

 Mind Conwy

Seal Splash!



Seal Splash terms and conditions

Please carefully read the following terms, conditions and safety information. To take part in Seal Splash you must have read, understood and accepted these conditions.

Safety information about cold water swimming:

- The sea temperature in Colwyn Bay is likely to be around 4 – 8.5 degrees.
- Wetsuits are encouraged, if you have one, please wear one.
- If you have an underlying medical condition including, but not limited to, any heart condition, low / high/ erratic blood pressure, any respiratory condition 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.
- All participants must not go deep into the sea and ensure they can stand up. When you reach a point where you are unable to stand you mustn't go further.
- Like any challenge event 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. Therefore you need to get into the water slowly and never jump in. 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 lifeguards and medics, 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 sea.
- 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. Please bring warm clothing to get changed into after the challenge.
- While we at Conwy Mind, 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

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General Health and Safety:

- The minimum age to take part in the dip is 16 years old. All participants under 18 must have parental/guardian permission and always be accompanied by an adult within the water. An adult can be responsible for one under 18 only. Children are welcome to come along as spectators and cheer you on though!
- Medical Information – By registering for this event you confirm you are in good health and physically fit enough to safely take part. You must seek medical advice from your GP if you're in any doubt as to your physical ability to participate in the event. You are responsible for your own medical condition and enter at your own risk. Conwy Mind will not accept liability for any injury or loss as a result of your participation, but your statutory rights remain unaffected.
- You will be required to fill out a medical form prior to the day 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.
- Fancy dress is very much encouraged! However please make sure that your outfit is suitable for the water, avoiding anything elaborate that will become too heavy when wet.

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Liability:

- Conwy Mind shall not be liable for any injury or loss to persons or their property that might occur as a result of their participation in or attendance at the Event.
- Conwy Mind will not have a coat or bag check and therefore hold no responsibility. It is advised that you leave belongings in your car or with supporters.

General event rules:

- Given the limited number of spaces for the Event, entry fees are non-refundable. Furthermore, where we have a right to refuse your entry to the Event under these Rules, no refund will be given.
- We reserve the right to postpone and/or cancel the Event in our absolute discretion due to factors such as (but not limited to) adverse weather conditions.
- We reserve the right to refuse entry to the Event in our absolute discretion if for whatever reason we consider a person unfit to take part. We may also ask you to withdraw during the Event if we have concerns about your ability to complete it due to fitness, injury or otherwise. If you continue, you do so with the understanding that you absolve us of all and any responsibility and progress entirely at your own risk.



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Use of Personal Data:

- By providing personal data to Conwy Mind when you register for the Event, you confirm that you consent to such data being used by Conwy Mind for the purposes of organising, staging, and administering the Event.
- If you provide personal data on behalf of additional entrants, you also confirm that you have obtained their consent for such data to be used for the same purposes.
- In the case of an emergency, the Volunteers and Conwy Mind may pass any personal details provided (either when registering for the Event or otherwise) to the emergency services or health care professionals, and also use them for the purposes of contacting emergency contacts. If you provide personal details on behalf of someone else, you confirm that you have their consent for their details to be used in this way.
- Participants consent to their details (which will be obtained by medical providers if participants are treated by them at the Event) being passed to the Volunteers and to Conwy Mind. These details shall only be used for administration and health and safety purposes and to fulfil legal obligations (including those under the Reporting of Injuries, Diseases and Dangerous Occurrences Regulations 2013.) All medical details will be held on the Conwy Mind records.

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Photography/Videography:

- By taking part in the Event, all participants, volunteers and spectators agree that they are happy for their names and any video footage, stills or photographs taken of them during the Event by the Volunteers or Conwy Mind to be used by Conwy Mind to publicise the Event and for commercial and/or fundraising purposes including, but not limited to, television broadcasts, advertising, publications, marketing material, merchandise, social media, personalised direct mail, social media and other documents that may be made available to the public.
- If you wish to withdraw photograph consent, please contact event organisers prior to the event.

Sponsorship Money and Donations:

- Any monies raised in connection with the Event are held on trust for Conwy Mind and must be passed to Conwy Mind. We ask that you do this as soon as possible after the Event. You can:
 - a. Pay in your sponsorship money online on your Just Giving page; or
 - b. Send cheques made payable to " Conwy Mind" to: Conwy Mind, Unit 5253, North Wales Business Park, Abergele, Conwy, LL22 8LJ. Stating your name on the reverse.
- You have a legal responsibility to ensure that all sponsorship monies/donations received by you for the Event are paid to Conwy Mind.

If you have any questions relating to our Seal Splash terms and conditions please email nicola.jones@conwymind.org.uk