

# Participants Waiver

## Sheringham New Years' Day Dip 2026

**By entering this event, you confirm and accept the terms stated below.**

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 we strongly advised you not to participate in the event. If you do so you participate at your own risk.

I the participant am desirous of participating in an open water Swimming event known as the Sheringham New Years Day Dip 2026. I have read and accept the conditions set out in the **\*\*WARNING TO ALL PARTICIPANTS\*\*** (a copy of which is printed over page) and I acknowledge that the event involves a range of risks (not limited to the risks identified below), including the risk of serious personal injury to me and that the Sheringham New Years Day Dip 2026 (Sheringham and Cromer Roundtable 149) could not be held unless all participants are willing to accept full responsibility for the consequences of these risks.

Therefore, and in consideration of the Sheringham New Years Day Dip 2026 (Sheringham and Cromer Roundtable 149) accepting me as a participant in the Sheringham New Years Day Dip, for myself, I hereby: (a) acknowledge that my participation in the event is entirely at my own risk; (b) waive, release and discharge Sheringham and Cromer Roundtable 149, its officers, stewards, organisers, members and all other participants from all claims for personal injury or death (“Claims”) and demands whatsoever, including any claim: (i) arising from the negligence of any of the Releasees during the conduct or otherwise of the event (including failure to warn of any particular risk); and (ii) arising from any act or omission before, during or after the event I also agree: (a) to accept full responsibility for my personal possessions before, during and after the event; and. (b) agree that Roundtable may publish or use any photographs of me or any member of my family taken at the event in any of the Roundtable publications, promotions or records, on the Roundtable website or in such other manner as Roundtable may from time to time decide without my prior approval or consultation with me. Any fancy dress worn into the water must not come above the top of the shoulder.



# COLD WATER SHOCK – KNOW THE RISKS, STAY SAFE

Sudden immersion in cold water can be life-threatening.  
Protect yourself and others.

## WHAT IS COLD WATER SHOCK?

Cold Water Shock occurs when you suddenly enter water below 15°C. It triggers an automatic, involuntary reaction in the body that can quickly become dangerous.



## IMMEDIATE EFFECTS (0-3 MINUTES)

- Gasp reflex – risk of inhaling water
- Hyperventilation – rapid, uncontrollable breathing
- Panic & disorientation
- Loss of breath control



## AFTER 10 MINUTES (3-10 MINUTES)

- Hypothermia risk rises sharply
- Loss of consciousness may occur
- Heart strain leading to cardiac arrest



## HOW TO REDUCE RISK

- ✓ Always wear an appropriate buoyancy aid
- ✓ Enter the water slowly, never jump straight 'in'
- ✓ Keep your airway clear
- ✓ Swim with others – never alone
- ✓ Know your limits & listen to your body

If you fall in unexpectedly.

- Stay calm
- Float on your back
- Try to control your breathing
- Signal for help



Call 999 and ask for  
Coastguard (open water)  
or Fire & Rescue (inland water)



## \*\*WARNING TO ALL PARTICIPANTS\*\*

To mitigate the risks associated with cold water shock, the RNLI and other safety bodies recommend specific precautions:

- **Enter Slowly:** Avoid diving or jumping in. Instead, enter the water gradually to allow your body time to adjust and the initial shock response to pass.
- **Stay Calm:** If you feel the effects of cold shock, fight the urge to panic. Lean back and float on your back, using your arms and legs to stay afloat until your breathing is controlled.

- **Stay Near Shore:** Remain within your depth and near the shore so you can exit the water quickly if needed.
- **Swim with Others:** Never swim alone. An organized group or a friend can provide support and call for help if necessary.
- **Limit Time:** Stay in the water for a very short time. A common rule of thumb is no longer than one minute per degree of water temperature, especially for new dippers.
- **Warm Up Quickly:** Get out of wet clothes immediately after the dip and warm up with dry, warm layers and a hot (non-alcoholic) drink.
- **Seek Advice:** If you have any health concerns, consult a GP before attempting a cold water dip.

By following safety advice from organizations like the [RNLI](#) and [HM Coastguard](#), participants can enjoy the tradition more safely.

[RNLI offers essential safety advice for cold water dippers this festive period | RNLI](#)

1. **Your participation in Sheringham New Years Day Dip, is at your own risk. Sheringham and Cromer roundtable 149 takes no responsibility for your safety or health during this event in which you participate.**
2. **You must be in reasonable health and fitness, in order to participate. Any person suffering from any medical condition must consult his/her medical adviser and follow such advice regarding participating.**
3. **Any person under the influence of or affected by alcohol, drugs, medication or other substances must not participate in the Sheringham New Years Day Dip 2026. No lifesaver, medical attendant, patrol boat, emergency assistance, first aid or other facilities is or may be present or available to assist participants.**
4. **Open sea water swimming can be a dangerous recreational activity. This event has obvious risks and particular risks of harm, including but not limited to: drowning; polluted or contaminated water can cause sickness/infection; heavy seas and dangerous water conditions can cause injury/loss of life; collision or physical contact with other swimmers or other objects can cause injury; you could suffer a heart attack, epileptic fit, collapse, severe cramp, cold water shock, hypothermia, etc; submerged rocks or other hidden objects can cause injury; bare feet can be injured whilst moving across the sand, or rocks; sand can be an unstable surface to run on and may cause injury, particularly when entering into a waterway.**
5. **Whilst all participants participate in this event at their own risk, nevertheless every participant should exercise care and courtesy to avoid accidents, collisions with or injury to other participants.**
6. **Participants wear fancy dress costumes at their own risk. Costumes and heavy materials may become waterlogged, so all fancy dress must be removed before entering the water.**

7. All fancy costumes are worn at the participants own risk. Fancy dress costumes and/or heavy materials risk becoming waterlogged and therefore all fancy dress costumes need to be removed before entry into the water.

**Do not enter this event without reading the above information warning to all participants. By entering, you verify that you are physically fit and have sought the advice of a medical practitioner regarding my participation in the Sheringham New years day dip 2026.**



Outdoor swimming society guidance



NHS Hypothermia guidance

