

North London Hospice's terms and conditions for Cold Water Dip 2027

By taking part in the Cold Water Dip you agree to the terms and conditions below which is required by law under the fundraising regulator.

1. I confirm that I will be over the age of 16 on the day of the event. If I am under the age of 18, I understand I must have a guardian's written permission to participate.
2. I acknowledge that I am taking part in the Cold Water Dip at my own risk and North London Hospice cannot accept liability for any loss or damage to personal property, fundraising income or injury.
3. I confirm I am in good health and physically fit enough to safely take part. I understand that I must seek medical advice from my GP if I am in any doubt as to my physical ability to participate in the event and that I will be responsible for my own medical conditions.
4. I understand that the registration fee is completely non-refundable and does not contribute towards my fundraising target.
5. I will use my best endeavours to raise money for North London Hospice in connection with my participation in the event and aim to raise a minimum of £85.
6. I will ask all sponsors (unless they are donating via my online sponsorship page) to complete a sponsorship form which will include an option for sponsors to ensure their donation also attracts gift aid and I understand that I must only use the sponsorship form(s) provided by North London Hospice. I understand that Gift Aid does not count towards my fundraising target.
7. I understand and will make clear to all sponsors that sponsorship money is given by way of donation. If I fail to take part in, or withdraw from, the event, any sponsorship collected will be refunded to the donor or gifted to North London Hospice.
8. Any fundraising I undertake in connection with my participation in the event will be for North London Hospice only. I understand that all fundraising must be paid directly to North London Hospice within one calendar month of the event.
9. I understand I must follow North London Hospices procedure for use of fundraising materials, and I will acquire the relevant licensing for collections or events I may hold. All fundraising material must be return to North London Hospice after use.
10. I will immediately inform North London Hospice if anything happens which puts my participation in doubt.
11. I have provided North London Hospice with the correct information. For more information on data, please refer to our [privacy policy](#).
12. I will not do anything to bring North London Hospice into disrepute. If I do so, North London Hospice has the right to withdraw my place.
13. I give permission for the free use of any pictures or video footage taken by North London Hospice on the day for promotional advertising or other uses as deemed appropriate.

Safety Information

- The water at Parliament Hill Lido is likely to be around 3-8 degrees.
- **If you have an underlying medical condition** including, but not limited to, any heart condition, low/high/erratic blood pressure, any respiratory condition, epilepsy or if you are pregnant you should seek medical advice before taking on this challenge.
- **Do not take part on the day if** you have a fever or chest infection, or if you have experienced diarrhoea / vomiting within the preceding 48 hours.
- You need to ensure you are properly fuelled on the day, so please don't skip breakfast, and we strongly advise you **not to drink alcohol** the night before or on the day of the event. Alcohol lowers your body temperature, slows your reaction times and impairs your judgement. A hangover also makes getting into cold water more difficult.
- Getting into cold water can cause your body to react with 'cold water shock', which increases your breathing and heart rate as you enter the water. It can lead to a gasp response. **Swim gently at first to acclimatise.**
- There are risks associated with cold water immersion; these include increased risk of cramp, initial hyperventilation and a spike in blood pressure due to cold water shock, weakness in the limbs and reduced coordination. Any risks will also be reduced by respecting the judgement of the coaches and volunteers, and **following their instructions at all times** throughout the experience. If they are at all concerned about you, they will ask you to get out of the water.
- **Don't push yourself to stay in the water** for longer than you are comfortable. This is not a swimming challenge, but instead a short dip and immersion challenge. You'll be able to stay in the water for only a few minutes, but that will certainly be long enough!
- We strongly recommend you **practice** before the event, to get yourself ready for the experience. Cold showers can be helpful.
- After getting out the water, **warm up slowly**. Do not go straight into a hot shower. Please bring warm clothing to get changed into after the challenge.
- You will be required to fill out a medical form ahead of the event. This is compulsory. In the very unlikely event you suffer a medical event and lose consciousness, we need the medical form to pass on to an ambulance crew if that is required. All medical forms will be securely destroyed immediately after the event. Nobody will be reading your medical form unless medical intervention is required.
- While we at North London Hospice, in conjunction with Parliament Hill Lido, take every reasonable step to minimise and manage risk, it cannot be entirely eradicated in an event such as this. We rely on you taking responsibility for yourself, and cooperating with us, to help manage the risks involved.

I confirm I have read all the above sections marked Terms and Conditions and Safety Information, and I understand and agree to be bound to those terms and conditions and to comply fully with the same.

North London Hospice recommends all participants keep a copy of the terms and conditions safe to refer to after registering for the event.