

To participate in this event, please complete, sign and return this pack by Saturday 22nd Dec 2018, including your £5 (non-refundable) entry fee to:

Southend RNLI Boxing Day Dip, C/O 149 Victoria Road, Southend on Sea, Essex, SS1 2TD

Name: _____

Address: _____

Postcode: _____

Telephone: _____ Date of Birth: _____

E-mail: _____

Emergency Contact Name: _____ Relation: _____

Emergency Contact Number: _____

How did you find out about the event?: _____

How would you like to receive your information pack?: Post Email

This is a non-swimming event - a dip in the sea only. Please make your way in and out of the sea sensibly, avoiding other participants. Entry into the sea may be staggered depending on number of participants.

Safety Questions (please tick as appropriate):

1. Do you have any medical conditions or concerns about your fitness which you feel will affect your safe participation in this event? Yes No

If yes, please detail your conditions / concerns _____

2. Under normal swimming conditions would you have any difficulty swimming at least 50 metres? Yes No

Information:

- Please do not leave valuables unattended.
- Fancy Dress is optional – before entering the water you are instructed not to wear any head-gear or head costume. Please take into consideration, that your outfit will absorb water and make it difficult to manoeuvre.
- Please stay within your depth.

Payment

Please tick method of payment you have used.

Bank Transfer (PLEASE MAKE SURE YOU USE THE REFERENCE PROVIDED):

Account No: 93032671

Sort Code: 20 – 68 - 79

Account Name: RNLI Direct Credit FR Acc

Bank: Barclays

Reference: BA280 - SURNAME [Please state as much of your surname as possible if limited by characters]

Cheque:

Please address cheque to 'RNLI' and post to Southend RNLI Boxing Day Dip, C/O 149 Victoria Road, Southend on Sea, Essex, SS1 2TD. Please write your full name on the reverse

Cash (hand delivered only – no acceptance of missing cash sent through postal system):

Hand deliver to: Southend RNLI Boxing Day Dip, C/O 149 Victoria Road, Southend on Sea, Essex, SS1 2TD.

Please read the Conditions of Entry on the following pages. Once you have done this, you will need to sign the Declaration on the last page. Failure to sign will result in your application being rejected.

Southend RNLI (Activity Base) Boxing Day Dip Conditions of Entry

Anyone taking part in a Southend RNLI (Activity Base) Boxing Day Dip must agree to the following Conditions of Entry. By signing up for the event, you are confirming you agree to the below:

1. General

- a. You must be at least 12 or over to participate in the Boxing Day Dip. Those under the age of 18, must have their Entry Form signed by a Parent or Guardian over the age of 18. For those under the age of 18, a parent/guardian (over 18), must be present throughout the entire event.
- b. Southend RNLI (Activity Base) reserve the right to remove a participant from the event if we believe you to be a danger to yourselves or others.
- c. Entries are accepted on condition that the individuals concerned, accept the following statement "I acknowledge that participating in this event may involve a real risk of serious injury or even death from various causes including; over exertion, dehydration and accidents with other participants, spectators or road users".
- d. All participants take part at their own risk. Southend RNLI (Activity Base) is unable to accept liability for any loss or damage, however arising, or for cancellation of the event for any reason outside its control. Registration fees will only be refundable should Southend RNLI (Activity Base) pull out of the event.
- e. All transfers to and from the venue are at the participant's own expense.
- f. Suitable footwear and clothing should be worn. Please do consider that when clothing is wet, it becomes increasingly heavy and will impede your ability to move.
- g. Southend RNLI (Activity Base) may, at their sole discretion, withdraw places from the challenge if it is in their best interests to do so.
- h. Any children under the age of 18 that are on site visiting remain the responsibility of their parent/guardian and must be supervised at all times.
- i. Southend RNLI (Activity Base) will do everything on the day to ensure the event runs to time however we will not be liable for any delays.

2. Medical/Fitness (you must meet the following criteria to undertake the dip)

- a. Cold water dipping is a strenuous exercise. If, before the event, you have any doubt whether you are medically fit enough to take part, you should undertake a medical check-up.
- b. If you suffer from a medical condition, disability or have any reason to doubt your fitness to participate, we advise you consult your doctor beforehand.
- c. Anyone suffering from a medical condition or disability are required to declare it to Southend RNLI (Activity Base) before undertaking the dip and must produce a doctor's note confirming that they are fit enough to take part in the dip.

3. Entry Fee & Sponsorship

- a. In return for a guaranteed place on the Southend RNLI (Activity Base) Boxing Day Dip, you must pay Southend RNLI (Activity Base) a non-refundable registration fee. Registrations will be charged at £5 per person, (regardless of age).
- b. It is each competitor's responsibility to ensure that their emergency contact details are correct on the registration form. Please email admin@southendlifeboat.co.uk or call 07517 979 350, should you need to update your emergency contact details.
- c. For those entering, sponsorship must be paid to Southend RNLI (Activity Base) within 21 days of the Boxing Day Dip (16th Jan 2019).
- d. You must make it clear to all prospective sponsors that all the money raised is in aid of Southend RNLI and will be used in the running and operation of Southend RNLI Lifeboat Station.
- e. Should you not be able to take up your place all sponsorship monies should be returned to your sponsors (or, if they agree, given as a donation to Southend RNLI).
- f. All funds raised in aid of the RNLI must be paid as soon as practical to Southend RNLI (Activity Base), with any cheques being made out to the "RNLI".
- g. There is no minimum sponsorship level, however we would like to remind you the RNLI is fully reliant on donations and sponsorship therefore your contributions through sponsorship are very much appreciated.

4. The Dip

- a. The dip will take place in most weather conditions other than high winds, big seas, lightning, heavy snow, ice or extreme weather conditions, which we reasonably believe, make it unsafe to participate in the event. Refunds will not be issued where the event continues and you are dissatisfied with the weather conditions and choose not to enter.
- b. During the event, you will not be permitted to wear any loose items that could implicate your movement once in the sea.

- c. Fancy dress is permitted in certain circumstances. However, please consider that once wet, clothing will absorb the water and become heavier, which will limit your ability to move. No items are allowed to cover the head – wet suits are allowed. We reserve the right to ask you to remove any item we deem unsafe.
- d. We strongly recommend you wear suitable footwear such as old trainers or beach shoes. The beach is rather stony and may cause discomfort, when entering and exiting the sea.
- e. Participants will be given no longer than 10 minutes once they have entered the sea before exiting. Necessary measures will be taken if you do not comply.

5. Arrival Time

- a. We suggest you arrive from 11:45 and present yourself at the Admin Tent where you will be signed up and given a wristband. Wristbands are to be worn at all times and not removed until after the event has officially finished and you are outside the event arena.

6. Declaration & Waiver

- a. You will be required to sign a declaration or waiver prior to your dip. You must sign this on your own behalf if over 18, and by a parent/guardian (over 18), if you are under 18. Failure to do so will result in you not being able to take part and no refund will be given.

7. Photography & Recording

- a. By entering the Southend RNLI (Activity Base) Boxing Day Dip, you give your express consent to all CCTV filming and to your photograph being taken and your dip being filmed by us or on our behalf by our contractors and to your actual or simulated likeness being included with any film, photograph, audio and /or audio visual recording.
- b. You further hereby agree that any footage may be used by us or our contractors in any and all media for any purpose at any time throughout the world including use in commercial distribution or use for commercial or promotional purposes or the display of all such footage within the retail/photography area of the RNLI without any compensation to you. Such use may include, without limitation, the production of photographs and/or video for the purchase by the participants without payment or compensation to you.
- c. The copyright of all such footage shall be owned by the RNLI and may only be used or reproduced by you if you purchase such footage and only for private and domestic purposes and not for any commercial purposes.

8. Refund and Cancellations

- a. In the event of cancellation, Southend RNLI Activity Base will confirm whether the event is cancelled by Email, Facebook, Twitter and on the Website by 09:00 on the morning of 26th December 2018.
- b. Should the Southend RNLI Boxing Day Dip have to be cancelled due to circumstances out of our control, including but not limited to, adverse weather, adverse tidal conditions, acts of god, war, strikes or labor disputes, government orders or any other force majeure event, the entry fee will not be returned. This will be used to cover the costs of the event, with any additional income being donated to Southend RNLI.
- c. Participants will not be refunded where:
Admission had been refused, you have been ejected and/or the Dip has been cancelled due to:
 - Your acts or omissions,
 - Your failure to adhere to or meet the requirements set out in the terms and conditions,
 - Breach of the terms and conditions or your failure to adhere to the safety rules and policies given to you by our support team,
 - You are late to the Dip,
 - You having special access requirements of which you failed to notify us in advance and we are unable to accommodate your requirements on the day of your visit or that we reasonably believe that to allow you to participate would jeopardise your health and safety or that of other participants,
 - You decide you do not wish to participate in the dip due to the weather, where the event will still continue,
 - You change your mind about taking part in the dip once you've arrived,
 - Any other grounds where we have previously set out that a refund will not be made.

Fundraising agreement

In fundraising for Southend RNLI (Activity Base) you agree:

1. To obtain and pay all monies pledged through your efforts to Southend RNLI (Activity Base).
2. To tell sponsors that the money raised benefits the RNLI [locally at Southend and Nationally] (a registered charity).
3. That the registration fee will not be refunded if you do not participate in or complete the event.
4. To ask sponsors to send their monies directly to you, not Southend RNLI (Activity Base).
5. To keep the names of your sponsors (we may ask for their details).
6. To make it clear that you are not an employee of the RNLI.
7. Not to reproduce the RNLI logo without permission.
8. Not to collect sponsorship in a private place without first obtaining the permission of the owner.
9. Not to collect sponsorship in a public place without first obtaining the appropriate collector's license from the local authority.
10. Not to do anything to bring Southend RNLI's name into disrepute.

Declaration

I understand, acknowledge and accept that that there are risks and dangers inherent in participating in the above event and I do so entirely at my own risk.

In consideration of the Royal National Lifeboat Institution ("the Institution") permitting me to participate in this event, I expressly and voluntarily release the Institution, its officers, employees and agents from any and all liability (to the extent permitted by law) from any loss, injury or damage suffered in relation to my attendance and participation at the event or costs, including legal fees, associated with or arising from my participation in the event caused in any way other than through acts of negligence or wilful default on the part of the Institution.

I acknowledge that I have read this Waiver/Release Agreement and the Conditions of Entry that I understand the words and language in it. I have been advised of the potential dangers incidental to participating in this event and confirm that I am not aware of any medical condition or impairment that may be detrimental to my health if I participate in this event. In the event that I become aware of a medical condition or impairment or am otherwise ill or injured prior to the event, I will withdraw from the event.

I acknowledge that participating in this event may involve a real risk of serious injury or even death from various causes including (but not limited to); hypothermia, over exertion, dehydration and accidents with other participants, spectators or road users.

I can confirm I have paid my entry fee, either online or enclosed.

Signed*: _____ Date: _____

If the participant is under 18 this form **must be signed by a Parent or Guardian. Participant under 18 (please tick here)*

New RNLI Initiative - Opt In – We Need Your Tick!

As you may have heard, the RNLI has taken a new initiative when it comes to gaining permission from its supporters. It is vitally important you now choose to **OPT IN** to continue to hear about our events here at Southend RNLI.

Without your tick, we cannot communicate with you about future events!

We never give your information to any other organisations. If you **would like** to continue to receive communication from Southend RNLI (regarding future events), **please tick here.**