



We are very happy to be introducing the New Year's Day Dip for the second year running.

This year we're going to take the opportunity to fund-raise for Dartmouth RNLI, so it would be great to see as many of you as possible taking part or coming down to watch from the safety and ( relative ! ) warmth of the embankment.

An 'On' or 'Off' decision will be made on the morning of the swim and will be communicated as quickly as possible via both social media and club email. If you're planning to come along, remember to check both channels regularly on Sunday morning.

Tide times are much more favourable this year so **the plan is to meet on the embankment area outside the club at 12.00 and enter the water at 12.30.** The club house will be open from 11.00.

To ensure a safe event a full risk assessment has taken place and we will be

- Keeping a close eye on the forecast. We will not hesitate to cancel if weather/conditions are deemed unsuitable or unsafe
- Supervising the level at which people go in to ensure there is adequate depth of water
- Checking the steps and making sure they are not overly slippery
- Providing safety boat cover and plenty of people on shore to help people in and out of the water
- Inviting swimmers to wear a wet suit and open water tow float if they choose

A complimentary shower token, soup with bread roll and cup of mulled wine will be available after the swim for all swimmers. Please note hot showers will only be accessible an hour after the swim.

We look forward to seeing as many of you as possible on the day, but must stress again that **ALL THOSE TAKING PART DO SO AT THEIR OWN RISK.**

And finally, here's some supplementary advice from the wild swimming association which we strongly encourage all swimmers to read.

**Get dressed quickly** and into warm clothes. Immediately after swimming you may feel great as the cooled blood has not yet returned to your core. Best to wrap up warmly before it does. It's much harder to dress when you're shivering.

**Don't take a hot shower** as this will increase the rate at which cooled blood returns to the core and makes the drop faster and deeper. Cold water swimmers have been known to faint in hot showers. Wait until you've warmed up again before showering

**Don't attempt to drive** or ride a bike until your core temperature has recovered. Driving and shivering is not a good combination. If your core temperature drops too much and you become hypothermic it can also affect your cognitive abilities. Again, not good for driving.

**Drink something hot** and eat something. Shivering is a highly energy consumptive bodily function. You need to fuel it.

**Keep an eye on your fellow swimmers.** Someone who appears completely fine getting out of the water may be in trouble 10 minutes later and may need your help. Ideally come along with an on-land buddy, who will keep eyes on you in the water and be ready with a towel/dry robe the instant you get out.

**Get out of the water before you get too cold** as you will continue to get colder after swimming – give your body a margin of safety.

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