

IISA MILE OBSERVATION FORM

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

SWIMMERS DETAILS

Name:		Age:	Sex:	M	F
Country:			Para:		
IISA Medical + ECG: Valid (12 months or less) signed by doctor					
QUALIFYING SWIM	Date:	Distance:	Time:	Temperature:	

SWIM DETAILS

Venue and Country:		Date:	EXTREME Ice Mile	Distance (km):
Second:		Latitude N/S	Longitude S/W	Elevation:
Pool Open Water	Wind Speed:	Air Temp:	Stroke: Free Back Breast Fly	
Water Temperature	Avg (°C):	T1 (°C):	T2 (°C):	T3 (°C):
IISA Swimwear	One cap	Goggles	Safety Belt	Unassisted
Stroke Rate	Start:	Mid:	End:	OFFICIAL TIME:
Water Quality:	Safety:			Swim start time HH:MM
Nearest Medical Facility & Distance (km's):				

RECOVERY OBSERVATIONS:

Eyes at exit:	Focused	Vacant	Closed	Unconscious?	N	Y
Swimmer's focus at exit:	Coherent	Disoriented	Unable to respond			
Exit from the water:	Unassisted	Assisted	Lifted Out			
Recovery details and other observations:						
Initial Symptoms:	Dizzy	Nauseous	Impaired vision	Unfocused	Cramps	Loss of memory
Speech	Slurred	Clear	Quiet	Chatty	Alert	
Shakes:	None	Mild	Moderate	Vigorous		
Respiratory issues:						
Total time in Recovery:						
Time Swimmer was Discharged from Recovery Room:						

Witness:

Medical Observer(s):

Observer Name:

Email:

Observer Experience:

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

Observers Signature:

Date: