

Swim Dip and Dive Safety Guide

We're excited you're taking on our Swim, Dip and Dive – Swim 21 Miles in July & August. Swimming can be exhilarating and a lot of fun when done safely but please ensure you take the time to read our important safety guidance below before planning your dip. We highly recommend you choose an indoor pool with lifeguards for this challenge.

1. Health Conditions:

If you have any underlying health conditions or any other medical conditions that might be affected by exposure to cold water, or if you are pregnant, then please seek medical advice before signing up and taking on the challenge.

2. Don't go alone:

Going with someone else is much more fun. Whether they are staying dry or coming in with you, it's much safer than doing it alone.

3. Choosing your location:

We would strongly recommend you undertake this challenge by choosing a local swimming pool, lido or safe swimming location that has lifeguards.

4. Wear the correct kit:

Make sure you take the right kit with you to keep warm and safe. If this is an outdoor pool, you may need to consider the following kit:

- Wetsuit, hat, neoprene gloves and boots, to keep warm.
- Bright colours so you can be seen.
- Take a float if you have one.
- Plenty of warm clothes and hot drinks for after your swim.

5. Warm up after your swim:

It's important to warm up carefully after your swim. Please make sure you have plenty of warm clothes and hot drinks for afterwards.

6. What to do if you get into difficulty:

If you are feeling very cold, disorientated or dizzy please seek help immediately. If you experience cold water shock or fall into the water fight your instinct to swim until the cold-water shock passes; relax and

float on your back until you can control your breathing and call for help! If tired or in difficulty remember to roll on to your back to rest, hold on to something that floats, signal for help.

You can find more information here: [Know the risks](#) (rnli.org) and [here Float To Live – What To Do In An Emergency – RNLI](#)

7. Enter water safely:

When entering water, allow yourself time to acclimatise by entering slowly. Do not jump in. Never go beyond your comfort zone or out of your depth. Please take the time to read about the dangers of after shock here: [Cold Water Shock – Water Safety Tips – Know The Risks](#) (rnli.org)

8: Under the influence:

Do not take on this challenge whilst under the influence of alcohol and/or drugs.

9: Be Safe, have fun:

Make sure you are prepared for the day and then go out and enjoy it! Remember, plan your swim, get the right gear, don't do your swim alone and know your limits.

Event Terms & Conditions

By signing up for this challenge you will be confirming that you have read the safety guidance, that you are over the age of 16 (if under 16 you will sign up and be accompanied by an adult) and that you are physically fit and in good health to safely take part in this challenge. That you have no known condition that may affect your ability to take on this challenge or that could cause a risk of danger to myself or others. You must understand that you are 100% responsible for choosing a safe location for your challenge and that you acknowledge that you are taking part in this event at your own risk and that Cystic Fibrosis Trust, 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 your participation. You need to understand that you are responsible for your own safety and your own actions (including the safety of your possessions) whilst undertaking this challenge.