

IISA® ICE MILE OBSERVER FORM



1. An Ice Mile (“Ice Mile”) is an Ice Swim completed in water with a temperature of 5.00C or less, swum wholly in accordance with IISA Rules and Regulations.
2. The Swim distance must be at least 1 (one) British mile or 1,609.3 (one thousand six hundred and nine point three)

OBSERVER	
Name	
Email	
Mobile	
ICE & Swimming Experience	
Signature	
Date	
Witness [name]	

SWIMMER	
Name	
Date of Birth / Age	
Country	
Swim attire check	One cap, Swimwear, Goggles, no accessories, Safety Belt
IISA Medical	Medical valid: <input type="checkbox"/> ECG valid: <input type="checkbox"/>
Qualifying Swim	Date: <input type="text"/> Distance: <input type="text"/> Water temp: <input type="text"/>

SWIM	
Venue / Date	
Air Temp / Wind speed	0.0 C° Km/H
Water Temperature 0.0C°	1. <input type="text"/> C° 2. <input type="text"/> C° 3. <input type="text"/> C°
Distance KM / Mile	KM Miles
Pool?	Length <input type="text"/> m Length swum: <input type="text"/> Extra <input type="text"/> m
Pool certified?	Y / N Name: <input type="text"/> Company: <input type="text"/>
Open Water?	Loop <input type="text"/> m Loops <input type="text"/> Extra <input type="text"/> m
Swim Time	HH:MM:SS
Stroke Rate	First 3min: <input type="text"/> Mid: <input type="text"/> Last 3min: <input type="text"/>
Stroke	Free <input type="checkbox"/> Back <input type="checkbox"/> Breast <input type="checkbox"/> Fly <input type="checkbox"/> IM <input type="checkbox"/>

SWIM / SAFETY / RECOVERY - OBSERVATIONS	
Water safety/Quality	
Second performance	
Recovery facility on site	
Emergency plan	
Medical Officer on site	Y / N name: <input type="text"/>
Emergency facility?	Location: <input type="text"/> Distance: <input type="text"/> km
Unusual events during the swim	
Exit from water	Assisted / Unassisted
Swimmer’s focus on exit	Normal / disoriented / unable to respond
Swimmer’s eyes	Focused / Vacant / Closed
Swimmer Behavior at exit	Talkative/Aggressive/Excessive euphoria/Quiet & Withdrawn
Additional observations	

