

The Big Dip for Bolton Hospice Medical Disclaimer & Declaration 1st March 2025

Participant Details	
Full Name	
Full Address	
Phone Number	
Email Address	
Date of Birth	
Emergency Contact Details	
Full Name	
Relationship	
Contact telephone number	
Known Medical Conditions	
Details of any known medical conditions or allergies	
Details of any medication that may be relevant in an emergency e.g. inhaler, warfarin etc.	

In recognition of the potential dangers and inherent risk associated with cold water dipping, I confirm that:

Terms of The Big Dip for Bolton Hospice	Tick to agree
I am over 18	
I have no medical conditions which would endanger myself or others taking part	
If I have one or more medical conditions, including but not limited to: heart complaints, high/low blood pressure, asthma or other chest complaints, orthopaedic issues, which could hinder my participation, I will seek advice from my GP before undertaking The Big Dip	
I will sign in and out at the start and end of the event and notify any change in emergency contact details at sign in.	
I will enter and exit the water at the designated point and only when instructed	

I will exit the lake immediately if and when asked to do so by the organisers	
If I get into difficulty, I will roll on my back & signal for rescue by raising one arm in the air	
I have read, understood and agree to the information and safety briefing document (enclosed with this document)	

Declaration

By signing this document I am certifying that all information provided is correct and that I agree to the terms of The Big Dip.

I confirm that I understand the dangers associated with cold water dips, including the potential for personal injury, death and loss or damage of property, and agree to dip at my own risk and waive liability and all rights of action against Bolton Hospice in any such event arising whilst, or consequent to, The Big Dip at Bolton Hospice on 18th February 2023. Nor will the aforementioned parties be liable for any actions of any spectators or other third parties.

Signed: Date: