**IISA GB Championships, 10 December 2022**

### Welton Waters Adventure Centre, Common Lane, Welton, Brough, East Yorkshire, HU15 1PT, England

Event Brochure and Important Information

The 2022 GB Championships have been rescheduled as the original Championships were postponed due to Covid. We are thrilled to be using a different venue - Welton Waters Adventure Centre, and are offering a streamlined one day event. IISA GB is very aware of the cost of living crisis, and are keeping costs as low as possible without compromising our high safety standards. Certificates will be digitalised for all finishers. Rather than purchasing medals IISA GB will be donating to two charities. The charities will be chosen by the winner of the ladies 1000m and the mens 1000m.

We hope the water is around 5C but cannot offer any guarantees it will be sub 5C especially as England is experiencing warmer winters.

The event will run in accordance with the rules and regulations of IISA.

Entries: Please enter via IISA website on events page [https://www.internationaliceswimming.com](about:blank)

Swimmers, unless they have completed multiple ice miles and / or an 1,000m event with water under 1 degrees at a ratified IISA event, will have to choose either the 1000m or the 500m event.

Swimmers, unless they are the IISA GB champions, will have to choose either the 1000m or the 500m event.

**1000m event**

Maximum time permitted is 30 minutes. Swimmers who have completed less than half the distance at 15 minutes will be given a warning. At 30 minutes, or earlier, if it is clear the cut off will not be met, the swimmer will be stopped (and a DNF recorded).

Qualification for the 1000m:

Please see IISA Rules : [https://www.internationaliceswimming.com/wp-content/uploads/2018/10/IISA-Qualifying-Swims.pdf](about:blank)

You must have had an ECG and medical within 6 months of the swim. Please print out medical form here and take to your GP/ Doctor [https://www.internationaliceswimming.com/wp-content/uploads/2018/10/IISA-Medical-Assesment-Form.pdf](about:blank)

**500m event**

Maximum time permitted is 15 minutes. If it is clear a swimmer will not make the cut off time, or they have not finished at 15 minutes, they will be stopped (and a DNF recorded)

Qualification for 500m:

Swimmers do not need an ECG or medical. You do however need to have completed a qualifying swim of 400m at 5C or under; 500m at 6C or 650m at 7C. Please bring a paper copy / print out of your qualifying swim from your IISA bio page. You may be asked to show this at registration.

**250m**

250m Freestyle. Maximum time permitted 10 minutes.

If it is clear you are not going to make this time you will be stopped (and a DNF recorded).

Important Notes:

Unfortunately no refunds will be given due to the high costs IISA GB Incurs in organising an event. Any swimmer who is stopped by the referee and refuses to leave the water will be disqualified and not permitted to swim in any other events.

### If anyone who wishes to compete has a disability or serious medical condition please email [IISA-GB@outlook.com](about:blank) asap so this can be discussed with the medical officer. IISA GB will endeavour to make reasonable adjustment providing it does not compromise the safety of the overall event or any individual competitor.

### A detailed programme will be published nearer the event.

### Registration for swimmers competing in either the 1000m and 500m will be early in the morning (Times tbc). Registration for swimmers competing in the 250m only, will be at lunchtime.