

Ice Mile Qualification Swim Form 2018/2019

Swimmers are asked to complete this form and ask the Observer (an Ice Miler or qualified open water coach) to verify the qualifying swim. The prerequisite for swimmers wishing to attempt an Ice Mile is to have swum either a 600m unassisted swim in water of 5°C (or under), or, an unassisted swim of 1000m in water 6°C (or under). These have been updated for the 2018 season - please refer to IISA website - www.internationaliceswimming.com


Swimmers Details	First Name	JAMES		
	Last Name	ALLEN		
	Date of Birth	25/3/72		
	Email	HEADMASTER@BEECHHALLSCHOOL.ORG		
	Mobile	07710 317 596		

Swim Details	Venue	Hatfield Outdoor Activity Centre		
	Date	24th Nov 2018		
	Temperature	6.6		
	Duration	28.55		
	Distance	1250		
	Swim description	Open water lake 800m long course 250m short course		

NOTE: The swimmer may only wear one standard swimsuit/costume, one swim cap and one pair of goggles. No neoprene hats, gloves or socks/shoes are allowed. Tow floats may be worn at the swimmers discretion, but not used to give the swimmer artificial buoyancy.

Observers Details	First Name	Leon		
	Last Name	Fryer		
	Email	leon@swimyourswim.com		
	Mobile	07967 633214		
	Experience (please state your experience of winter/ice swimming and/or coaching ability)	STA Open Water Tutor Open Water Coach RLSS NWSMP Powerboat Level 2 Powerboat Level 2 Instructor RYA First Aid & FAW IISA Official and Ice Miler 64		

I solemnly declare that the aforementioned swimmer completed the above swim, and made a safe recovery within 1 hour of the swim time.

Signed  (Observer)

Date 24.11.18