

Winter Swimming



Yesterday, Today and Tomorrow

Winter Swimming is VITAL!

Swimming in ice-cold water, is a wonderful way to harden and strengthen the body and the mind, it is the wide concept, lifestyle, sports and philosophy.



Just a short dip in ice water (0..+5C) gives increase in hormones of joy. In the same time it has a short-term increase in the internal temperature of body.

Due to the usefulness and necessity Winter Swimming should be a mass activity, because it is beneficial for human health!



Northern Europe

In Finland, Northern Russia, Sweden, Norway, Denmark, Estonia, Lithuania and Latvia the ice swimming tradition has been connected with the sauna tradition. Swimming in Ice-hole on its own is especially popular in Finland. There are lots of public places with dressing-rooms and sometimes with saunas where you can swim during all winter.

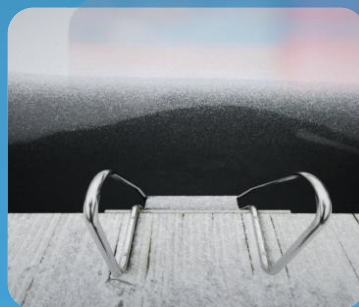
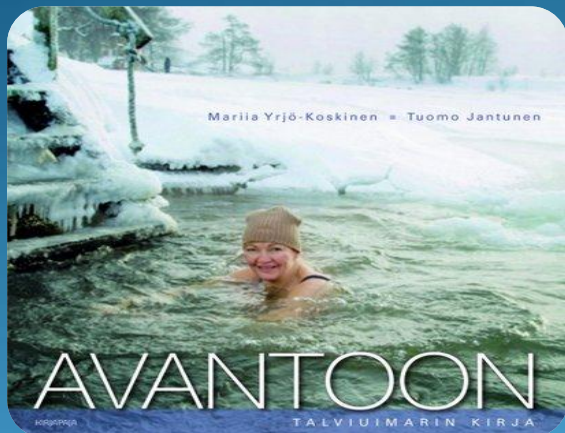


Finland



There are over 200 000 winter swimmers! (population 5,6 mill)

Swimming in icy water is a national healthy life style tradition.



Latvia



In Latvia the ice swimming tradition began in 1960's. Nowadays it is very popular activity. In Latvia are 12 winter swimming clubs. (The 1st national championship was held in 2002, and is held every year since)



Estonia



There are many winter swimming clubs, in Tallinn, Pärnu, Tartu cities. In 2010 in Tallinn was held the 1st «Pirita Open» winter swimming festival and has become annual.





Sweden

Many of winter swimmers are dipping and swimming in many cities around the country in the rivers, lakes and sea.

From 2012 in Skellefteå city was held the 1st Scandinavian Winter Swimming Championships organized by “Dark & Cold” club



Poland



In Poland, there are thousands fans of winter swimming. Many clubs are located in different cities all over the country.



There is annually organized the Polish Open Winter Swimming Championships by the club in the yach-club in the Baltic Sea.



Czech Republic



35 winter swimming clubs with about 1000 members represent Czech Republic. 25 competitions are held during the winter swimming season from 1st October till 1st April.



United Kingdom



Famous locations include the Serpentine Lake in Hyde Park, London, and Highgate Ponds in Hampstead. The largest fresh water pool in the UK is the Tooting Bec Lido in South West London which is home to the South London Swimming Club.

The pool is 100 yards in length. As the winter approaches and the water temperature drops then races take place all year including on Christmas Day and New Year's Day.





Serpentine Lake in Hyde Park, London

Since 1864, the Serpentine Swimming Club ⁽¹⁵⁷⁾ has hosted a 100-yard (91.4 m) swimming competition the "Peter Pan Christmas Day Race" every Christmas day of swimming in freezing water.



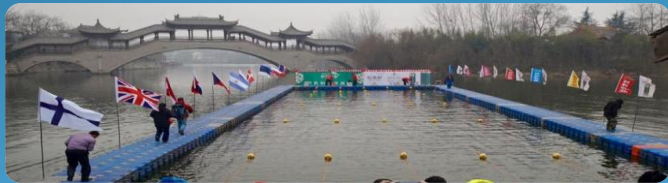
China



In Harbin, northern China are many events of winter swimming in the Songhua River. Also Jinan city is the place for annual winter swimming festival. The big International event is swimming 300 meters across Daming lake with water +2..+5C.

Officially today in the Winter Swimming Association of China are 1,5 mill. members.

In 2015 in Taierzhuang city on the Grand Canal was held the 1st International Open Winter Swimming championship according to IWSA standarts.



Russia



There are old strong traditions for winter swimming and dousing with cold water. They are done for health benefits, as a ritual of the Orthodox Church for the feast of the Swimming in Holy Water every 19th January during hundreds years, and for sports. Such club members are called "walruses" (in Russian: моржи) and "polar bears".



National championships are holding in many cities around Russia, such as in Saint Petersburg, Tyumen, Vladivostok, Ekaterinburg, Petrozavodsk etc.

Belarus



There are strong traditions for winter swimming and dousing with cold water as in Russia. They are done for health benefits, as a ritual and as a sports. Established Winter Swimming Federation of Belarus provides many events every year. Winter swimming now is accredited as a sport.



Spain and France



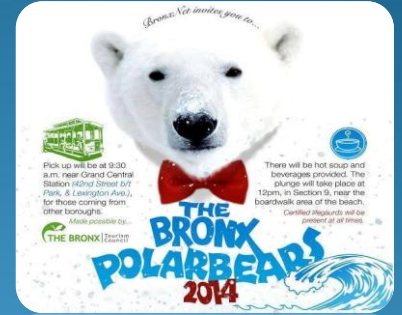
Swimming in cold water in Spain and France was developed recently. Swimmers have swimming experience in open water. They swim in the cold water in different parts of countries and joining to the International events.



North America



Many members of Canadian and American swimming clubs and "Polar Bear clubs" go outdoor swimming or bathing during all winter season.



South African Republic



Swimming in ice cold water in South Africa was developed recently. Swimmers have swimming experience in open water. They swim in the water with temperature below 5 degree Celsius in different parts of the world. Extreme distance «ice mile» is 1600m long and included in the program of the IISA association founded in the SAR.



South America Argentina



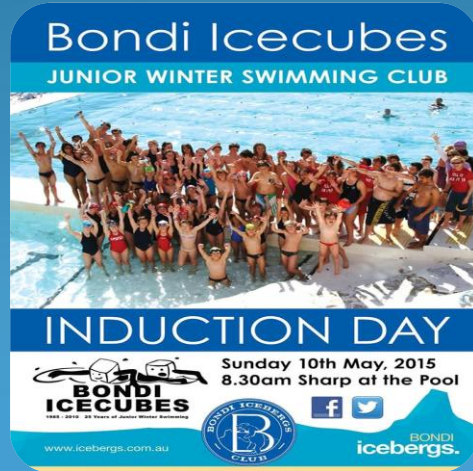
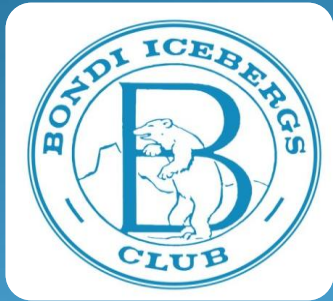
The most popular representative of Argentina is Matias Ola – a swimmer with experience in ice cold water. He organized the 1st winter swimming festival in August 2014 in South America. In 2015 this festival was successfully held for the 2nd time.



Australia



In Australia, winter swimming began many years ago and nowadays is very popular. Winter swimming is based on the swimming rock pools near the ocean coast. Australian Winter Swimming Association unites 70 clubs and provides many championships in winter swimming mainly on 50 meters and relay races. Water in July in some places can be as cold as + 4C ...+ 8C



Chile



Winter swimming in Chile is increasing in popularity! Bárbara Hernández is taking part in the world championships, representing her country. In 2016 a massive dip was organized in Magellan Strait in water + 3C, there was attended by 3,000 people.



Mongolia



Winter swimming in Mongolia is increasing in popularity! The most popular representative is Davaadorj Shagdarsuren, swimmer with experience. He is taking part in the world championships, representing his country. He is preparing now the 1st winter swimming event in Mongolia.



Winter Swimming Championships



The format and rules of winter swimming events make it possible to attend the championships up to 3000 people of all ages. They include swimming with time and without time control, with different lengths and duration and just dipping into the ice-hole.

National winter swimming championships are held in Finland (from 1989), Latvia (from 2002), Estonia (from 2010), Russia, China in particular every year. UK cold water championships are held every odd year and in 2019 there was held the 8th.

Recently, the 1st Scandinavian Championships was held in 2012 year in the city Skellefteå.

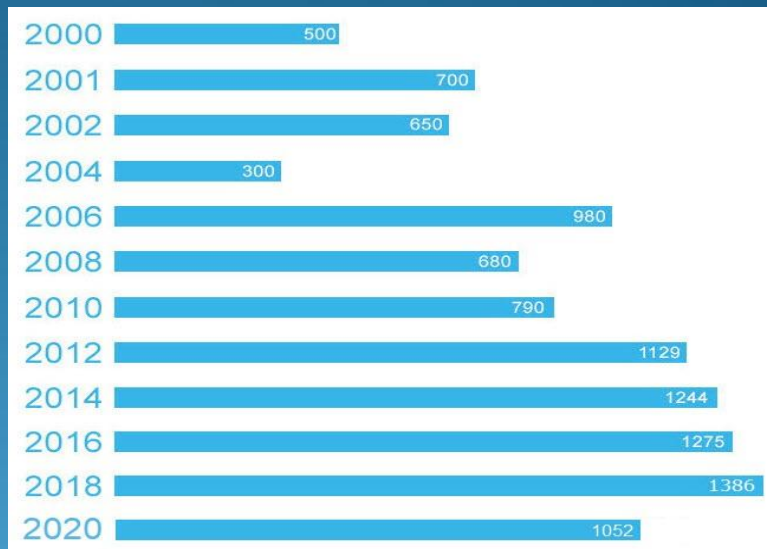
In January 2015 held the 1st Winter Swimming competition in Germany and in USA.

The popularity of this event grows from year to year. Number of participants ranging from 100 to 1500 from 10 - 45 nationalities.



Winter Swimming World Championships

Year	Place	Participants
2000	Helsinki, Finland	500
2001	Jyväskylä, Finland	700
2002	Kajaani, Finland	650
2004	Muonio, Finland	300
2006	Oulu, Finland	980
2008	London, United Kingdom	680
2010	Bled, Slovenia	790
2012	Jūrmala, Latvia	1129
2014	Rovaniemi, Finland	1244
2016	Tyumen, Russia	1275
2018	Tallinn, Estonia	1386
2020	Bled, Slovenia	1052



International
Winter
Swimming
Association



Winter Swimming is our passion!



Winter Swimming World Cup

IWSA World Cup Series is the next step giving ordinary swimmers a chance to participate in a series of safe international events.

It helps to promote winter swimming as a healthy sport and fosters great international friendships.

IWSA is delighted to provide the inaugural IWSA World Cup Series in 2015/2016 season.

5 stages of the IWSA World Cup were held in the season 2019/2020 in following countries Latvia, Russia, China, Slovenia, Sweden.



International Winter Swimming Association

Is a preeminent global organization dedicated to developing safe swimming events in cold water.

The goal - Coordination and promotion of winter swimming in the world.

More and more people of all ages are joining to winter swimming!

More winter swimming championships are held in different countries every year.

Now the calendar of winter swimming events expands.





Thank you for attention!

Join Us!

Enjoy Winter Swimming!

Let's Swim !

