

# IISA® ICE MILE CHECKLIST

## 1. INTRODUCTION

- 1.1. 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.
- 1.2. The swim distance must be at least 1 (one) British mile or 1,609.3 (one thousand six hundred and nine point three)
- 1.3. Please read the IISA rules and ensure you understand all the requirements, safety, and Ice Mile rules.
- 1.4. Remember, you are swimming at your own risk. Therefore, you must plan everything yourself or ensure that you are familiar with and happy with any plans made for you.
- 1.5. An Ice Mile is a very personal endeavour. Your swim, your recovery and the entire process must suit you and your expectations. All eventualities must be clarified, discussed, and planned.
- 1.6. Safety and planning are paramount for safe and successful Ice Mile attempts.
- 1.7. Ice Mile can be done anywhere worldwide if conditions are met and rules are followed. It's an Honesty system that requires much factual information to allow us to verify your attempt. Ensure all information is available, correct, and in line with the Ice Mile requirements.
- 1.8. ***The safety and integrity of your attempt are the most critical elements - for you, not just for IISA.***

## 2. QUALIFYING SWIMS

- 2.1. Please refer to the IISA Qualifying table to ensure that you have swum the required distance in the temperature necessary to qualify for an Ice Mile.
- 2.2. Ensure your times and distances 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...) - [IISA Qualifying table](#)
- 2.3. Your qualifying swim must be visible on your BIO to allow your Mile to be approved.

## 3. BEFORE THE ICE MILE

- 3.1. Ensure you have a valid IISA Medical Assessment Form with an ECG signed by a doctor - [IISA Medical Form](#).
- 3.2. Sign the Ice Mile Indemnity - [FORM](#) [Mandatory]
- 3.3. Identify your Ice Mile attempt medical officer and brief him.
  - 3.3.1. Your Medical Officer can't be your Observer, but they can be your Witness if needed and if they are L1 accredited.
- 3.4. Identify your Observer and Witness and make sure they are L1 accredited.

## 4. PREPARATION

- 4.1. Please make sure you are fully prepared for what you are about to attempt.



- 4.2. Seek knowledge from other Ice Milers.
- 4.3. 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.
- 4.4. Have an exit plan. As much as we all committed to finishing our Ice Mile, we need an exit plan if things don't go our way.
- 4.5. An exit plan is when you wish or need to terminate the swim at any stage or place around the course.
  - 4.5.1. Plan on how to get on the safety boat or reach land immediately.
  - 4.5.2. Ensure there is assistance and they are briefed and ready to take you to recovery if required.
  - 4.5.3. Quick access to warm and dry clothes.
- 4.6. Have a clear Recovery Plan - A Recovery Plan is what happens when you complete the swim and need to warm up.
  - 4.6.1. Ensure your dry clothes are accessible and your second knows where to find them.
  - 4.6.2. Agree with your second and support team exactly how you want to recover within the available facilities.
  - 4.6.3. You will likely be in a clear state of mind once the after-drop grabs you. Agree on everything before you enter the water.
  - 4.6.4. Make sure there is a warm place waiting for you to spend your recovery.
  - 4.6.5. 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.
  - 4.6.6. Instruct your recovery people what you like and don't like. You may not be able to communicate it at the time.
- 4.7. Measure the course from the start point to the end. In open water, use GPS coordinates or laser measurements. You must be 100% sure that you will swim at least 1609m, not less.

## 5. INFORMATION REQUIRED TO VERIFY AN ICE MILE ATTEMPT

- 5.1. At least 10 hi-resolution pictures of:
  - 5.1.1. The course
  - 5.1.2. The three thermometers' readings (average of 5.0c or lower where the difference between the lowest to the highest temperature can't exceed 1.0C)
  - 5.1.3. Image of the time and date of the swim.
  - 5.1.4. The swimmer's whole body, swim-ready, faces the camera - for attire inspection.
  - 5.1.5. Swimmer entering the water
  - 5.1.6. Swimmer end of swim - reaching the endpoint
  - 5.1.7. Recovery - a few minutes after the swim end
  - 5.1.8. Image of the venue with water safety
  - 5.1.9. Image of the recovery area
  - 5.1.10. Your support team
- 5.2. Pictures and videos are critical to verify your attempt. Sound quality is paramount. Please get the correct details we require.
- 5.3. Three good quality 2min videos of:

- 5.3.1. Swim start - Entry to water from taking the clothes off, entry to the water and the first 50m of swimming
- 5.3.2. Mid-swim – pace, stroke rate, zoom in on the swimmer, and capture the surroundings.
- 5.3.3. Swim-End - Exit the water – Zoom in on the swimmer's last 50m swim. Capture the last 50m of swimming till they reach the swim endpoint. Follow the swimmer as they exit the water and head to recovery.
- 5.4. *Lack of adherence to the specific images and videos may lead to rejection of the attempt.***
- 5.5. Ensure the Observer and the Witness are Accredited IISA L1 Official Observer.
- 5.6. Take wind speed and air temperature (you can use the local weather website for info)
- 5.7. Make sure someone is taking the time to use a suitable stopwatch or app.
- 5.8. Time must start when the swim starts [not from walking into the water]. Same with End Point.
- 5.9. Inspect water safety.
- 5.10. Have a safety belt. Tow floats are optional.
- 5.11. Make sure you are wearing IISA rules attire.

*Be safe, and good luck with your Ice Mile Attempt.*