

**Douglas New Year Day Dip
January 1st 2023 at 10am**

Participant Number: allocated at "Sign On"	Officials Initials
---	-------------------------------

Breast Cancer Now IOM ("the charity") | Douglas New Year Day Dip ("the event")

Safety Code, Conduct and Waiver Disclaimer Form

I (full name)

Of (full address)

Email address

Emergency contact (name and number)

Please state any medical conditions we should be aware of

Have read, understood and accepted the rules and instructions set out on the Official Entry Form and agree to abide by them at all times.

I confirm that I have read and agree to follow and abide by all rules and instructions from the Event organisers and will only enter the water within the times authorised by the organisers.

I also accept and acknowledge that the Event and open water swimming generally involves an element of inherent risk including the potential for serious personal injury and property loss. In the event of injury, accident, loss or damage suffered will not make, the Charity or any other persons involved in the organisation of the Event accountable for any injury, loss to property or death which may occur as a result of my participation howsoever it may be caused.

I waive, release and discharge the Charity or any other persons involved in the organisation of the Event and I will not make any claim against them.

I take part at my own risk and certify that I am physically fit and capable to do so and have no pre-existing medical conditions that would affect me participating in the Event and / or swimming in open water generally.

Signed _____

Date _____

To ensure a safe and fun event, this form should be fully completed in advance and brought to the 'Sign on' point on Queen's Promenade, Douglas (opposite the Queen's Hotel) prior to the Dip on Saturday 1st January 2023 from 9.30am, where a number will be allocated. All participants must have a number.

Rules – Please retain for reference

1. The Dip will take place on Queen’s Promenade Douglas, opposite the Queens Hotel at 10am on Saturday 1st January 2023.
2. All participants must hand in their fully completed entry forms at the “Sign On” point on the Promenade opposite the Queens, where they will be issued with a Numbered Wristband, which, for safety reasons, must be worn at all times. Only numbered participants will be deemed to participate in the Dip.
3. The beach will be inspected in the morning of the event to identify any special circumstances and these will be covered at the pre dip briefing. The area to be used by dippers will be clearly marked out and indicated at the briefing.
4. **There will be a full briefing at 9.55pm** on the beach where specific instructions for the Dip will be given. All participants must be present, having already signed on and obtained and attached a number. All spectators to remain on promenade until this has been completed.
5. For your safety, you must indicate on the entry form if there are any medical conditions we should be aware of. Given prevailing temperature and weather on the day, if you are in any doubt about medical condition or illness precluding you from taking part, for your safety we’d prefer that you supported the Dip from the beach instead.
6. The event will be Marshalled. All Marshals will be wearing high visibility vests. In the event of any problems at all, please alert the nearest marshal.
7. A “First Aid” and “Emergency Equipment” point will be manned at all times. In the event of any difficulties please alert the nearest marshal to arrange assistance.
8. Dippers should wear “sea friendly” footwear for this event.
9. Life Guards will be present in the sea and they are there for your safety.
10. Please ensure that anyone helping or supporting you is advised to park safely and considerately and to take care when crossing the promenade.
11. Anyone under 16 must have completed an entry form, have a numbered tag and be accompanied by a responsible adult before entering the sea.
12. Please ensure that participant’s belongings and valuables are in a safe place during the event.
13. Ensure that you have warm, dry clothes available at the end, and please join us for hot drinks on conclusion.
14. Weather conditions will be assessed on the morning of the dip any update will be posted on Manx Radio and at website - www.douglasdip.com.
15. We all wish to have a successful and fun event so here’s a few extra tips to be aware of:
 - Cold temperatures can dull senses, so have fun but please don’t take risks
 - Be aware of rocks, slippery surfaces and trip hazards lurking under the surface
 - This is not a race it is a fun event for charity