

Cold Water Safety Guidance

Please read our safety guidance to stay safe during your cold water dip challenge:

General Guidance

- If you have underlying health conditions (i.e. heart disease, asthma, lung conditions) or any other medical conditions that might be affected by exposure to cold water, or if you are pregnant, then please seek appropriate medical advice before proceeding.
- Do not take part in the challenge under the influence of drugs or alcohol.
- We do not recommend anyone under the age of 18 participate in the challenge unless supervised by an adult.
- This challenge is entirely at your own risk, so please assess your ability and safety before you participate. Family Carers Ireland shall not be liable for any injury, damage or loss to you or your property that might occur as a result of your participation.
- We strongly advise you let friends / family know about your participation in this challenge.
- We do not advise undertaking an open water swim unsupervised.
- Never go beyond your comfort zone. This is a dip challenge and not a cold water swimming challenge.
- For further reading and guidance please read the RNLI's guidance on Cold Water Shock <https://rnli.org/safety/know-the-risks/cold-water-shock> and Outdoor Swimmer's guide to temperature <https://outdoorswimmer.com/blogs/swimming-in-cold-water-a-guide-to-temperature>