



Winter Dip - Events Terms & Conditions

By registering for Winter Dip 2023, you agree to our Terms and Conditions below:

The event

- I acknowledge that the Winter Dip is a cold water virtual swim/ dip fundraising event organised by the charity, WaterAid (Registered charity numbers: England and Wales 288701, Scotland SC039479), in conjunction with Facebook.
- I understand the event is free to enter.

Registering online for Winter Dip through Facebook

- I understand that I must be over 18 to participate in the Winter Dip 2023.
- I understand that signing-up to participate in the Winter Dip requires registration through the third party online registration platform, GivePanel, and creation of a Facebook Fundraiser or JustGiving page.
- I understand that the information I provide to Facebook or JustGiving through GivePanel to register for Winter Dip will be shared with WaterAid and used by WaterAid in accordance with WaterAid's [Privacy Notice](#).
- I understand that WaterAid are not responsible for my Facebook or JustGiving Fundraiser and I must contact Facebook or JustGiving for any issues I encounter.

Fundraising

- When fundraising for WaterAid: I understand that all sponsor forms and monies should be forwarded to WaterAid, even if I do not complete my dip. I understand that all funds raised will be payable to WaterAid in GBP sterling.
- I will carry out my fundraising in accordance with WaterAid's guidance.
- Participants must raise a minimum of £20 via their Facebook Fundraising page or JustGiving to redeem a free Winter Dip swim cap. Due to office closures over the festive period, participants must raise a minimum of £20 by 20 December 2023 to guarantee their free swim cap is posted before Christmas. Due to pressures on the postal service including postal strikes, we cannot guarantee that you will receive your cap before Christmas.

Event risks, medical conditions & liability

- I understand that the WaterAid Winter Dip is a cold water swimming event which involves immersion into water colder than 15 degrees Celsius.
- I understand that taking part in the WaterAid Winter Dip is a hazardous activity, with potential risk of Hypothermia, Sudden Immersion Syndrome (SIS) or Cold Water Shock.
- I understand that to help to prevent injury on the day I am advised to follow all recommended safety practices including to: complete a medical check before entering cold water; continue swimming through the seasons three to four times a week for a minimum of 2-3 minutes; enter water slowly at first in order to control breathing; warm up slowly after swimming; put dry warm clothes and a hat on after cold water swimming.
- I understand conditions could be potentially hazardous
- I confirm that I am physically fit and in good health to take part in the WaterAid Winter Dip.

- I understand that it is my responsibility to monitor my condition before and during the event and will stop if my continued participation could create a risk of danger to myself or others or if I am advised to do so by medics.
- I acknowledge that WaterAid recommends that I should obtain my Doctor's approval before participating in the event.
- I understand that the WaterAid Winter Dip is not a race; it is a non-competitive, non-timed event. I am advised not to jump in and am not encouraged to swim lengths or stay in the water for any extended period of time. I accept that there is a risk of injury to me or others when undertaking such activities.
- I acknowledge that I am participating in this event at my own risk and that WaterAid, the sponsors or supporters of the event cannot be held liable for any injury, accident, loss, damage or public liability caused or sustained before, during, or after the event, as a result of my participation.
- I understand that I am responsible for my own safety and my own actions (including the safety of my possessions) whilst undertaking this challenge.
- I understand it is never safe to walk on or swim in bodies of water that have frozen over.

Safety Advice

1. Check the weather tides and currents before going for a dip – even if it's your chosen dip-day and you really want to get in the water, make sure it's safe to do so before you head on in.
2. Choose a lifeguarded or managed swim spot if you can (there will be organised and manned festive dips organised up and down the country, try to find your nearest)
3. Make sure you acclimatise to cooler water temperatures. Cold water shock can be deadly, so enter the water slowly and allow time for your body to get used to the cold. Never jump or dive straight in.
4. Have the right equipment – you might want to think about wearing a wetsuit and a brightly coloured swim cap or a woolly hat to keep your head warm and your visibility high.
5. Bring lots of dry layers and warm drinks to warm up safely after your dip to avoid afterdrop or hypothermia.
6. It is never safe to walk on or swim in bodies of water that have frozen over. Ensure you seek a safe and preferably managed venue to dip in
7. If you don't feel safe, or you've changed your mind, don't dip. It's important you feel confident and safe before dipping – your safety comes first.
8. Make sure you're informed, take a look at some of the safety advice shared by the experts including, [Outdoor Swimmer – All you need to know about cold water swimming](#)

For our full safety guidance please see our website www.wateraid.org/uk/winter-dip