



Isle Listen's Summer Splash Sea Dip – Terms and Conditions

1. Event Overview

The Summer Splash Sea Dip is a fundraising event organised by Isle Listen, taking place on Sunday 16th August at Ramsey South Beach. The event aims to raise funds for Isle Listen's mental health initiatives while encouraging wellbeing through safe, supported sea dipping.

2. Eligibility

Participants aged under 18 must have parental or guardian consent to take part, and a responsible adult in attendance for the duration of the event.

By registering, participants confirm they are physically fit and capable of participating safely in cold water.

If your physical health or fitness changes before the event, you should consult your GP before taking part.

3. Registration

Registration must be completed via the official Isle Listen event page. In some cases, on the day registration may be possible, subject to availability.

Registration fees are non-refundable except in the event of cancellation by the organisers. Refunds in the event of a cancellation must be requested within 5 working days of the cancellation notification.

Participants must sign in on arrival before taking part and attend the compulsory safety briefing.

4. Event Day Schedule

Participants should arrive promptly to allow sufficient time for registration.

10:00AM – Sign on outside the RNLI station

10:20AM – Compulsory safety briefing



10:30AM – Dip

10:45AM – Breakfast baps, refreshment, raffle

5. Safety and Conduct

All participants must follow instructions from event staff, volunteers and designated safety personnel at all times.

Participants enter the sea entirely at their own risk and should remain within the designated swimming area.

Anyone acting in a manner that puts themselves or others at risk may be asked to leave the event.

Participants must respect fellow attendees, volunteers, the local environment and surrounding area.

Littering is strictly prohibited.

Please be aware of local dog bylaws prohibiting dogs on the beach between the breakwater and lifeboat slipway.

6. Recommended Clothing and Equipment

The sea temperature is expected to be approximately 14-15°C. Participants are encouraged to bring:

- Loose, warm clothing to wear before and after the dip.
- A swimsuit or wetsuit.
- A woolly hat.
- Neoprene gloves and socks (optional).
- Beach shoes or water shoes.
- A towel or towelling robe.
- A plastic bag for wet clothing.
- A hot drink in a flask or insulated cup and a sugary snack (hot drinks and refreshments will also be available while stocks last).
- A hot water bottle to help warm up afterwards.
- Cash or a bank card should you wish to purchase raffle tickets or event merchandise.



7. Medical Information

Participants take part entirely at their own risk and are responsible for ensuring they are medically fit to participate.

Cold water immersion can place additional stress on the body. If you have any medical conditions or concerns, please seek medical advice before attending.

First aid support will be available throughout the event.

8. Cancellations and Changes

Isle Listen reserves the right to postpone, cancel or amend the event due to adverse weather, sea conditions, safety concerns, or circumstances beyond its reasonable control.

In the event of cancellation, participants will be notified as soon as reasonably possible. Any refunds or alternative arrangements will be made at the organisers' discretion.

9. Photography and Media

When registering for the Summer Splash Sea Dip, parents/guardians of under 18s will be asked for consent for Isle Listen and its partners to capture and use photographs and video footage for promotional, fundraising and marketing purposes across digital, print and broadcast media. If you choose not to provide consent, you must make your under 18 known to a member of the Isle Listen team at the start of the event, so that appropriate arrangements and guidance can be provided to ensure your preference is respected. Whilst every step will be taken to exclude them, we cannot guarantee complete exclusion.

10. Data Protection

Personal information collected during registration will be used solely for event administration, participant safety and communications relating to the Summer Splash Sea Dip, unless you have opted in to receive marketing communications.

Isle Listen will process all personal data in accordance with current data protection legislation.



11. Liability

By taking part in the event you understand and accept that the event organisers do not accept any liability of any sort for bodily injury, illness or death sustained to or by you, or loss or damage to any of your possessions.

12. Acceptance of Terms

By registering for the Summer Splash Sea Dip, you confirm that you have read, understood, and agree to these Terms and Conditions, and that you will follow all instructions provided before and during the event.