

COLD WATER IMMERSION

1. Medical questionnaire

People suffering the following conditions may not be able to participate in cold water immersion, and should seek medical clearance by a health professional prior to participating:

Please read each question carefully and check YES or NO

Heart condition	YES / NO
Stroke	YES / NO
Epilepsy	YES / NO
Cold Urticaria	YES / NO
Currently pregnant or suspected to be pregnant	YES / NO

I certify that I have answered the above questionnaire honestly.

Signature: _____

Date: _____

2. Liability Waiver

Release of Liability

Ideclare that I understand that my participation, direct or indirect, in this session does not entitle me to any legal rights or action as a result of any accident or incident that should happen during such event. I also understand that my participation in this session does not entitle me to any kind of compensation or remuneration and that by signing this document I testify that I will not under any circumstance, proceed legally against Shaftesbury Town Council, as the corporate body.

Signature: _____

Date: _____

3. Recommendations

Attire: For water temperatures at 15°C or lower, we recommend wearing swim gloves, socks, and a hat to maintain body heat.

For Beginners: If you are new to cold water swimming, we suggest wearing a wetsuit for your initial swims to acclimatize to the lower temperatures.

Below 15°C: When the water temperature falls below 15°C, it is recommended that first-time cold water swimmers stay in the shallow end of the pool, where they can touch the floor with their feet for added safety.

After your swim: Please bring a hot drink and sugary snack, and lots of warm layers to wear.