

- Each Dipper must be able to enter the sea unaided or be accompanied by a responsible carer who assumes full responsibility for their safety and well-being prior to, and during the event.
- The event organiser will advise you of the course on the day and you will only be directed into ankle-deep water.
- Alcohol must not be consumed at any time during the event, or by any Dipper in the day leading up to the race.
- Each entrant must remember that this is a fun event attended by families. There must be no throwing of objects or liquids, or use of foul or offensive language. Appropriate modest dress/swimwear must be worn. Behaviour deemed to be inappropriate may result in expulsion from the event.
- Marshals and First Aiders will be on the beach throughout the event. If you get into any difficulty, please raise your hand. The instructions of Marshals and other Officials must be followed.
- If a Dipper is asked to assist with a situation, this request must be obeyed. There will be a Dippers' Briefing prior to them entering the sea.
- An area of the beach will be cordoned off for the safety of both participants and spectators and must be observed. Any entry onto the beach or into the sea outside of the designated area will be deemed to be not part of the event.

Declaration:

I confirm that I have read and will abide by all the conditions detailed above and have considered all additional risks associated with my entry into the event. I accept that participation in the event is entirely at my own risk and that I know of no personal medical conditions which may put me or others at additional risk as a result of me participating in the event. I also confirm that, in compliance with the General Data Protection Regulation 2018 (as detailed in the company Privacy Notice) I agree to my details and those of my next of kin being recorded and stored for the duration of the above event or for as long as there is a legal basis for their retention. I understand and agree that photographs and/or video of the event may be used in future publicity.

I will not make any claim against the organisers for damages relating to any loss (including any claim for personal injury) that I may suffer as a result of my participation save in the event of any claim for personal injury which is caused solely by the negligence and/or breach of duty of the organisers.

I fully indemnify the organisers should any loss be suffered by any third party (including any claim for personal injury) as a result of my negligence and/or other breach of duty.

Signed: _____ Print: _____ Date: _____