

IISA® ICE MILE CHECKLIST

1. An Ice Mile (“Ice Mile”) is an Ice Swim completed in water with a temperature of 5.00C or less, swum wholly according to the 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)

BEFORE THE ICE MILE ATTEMPT

1. Read IISA rules and make sure you understand all the requirements, safety and Ice Mile Rules.
2. Make sure you have qualified:
 1. Please refer to the IISA Qualifying table to ensure that you have swum the required distance in the required temperature to qualify for an Ice Mile.
 2. Ensure your time and distance correlate with your Ice Mile attempt to avoid questions after your Ice Mile. (Example: Ice Mile is much faster than your qualifier; your pace doesn't correlate with previous swims...)
 3. ***YOUR Qualifying Swim MUST be visible on your BIO, or your Mile will not be approved. Remember SAFETY FIRST.***
3. You completed and passed the IISA Medical Assessment and ECG signed by a doctor within 12 months of the swim date.
4. You have signed the Ice Mile Indemnity.
5. You have identified your Ice Mile attempt medical officer and briefed him.
6. Please make sure you are fully prepared for what you are about to attempt.
 1. Seek knowledge from other Ice Milers
 2. Notify your Country Chair and seek advice if required.
7. Ensure a medical officer is at the site and an evacuation plan for the nearest medical Centre.
8. Brief the Medical Officer with your medical history and present your IISA Medical Form and ECG.
9. Brief your Observer and Water Safety personnel about your swim, expectations, stroke, breathing direction, and signals to check whether you’re okay or in distress.
10. Have a Recovery Plan – what happens when the swim is finished, prematurely or completed.
 1. Brief your Second on how you want to exit the water and what steps to take.
 2. Ensure your Second knows where your warm clothes are and how you want to get dressed.
 3. Make sure there a warm place waiting for you to spend your recovery.
 4. If you have any pre-desired needs post-swim: a hot drink, special warm clothing, medication, glasses, help with earplugs, caps, goggles, and other plans for them and brief your support.
 5. Instruct your recovery people what you like and don’t like. You may not be able to communicate it at the time.
11. Go through the recovery plan and premature exit, if necessary. Before you enter the water, ensure that all protocols are in place.

12. Measure the course from the start point to the end. If you are in open water, use GPS coordinates to ensure all distances are accurate. When in doubt, add a few meters; don't cut it short.
13. Prepare your support team and medical support for the attempt.
14. Take good pictures of:
 1. The course
 2. The three thermometers' readings (5.0c or lower)
 3. Time and date
 4. Entry to water, mid swim, exit from Water
 5. Location
 6. Recovery area
 7. Team
 8. Pictures and videos are critical to verify your attempt. Good quality, zoom in and out.
15. Make sure someone is taking a good quality 2-4min video of:
 1. Entry to water – From taking the clothes off, entry to the water and the first 50-100m
 2. Mid swim – pace, stroke rate, zoom in on the swimmer and also capture the surroundings.
 3. Exit the water – Zoom in on the swimmer's last 50-100m swim. Capture the Swim finish and exit from the water. Continue to video the swimmer for 1-2min after the swim ends.
 4. ***Your video clip must be high resolution and allow us to see the course and environment. The swimmer enters the water, goes to the start point, and swims. Zoom in to see the swimmer's stroke rate and body position. Midway 2-minute swim. We want to see stroke, pace, and safety. End – last 2-3 min. At the touch endpoint, Exiting the water helped the recovery. 1-2min of recovery.***
16. ***Make sure the Observer and the Witness are Accredited IISA L1 Official Observer.***
 1. They must be IISA Members.
17. Take wind speed and air temperature (you can use the local weather website for info)
18. Make sure the observer takes start and end time
 1. Start time from start point [not from walking into the water]. Same with End Point.
19. Make sure you have water safety covered.
20. Have your safety belt or tow float.
21. Make sure you are wearing IISA rules attire.
22. Make sure you have medical support and an emergency evacuation plan
 1. If you end up in an emergency: Medical, Physical or any situation that requires medical attention. Have a plan: Who makes decisions, and where are the nearest medical center, evacuation vehicle, and process?
 2. Every successful event has a crisis plan, just in case.
23. GOOD LUCK AND BE SAFE

POST ICE MILE SWIM - APPLICATION

1. Make sure you have all the required info about the See above.
2. Make payment to IISA
3. Go to the IISA website and apply for your Ice Mile to be ratified:
4. Load your 3 video clips, as required above, to YouTube and copy the URLs to the application
5. If you swam longer than a mile, enter the exact distance, as long as it has a start and end.
Walking into and out of the water doesn't count. ***Ensure you set the permissions to PUBLIC so we can view the videos.***
6. Make sure all data is correct and
7. Complete your Ice Mile application and submit it
8. Once your observer and witness have approved it, it will go to IISA for
9. Once approved by IISA, you will be an Ice Miler.

Once you successfully complete your Ice Mile attempt, you have all the reasons to feel proud and celebrate. However, if you post about it on social media, please state "subject to IISA ratification". This is to avoid unpleasantness in case your attempt is rejected.