

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 by 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:	Age:	Email:
Experience:		
Swim Date:	Witness:	Second:
Medical Officer:	Location:	
Signature:		

SWIMMER'S DETAILS

Name:	Age:	Gender:	Para
Country:			
Swim wear	One cap, IISA Swimwear, goggles, safety Belt, unassisted		
IISA Medical + ECG : Valid (12 months or less) signed by doctor :			
Qualifying Swim	Date:	Distance:	Time: Temp:

SWIM'S DETAILS

Venue:	Date:	Distance:	Wind:
Water Temperature C:	Avg:	T1:	T2: T3:
IISA Swim wear	One Cap:	Goggles:	Safety Belt: Unassisted:
Pool:	Open Water:	Distance KM:	Time:
Stroke Rate	Start:	Mid:	End:
Stroke	Free:	Back:	Breast: Fly: IM:

SWIM / SAFETY / RECOVERY - OBSERVATIONS

Water Quality:	Safety:			
Recovery Details:				
Nearest Medical Facility:				
Swimmer eyes at exit	Focused:	Vacant:	Closed:	unconscious:
Swimmer's focus on exit	Normal:	Disoriented:	Unable to respond:	
Exit from the water	Unassisted:	Assisted:	Lifted out:	
Other Observations:				

I declare that the Ice Mile attempt was done safely and successfully according to IISA rules.

Name:	Date:
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