

The Cold Water Challenge Terms and Conditions

By registering for the Dip A Day May Challenge, you agree to our Terms and Conditions below:

I means you, the person taking part.

The Event means the Hospice Dip A Day May Challenge

The Event

- I acknowledge that the Dip A Day Challenge is a virtual fundraising event organised by Hospice of the Valleys (Charity Number 517724)
- I understand that the event is £5.00 to enter.
- I understand that the event is non-competitive and non-timed and is fully adaptable to myself and my ability.
- I understand that Hospice of the Valleys cannot be held liable for any changes made to the event for safety reasons, or as otherwise planned through circumstances beyond their control.

Registering for the Cold Water Challenge

- I understand that I must be 18 years of age or over to participate in the Dip A Day May Challenge.
- If someone under the age of 18 would like to take on the challenge with a participating adult, then the adult accepts full responsibility for that individual's safety.
- I understand that the signing-up process requires the creation of a Facebook or Just Giving fundraiser and registration through an online registration platform.
- The data Hospice of the Valleys gather and hold is managed in accordance with GDPR and DPA (2018) and as such the Hospice will only use the information provided for the specific purpose for which it was provided. Our [Privacy Policy](#) can be found on our website, www.hospiceofthevalleys.org.uk.

- By entering the event, you agree for the Hospice to communicate with you pre and post event to share with you all event relevant information. This will be via but not limited to email and SMS. You can Opt Out at any time by contacting the Hospice on fundraising@hospiceofthevalleys.com.

Fundraising

When fundraising for Hospice of the Valleys;

- I understand that all sponsorship forms and monies should be forwarded to Hospice of the Valleys and will be payable in GBP sterling.
- I also pledge to raise the minimum amount of sponsorship and only those who raise this amount by the allocated date will be entered into the prize draw and receive incentive gift if sponsorship met.
- Information on how to pay in fundraising monies will be communicated to supporters.

Event risks

- I understand that the Dip A Day May Challenge is a do-it-yourself challenge involving cold water.
- I understand that I am not required to complete a cold water dip in order to complete the challenge and that I am able to complete the challenge by other means such as by taking a cold shower.
- I understand that should I choose to take on the challenge by cold water dip this involves immersion in or exposure to cold water.
- I understand that taking part in the Dip A Day May Challenge, particularly via cold water dip, is a hazardous activity with potential risk of Hypothermia, Sudden Immersion Syndrome (SIS) or Cold Water Shock.

- I understand that by taking on the Dip A Day May Challenge I understand and voluntarily accept the risks associated with this event.

Medical Conditions & Liability

- By registering I confirm that I am physically fit and in good health to safely take part in the Dip A Day May Challenge.
- By registering I confirm that I have no known condition that would affect my ability to safely complete the challenge or would cause a risk to myself or others.
- I understand that if I am undertaking a cold water dip, I am fully responsible for selecting a safe location to dip/swim.
- By taking on the challenge, I agree that I have read the safety guidance and terms and conditions provided.
- I understand that it is my responsibility to monitor my condition before, during and after the event, and will stop if my continued participation could create a risk to myself or others, or if I am advised to stop by professionals.
- I understand that the Hospice of the Valleys recommends that I obtain my doctor's approval before participating in this event.
- I acknowledge that I am participating in this event at my own risk and that the Hospice of the Valleys, my sponsors, or supporters of the event cannot be held liable for any injury, accident, loss, damage, death 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.

Safety advice

- I accept that I have read and understood the safety guidance provided by the Hospice of the Valleys in relation to this challenge and that I appreciate the risks involved in the Dip A Day May Challenge.
- [Hospice Dip A Day May Guidance](#)