

Water Safety Information!

This cold water dip is undertaken at your own risk. Please follow all safety advice and guidance.

Before Your Dip



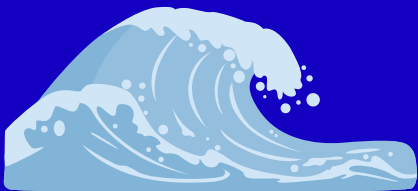
- Check weather, tides, and sea conditions
- Always dip with others – no solo dipping
- Tell someone your plans and bring a charged phone
- Wear suitable footwear and warm clothing for afterwards
- Don't dip if unwell; seek advice if you have heart/health conditions

Clothing & Kit



- Swimming costume/wetsuit
- Wool hat/beanie
- Neoprene gloves, boots & hood
- Bright hat for swim visibility
- Dryrobe/large swim towel
- Warm drink

Entering the Water



- Enter slowly to avoid cold water shock
- Breathe steadily, stay at waist depth until acclimatised
- Avoid diving or jumping
- If overwhelmed - Float to Live and signal for help
- Beginners: aim for 30 seconds to 2 minutes only

After Your Dip



- Get dry and dressed immediately
- Put on warm layers and have a hot drink
- Watch for signs of afterdrop (shivering, confusion or slurred speech)
- Seek first aid if needed