules and Regulations, the decision of the Event Director or IISA Official is final. Any Swimmer who participates in a Swim automatically agrees to abide by the Constitution, Rules and Regulations and accepts the authority of the Event Director or IISA Official.
2. In case of record attempt Ice Swim, it is the swimmer's responsibility to notify IISA, receive permission for such attempt and allow IISA to appoint or approve the record attempt IISA Official.

CONSECUTIVE SWIMS

"Consecutive Swim" means ICE Swims, by an individual Swimmer, taking place within a period of 48Hours

CONSECUTIVE 1KM

1. A minimum rest of 6Hours between attempts
2. A Medical Doctor approval to perform the next swim
3. The Medical Doctor is satisfied that the Swimmer core body temp and vital signs are back to normal.

IISA EVENTS

1. It is recommended that the daily Ice Swims in an Event mustn't exceed 45min in total.
2. Any attempt of an IISA Ice Mile creates an obligation by the Swimmer to apply for ratification and pay for the swim.
3. A successful swim requires an application to IISA to verify the Attempt.
4. A failure to apply for verification after a successful swim will be deemed by IISA as an abuse of its rules and its brand.
5. IISA reserves the right to take a disciplinary action against the Swimmer if he/she fails to apply for ratification (including deletion of all previous recorded information)
6. IISA has no involvement in any swims done in extreme conditions, mimicking IISA terms but are not done under IISA umbrella.

7. IISA, again, reserves the right to take disciplinary action against the Swimmer if he/she is an IISA Member and chose to ignore IISA rules, yet claim IISA related achievements (including deletion of all previous recorded information).

QUALIFYING FOR AN ICE SWIM

1. To qualify, a swimmer must prove that he/she has successfully completed one of the following distances as shown in the table below under IISA safety rules and regulations.
2. A Qualifying swim is valid for 18 months.
3. An Ice Mile is an Ice Swim completed wholly in accordance with IISA Swimming and Safety Rules and Regulations as per this document and the IISA Constitution. The Swim distance must be at least 1 (one) British mile or 1,609.3 (one thousand six hundred and nine point three) metres.

IISA QUALIFYING TABLE IN °C (DEGREES CELSIUS)

Temperature From	Temperature To	IISA Official Temperature	Qualifying for ICE KM	Qualifying for ICE MILE	Qualifying for Extreme ICE MILE
0.00	4.90	5.00	500m	1000m	1 mile
5.00	5.90	6.00	500m	1000m	
6.00	6.90	7.00	650m	1250m	
7.00	7.90	8.00	800m	1500m	
8.00	8.90	9.00	1250m	2500m	
9.00	9.90	10.00	2000m	3000m	
10.00	10.90	11.00	3000m	3500m	

IISA® ICE MILE

THE IISA ICE MILE OBJECTIVES

The Ice Mile is the IISA prime and original individual Swim. The Mile was created as the ultimate challenge in the Ice Swimming world. The distance of the Mile was based on achievable yet extremely challenging swim distance in the ICE. An Ice Mile should take between 20 minutes to 45 minutes. Although IISA hasn't placed time limits on an Ice Mile, it is very important that Swimmers attempting an Ice Mile are aware that spending significant time in ICE waters is dangerous and as swim time exceeds 30 minutes. The Observer is advised to exercise extreme caution.

The spirit of the Ice Mile was never created for competition purposes but as an individual challenge with the spirit of extreme adventure. Ice Miles can be attempted in any Icy place on earth as long as it adheres in full to IISA Rules. Extreme challenges always come with extreme planning, training, and safety. IISA Swimming and Safety Rules are there to set the minimum requirements for an Ice Mile in safe, assessable and hazard free location. It is with the Swimmer and his or her safety and logistics team to increase and improve on the safety requirements as location and conditions extends to the extreme.

ICE MILE RULES

1. The Swimmer has personally qualified to attempt an Ice Mile as specified in the IISA Rules and
2. The Swim must be observed and verified by an Observer and a Witness.
3. Following the successful completion of the Swim in qualifying conditions, an application must be made to IISA by the Swimmer online within 30 days of the Swim.
4. The specifics of an Ice Mile attempt requirements pre and post swim are in Annexure A – ICE MILE check list.
5. Once the Observer and the Witnesses have viewed and verified the swim details online, the Swimmer will receive an acknowledgement from IISA of the approved attempt. If the Ice Mile is the swimmer first Ice Mile, the Swimmer will receive an ICE Membership and will be allocated an ICE ID which states the current Ice Milers with IISA.
6. IISA shall consider the application for ICE membership and shall have sole discretion to accept or reject any applications for the recognition that the Swim attempt qualifies as an Ice Mile.
7. Until such time that the Swimmer has received a formal notification of his or her Attempt, the Swimmer must refer to the Attempt as “a successful Ice Mile Attempt, yet to be verified by IISA” or similar words to avoid possible reputational damage if IISA decides to reject the Attempt.
8. IISA will not recognise an Attempt publicly, to press or other form of media, until it has officially verified the Mile Attempt.
9. Upon confirmation by the Board of a successful application, a new ICE Member shall receive a digital certificate and entry into the IISA record book.
10. The Association reserves the right to promote the applicant's Swim on its website and in any other publications in relation to and/or about IISA affairs worldwide. The applicant accepts as part of the application for Membership that certain personal details may be included in this publicity.

11. All successful Ice Miles will be recorded in IISA Ice Mile Record Book. Each Mile will have a record entry specifying Swim details including distance.
12. IISA does not distinguish between the Ice Miles recorded. However, IISA has created various categories to record number of Ice Miles done and various other categories. IISA may add from time-to-time various other new categories to signify achievements in the Ice Miles.
13. ICE Mile – Open water attempt allows two swimmers in the same heat as long as safety and medical facility and plan is able to handle two swimmer's safety and recovery.

ICE MILE ATTEMPT APPLICATION – VALID IN NEW WEBSITE

Effective once published in the new website

1. From a date in the near future [to be announced] any Ice Mile attempt Application will be required.
2. An attempt application can be done at any time as long as the relevant documents are still valid at the time of attempt.
3. An application can be cancelled by the swimmer if desired.
4. In an attempt application the swimmers will be required to check a list of Ice Mile requirements and confirm that all the requirements will be fulfilled.
5. The application will require declaration of qualification and intended swim details. The actual swim may change but may require clarification.
6. An Attempt application will require full payment upfront.
7. Once an Attempt Application has been submitted, IISA may approve, request clarification or reject an application. If IISA reject an application, it will refund the swimmer.
8. Once the attempt has been approved the Swimmer may proceed with the Attempt.
9. If the swimmer has aborted the swim for whatever reason, an abort request will be submitted and IISA [at its discretion] will award the swimmer an Attempt Credit.
10. The Swimmer attempting an Ice Mile must present the IISA Observer Form and ECG to the Observer for verification of validity.
11. Validity – means the Form has been completed and signed by a Doctor, as well as the ECG. The Form and the ECG dates are within IISA 6-month validity period.
12. It is the Observer responsibility to ensure that the Medical Officer at the Ice Mile has seen the completed IISA Medical Form and ECG and accepted their validity.
13. An Ice Mile attempt requires at least one Medical personal suitably trained and experienced medical officer. IISA recommends a doctor but this may also done by a suitably trained healthcare professional (paramedic). IISA recommends Medical doctor with experience in trauma and emergency cases, especially if the attempt is done in a remote location.

ROLE PLAYER IN AN ICE MILE

SWIM ORGANISER

1. The Swim Organiser is responsible for the logistics of the Ice Mile attempt. He can doubled up as the Observer.
2. Ensure Safety logistics in place
3. Measuring distance and water temperature
4. Ensure that the course is set correctly
5. All role players are in place and know their tasks

OBSERVER

1. The Observer's main role is to observe that the Ice Mile attempt is being done according to IISA rules.
2. The Observer is accountable to IISA with regard to swim integrity and information.
3. The Observer must check that the swimmer is qualified to attempt the Ice Mile and confirm that the swimmer has a signed and valid IISA Medical Assessment Form and valid ECG.
4. It is not the Observer's responsibility to inspect the IISA Medical Assessment Form and the ECG, only to verify their existence and validity.
5. The Observer must oversee the start, the swim, the finish and recovery and must make sure all is done according to IISA Rules.
6. The Observer verifies the distance, the water temperature, time taken and swimmer's attire.

WITNESS

1. The Witness acts as second to The Observer and his/her role is to witness the swim.

MEDICAL OFFICER

1. The Medical Officer is in charge of the swim safety procedures, plans and swimmer's safety and wellbeing.

CONSECUTIVE ICE MILES

1. A minimum rest of 12Hours between attempts
2. A Medical Doctor approval to perform the next swim
3. A dedicated Medical Doctor on site with relevant experience
4. The Medical Doctor is satisfied that the Swimmer core body temp and vital signs are back to normal.

ICE MILE APPEAL PROCESS

1. An appeal ("Appeal") is a formal request by an IISA Member or group of IISA Members who wish to appeal the approval of an ICE Swim Application (the "Appellants").
2. An Appeal must be submitted within 7 (seven) days from the completion of the Ice Mile attempt.
3. An Appeal must be submitted directly to the IISA Chairperson by email.
4. The Appeal must provide sufficient grounds to back up the claim that the Swim attempt must be disqualified. It must be accompanied by verified facts or personal testimonies of Members involved in the Appeal who were present at the attempt, or credible testimonials from Witnesses or Observers known and respected by the appealing Member(s).
5. Once an Appeal has been submitted as per IISA requirements, IISA will inform the Appellants and the Swimmer/s that an Appeal has been received and is being considered by the Board.
6. During the Appeal process, all information regarding the Appeal will remain confidential to the public until a decision is made by the Board.
7. Further facts may be requested from the Swimmer(s) and/or the Appellants and these must be provided on a timely basis.
8. The IISA Board, in consultation with its relevant Affiliate board if appropriate, will determine the Appeal and announce the decision as soon as it is able to do so.

9. Once an Appeal has been decided, no further Appeal for the same Swim can be lodged unless it can be shown that the information received by the IISA Board for the purposes of the Appeal was materially false or incorrect.
10. If the Appeal is successful, IISA will communicate the Appeal decision to the Swimmer(s) initially and subsequently to the Appellants directly. However, if the Appeal is not upheld, the Swimmer(s) will be informed that their Swim attempt qualifies and their Ice Membership is ratified.
11. The Appeal and its results will generally be kept confidential from the public; however, IISA reserves the right to publicise the Appeal, its outcome and to take further action against the Swimmer(s) or Appellants if it sees fit.
12. IISA reserves the right to inform parties involved with any information regarding the appeal.
13. The Appellants must take into consideration that their identity and information regarding the Appeal may be disclosed to the Swimmers.

MULTIPLE ICE MILES

1. If a Member achieves 1-4 Ice Miles, they are granted ICE status.
2. If a Member achieves between 5 and 9 ICE Miles they are granted ICE 5+ status. The swimmer's IISA biography on the website will be updated to acknowledge the achievement and reflect this status.
3. If a Member swims over 10 Ice Miles, they are awarded ICE 10+ status. The swimmer's IISA biography on the IISA website will be updated to acknowledge the achievement and reflect this status.

IISA® ICE ZERO

1. An ice zero ("ice 0°C") is an ice mile completed in water temperature of below 1.0°C (33.8°F).
2. The swimmer will be added to THE IISA ICE ZERO record book on the IISA website.
3. Membership of the ICE ZERO category will be mentioned in the Swimmer's BIO on the website.

IISA® EXTREME ICE MILE

Extreme Ice Mile ("EIM") is a higher risk Ice Mile attempt with at least one of the below factors:

1. Water temp is at 2.0°C or lower; or
2. Wind chill is -15°C or lower; or
3. Distance attempted is over 2.00km inclusive; or
4. Swim time is 45 minutes or longer; or
5. Altitude is 2,440m (8,000F) or higher.

ADDITIONAL REQUIREMENTS FOR AN EXTREME ICE MILE

IISA recommends an extra safety measures for Extreme Ice Mile Attempts

1. An Extreme Ice Mile attempt of swim distance of over 2km requires the followings:
 - a. Notification to IISA on internationaliceswimming@gmail.com at least 48H prior to the attempt.
1. Approval by IISA to proceed with the swim or not.
 - b. A qualify swim of at least one Ice Mile in the past 18 months.
 - c. IISA reserves the right to reject the swim or request an additional qualification, additional safety measurements or more information before it approves.

IISA® POLAR MILE

AN IISA POLAR MILE IS AN ICE MILE SWUM:

1. North of 70° north or;
2. South of 60° south.

IISA® ICE TRIPLE CROWN

THE ICE TRIPLE IS DEFINED AS:

1. An IISA Ice Mile swum in the North America
2. An IISA Ice Mile swum in the Europe
3. An IISA Ice Mile swum in the Africa

IISA® ICE 7S

ICE 7S COMPRISES 7 ICE MILES IN 7 CONTINENTS' ICY WATERS AS FOLLOWS:

1. Africa
2. North America
3. South America
4. Oceania
5. Europe
6. Asia
7. Polar Mile
2. One of the above ICE Miles must be an ICE ZERO.

COMPETITIONS AND RESULTS

IISA competitions are Ice Swimming Events where Swimmers compete against themselves and each other for speed in distance according to IISA rules. IISA's vision is to take its Competition segment to the Winter Olympic Games.

ENTRY, RECORDS AND RESULTS

1. IISA OPEN WATER 1000m COMPETITION EVENT - Effective immediately
2. Maximum starters of 10 swimmers per heat [recommended number is 5]
3. IISA requires at least one Medical Officer per 5 swimmers in the water.
4. Recovery and safety of all swimmers must cater for any eventuality when multiple swimmers in a heat.
5. An IISA event of 1km and below hosting more than 4 swimmers, requires a suitably trained and experienced Medical Officer.
6. Any IISA swim of 1000m and above requires a qualified medical person on site.

THE IISA WORLD CHAMPIONSHIP

1. IISA will hold an international World Championship every second year commencing 2015. These Championships will be run according to IISA Rules and Regulations.
2. IISA will invite country Affiliates to indicate their interest in hosting a World Championship by writing to the IISA Chairperson and outlining the potential venue.
3. IISA will then respond and if IISA, at its sole discretion, feels that the proposed venue(s) are suitable, the Association will invite the Affiliate to submit a full proposal along the IISA guidelines. The Board will then consider all such proposals and make the final decision. The decision of the Board in this regard will be final.
4. The Swimmers allowed to compete at the World Championships will be invited to do so by IISA at its sole discretion. However, every Swimmer must meet certain qualification criteria, as determined by the Association, before being eligible to compete.
5. World Champ events will be held in Pool, short course [25m].
6. Once a World Championship venue is selected and announced, the Event committee, together with IISA, will publish details about the Championship which will include limits, qualification criteria, country allocation and, closer to the event, the programme of events.
7. In principal, the following criteria should apply wherever possible:
8. Male and female swimmers will be awarded the same opportunities to enter and qualify.
9. IISA will endeavour to have the same number of male and females but it must be recognized that this is not always possible.
10. IISA will approve and subsequently invite each swimmer to the World Championships.
11. IISA reserves the right to allow more swimmers per country if some countries have less than 5 swimmers who have qualified.
12. IISA will have the sole right to solicit and approve all the sponsors for IISA World Championships.
13. IISA will have the sole right to approve all of the branding and marketing material prepared for and in respect of the event and will conclude any licencing agreements if required.

14. IISA retains the broadcasting rights of the IISA World Championships but may licence these out to a broadcaster of its choice if deemed appropriate.
15. Any goods using the IISA logo or name will require a licence from IISA before any such goods are manufactured, gifted or sold.

QUALIFYING FOR IISA WORLD CHAMPIONSHIPS

1. In order to qualify for the IISA World Championships, a swimmer must prove that they have successfully completed one of the following distances under IISA safety rules and regulations.
2. The qualifying times will change per World Championship and will be published in the World Championship qualifying section.
3. These qualifying swims must be undertaken under the same conditions and requirements as the Ice Mile Rules and certification of successful completion must be by an IISA Official or Observer.
4. Written confirmation of the successful completion of these qualifying swims must be submitted to IISA with the application to compete in the World Championships.

IISA® EVENT RULES

IISA EVENT DEFINITION

3. An IISA Event is when multiple Ice Swimmers are in the water at the same time for purpose of: competition or leveraging on economy of scale but not for the purpose of competition.
4. IISA Event Notification
5. Any IISA Event requires a notification to the relevant IISA Country Association. If the Event is held in a location where there is no formal IISA Country Association, IISA Board must be notified.
6. The IISA Country Association or IISA Board reserves the right to request further information on the Event and allow or disallow the holding of such Event under IISA or refuse to accept results.
7. Holding an IISA Event without IISA approval or notifying relevant Country Association may lead to disciplinary action by IISA.

IISA EVENT CALENDAR

8. IISA Event must be entered at IISA Event Calendar.
9. All participating swimmers must enter the event via IISA website to ensure safety and qualifications of all participants and to allow IISA to capture all results.
10. Failing to do so may nullify the swimmer's results and may call for a safety disciplinary action by IISA.

HOLDING AN IISA EVENT

1. To hold an IISA Event, the Event Director must demonstrate to IISA that he/she has the required credentials and experience to hold an extreme swimming event.
2. The IISA Event requires the presence of IISA Officials, when no IISA official is available the IISA board will appoint an official.
3. IISA reserves the right to appoint its own observer in any IISA event if it deems it necessary.
4. The Event Director is responsible for the safety of all participants in the Event.

5. It is the Event Director responsibility to ensure full adherence to IISA Swimming Rules and Regulations.
6. The Event must have a Referee and Timekeepers
7. The Event must have a Medical Officer
8. The Event must have an Event Safety Plan

ROLE PLAYERS AT IISA EVENTS

EVENT MANAGER

1. The Event Manager is the person in charge of the event logistics from A to Z. The Event Manager may have a team executing the tasks or manages it alone. The Event Manager is not the Event Director unless both rules have been combined, which is allowed by IISA.

EVENT DIRECTOR

1. The Event Director oversee the Event. He or she is responsible for safety of the event, adherence to IISA Rules and oversee all other role players.
2. The Event Director can act as the Event Manager, but his or her sole responsibility is to see that the Event runs according to IISA Rules.
3. The event Director has the right to call off the Event, terminate a wrongful swim and redirect resources as required to make sure that the Event is safe and runs according to IISA rules.
4. The Event Director must ensure all participants have qualified for their swim and passed their medical check as per IISA regulations.
5. Ensure an adequate safety and emergency plans are in place.

EVENT REFEREE

1. The Referee is responsible for timekeeping, starts and finish of heats and swims.
2. The Referee adherence to IISA Rules during the swimming.
3. The Referee has the right to call false starts, disqualify swimmers before, during and after the race, change the order of lanes and heats.

MEDICAL DOCTOR

1. The Doctor is required at both the swimming venue and the recovery area. If there is only one Doctor, he/she must ensure that no new heat starts until such time that his/her presence is no longer required at the recovery area.
2. However, If the Doctor has an experience Medic as assistant, the Medic can remain in the recovery area to oversee recovered swimmers at the Doctors instruction. The Doctor at his/her own discretion can to return to oversee the swimming.
3. If the Doctor is required at the Recovery area and no Doctor is present at the swimming venue, The Event must be suspended immediately, until the Doctor is able to return to the swimming venue.
4. The event must have a designated Recovery area that can cater for recovery and rewarming. The recovery area must be warm and air quality must be sufficient.

THE SECOND

1. Each Swimmer is required to have a Second as per IISA Rules. The Second must be Second to no more than one swimmer at a time, including pre-race instructions and recovery.

2. The Second must be briefed by the Swimmer before the Swim about: Start, Swim safety, Swim exit and recovery specifics.
3. The Second will accompany the Swimmer to the Recovery location prior to the Swim, assist him/her with preparing for the Swim and getting to the start. The Second must take responsibility for the Swimmer's personal belongings.
4. The Second must oversee the Swimmer personally and must notify the Safety Officer / Referee / Event Director if he/she consider the Swimmer to be in distress or danger.
5. The Second must be present at the Swimmer's exit from the water and accompany the Swimmer to the Recovery location and ensure the Swimmer is received by the support staff at the Recovery area.
6. The Second does not have authority to demand their Swimmer's removal from the Event. However, they must advise the Referee as appropriate if they feel that the Swimmer may be in danger or is in breach of the Rules of the Swim, and the Referee must consider the Second's recommendation. The Referee may consult with the Second before terminating a Swim, but this is not compulsory.

TIMEKEEPERS

1. The main task of the timekeepers is keeping time of the swim.
2. The timekeeper also does a stroke count every 200(?) metres to see if there is a significant decline in the swimmer's stroke rate.

LANE COUNTERS

1. If deemed necessary the event committee may use lane counters in the event.
2. The task of a lane counter is to keep track the distance a swimmer has swum so far.

EVENT COMMITTEE

1. The Event Committee is a committee selected by the Event Organisers with main role players and other deemed important to the Event success and safety.

EVENT COURSE

1. An Event can be held in an Open Water Course or a Pool Course as per IISA Rules.
2. The Event can take place in a 25metre or 50 metre pool or an open body of water

TOW-FLOAT

1. It is with the Event Director's discretion to use a Tow-Float as compulsory safety measure for all Swimmers

FALSE STARTS

1. A false start by any Swimmer will mean immediate disqualification of that Swimmer.
2. IISA doesn't allow for a second restart. Unless it is in a world Championship event.

CUT-OFF TIMES

1. Each distance above 200m requires a Cut Off time. The Cut Off time must be communicated to all Swimmers. The Cut Off time may be changed at the Event day, at the Event Committee discretion. IISA recommends the following cut off times for IISA Events:

2. 500m 15 minutes
3. 1000m 30 minutes
4. 1 mile 45 minutes
5. The determination of the Cut Off time is at the Event Committee taking into consideration Event venue, swim condition, number of heats and swimmers and any other factors that ensure all Swimmers' safety and Event success.

ENTRY TO THE WATER

1. The swimmers will be called from the pre-race room to swims start line or pool starting deck
2. Swimmers will be lined according to their numbers or lane number

THE RACE WILL HAVE THREE CALLS:

1. "Take off your clothes" - the swimmer strips to swimming attire only. Leaving his/her clothes with the Second
2. "Enter the water" – the swimmer will enter the water to start line or climb down the pool ladder. Place feet on the pool push-board, not ladder. Hold the ladder with one hand and ready to start. Front shoulder below water surface.
3. "Horn, gun or shout GO" – swim start. The starting method must be published or announced prior to the start.

BRANDING

1. The Event must follow IISA Branding and Marketing guidelines
2. IISA® and The International Ice Swimming Association and its Logo are protected by Trade Mark.
3. Any use of IISA Logo or its subsets on merchandise or for commercial purpose must be authorised by IISA and a revenue agreement must be in place.

FEES

1. Fees and costs are at the Event Manager discretion unless agreed otherwise with IISA prior to the Event.

DISQUALIFICATIONS, TERMINATION

1. The Referee is allowed at their discretion to disqualify a Swimmer before, during or after the Event if they believe that they have sound reasons to do so or to believe that a Swimmer has breached any of the Event and/or IISA rules.
2. An Appeal may be submitted by the swimmer or on behalf of the swimmer by the team management to the Event Director within 60 minutes after the posting the results. The Event committee (including referee) will consider the Appeal and final judgment will be published by the end of the Event day.
3. A Swimmer can terminate his/her Swim at any time. The Swim will be recorded as recorded as Did Not Finish ("DNF").

EVENTS ENTRY, RECORDS AND RESULTS

1. IISA distinguishes between Open Water course and a Pool Course in a 1km Event.
2. Only Pool Course of ICE KM Events will be used for World Record Purposes.
3. Open Water Event results will be used for the event results only.
4. Each Event will be created and recorded in the IISA Event Calendar on the IISA website.
5. Seeding Time for an Event must be the fastest swim time recently (last three years) achieved by the Entrant. Else, the Entrant best estimate as to his or her swim time in the Event.
6. The Event Director has the discretion to amend the Seeding Time if they believe the time entered misrepresents the Swimmer expected swim time.

AGE GROUP CRITERIA

1. 16-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90-94, 95-99, 100+
2. Disabled Swimmer categories as above.
3. A swimmer Age Group at an IISA Event will be determined by the Swimmer age on the 31-Dec of the year of the swim

RULES GOVERNING AN ICE MILE EVENT:

1. An Ice Mile Event is an organised group of swimmers attempting an Ice Mile capitalising on the economy of scale of safety, medical, rescue and recovery facilities.
2. A maximum of two swimmer attempting a Mile at the same time is allowed.
3. The Event must not be a race and racing shouldn't be encouraged.
4. Ice Mile is an Extreme Swim and holding an Event may requires additional safety measures relevant to the Event venue and condition.
5. An Ice Mile event requires submission of Safety Plan to the Local IISA Board. The Board will comment or inquire and may approve or reject the request to Hold such Event. The Board decision is final.
6. Participation in an Ice Mile Event is an obligation by the Swimmer to enter using IISA event facility on IISA website and apply and pay for the Ice Mile attempt.

RULE AMENDMENTS – IN PROGRESS

XCOLD WATER TEMP CATEGORY – IN PROCESS

1. IISA introduces a new water temperature category – XCOLD [extreme Cold]
2. The temperature range is 5.1°C to 10. °C
3. All IISA rules and distances applied for ICE temp range will carry to XCOLD.
4. IISA Membership only applies to ICE swimming temp range. In order to move from FROZEN upwards, the swimmer must complete swims in the ICE. In time IISA may introduce Membership Category for XCOLD Swimmers only.
5. IISA will keep records in XCOLD for overall and age groups.
6. World and national records will be recognised for the XCOLD category.
7. ICE will remain the elite swimming and competition range.

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