

Ice Mile Qualification Swim Form 2016/17

Swimmers are asked to complete this form and ask the Observer (an Ice Miler of 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)

Swimmers Details	First Name		
	Last Name		
	Date of Birth		
	Email		
	Mobile		

Swim Details	Venue		
	Date		
	Temperature		
	Duration		
	Distance		
	Swim description		

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		
	Last Name		
	Email		
	Mobile		
	Experience <i>(please state your experience of winter/ice swimming and/or coaching ability)</i>		

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