



FAQs

Registration:

- **What date is the event taking place?** Saturday 10th October 2020
- **What time is the event taking place?** 07:30 – 12:30
- **How much is it to enter to take part in The Rise Foundation Big Dip?** Dipper: €5 for 5 minutes, Frostbite: €10 for 10 minutes or Icicle: €20 for 20 minutes.

Explanation of each category:

Dipper (€5) *For those people who want to make a splash but don't want to stay in the water for too long. Here's a tip- bring a warm jacket post swim to get the heat back in that beautiful body of yours!*

Frostbite (€10) *Well look at you! A brave soul who thinks they can spend 10 mins in the Irish water without their teeth chattering. God loves a trier and you're one. Can't wait to see you on the big day.*

Icicle (€20) *You're as cold as Ice! Or at least you will be after 20 minutes in the water. Seriously though, the word "hero" is thrown around a lot these days but we can say that you're one. Anyways, we'll be there to cheer on your efforts and occasionally wipe a tear from our eye as we see you bravely battle through the time.*

- **How can I donate but, not swim?** We would be grateful if you could share the donation page link with your contacts or even on social media <https://www.idonate.ie/BigDippers> sponsorship cards are also available if required.
- **Is my registration refundable?** As this is a charity event, your registration is non-refundable, and entries are non-transferable. All proceeds go to The Rise Foundation.
- **Can I amend my distance/time?** No amendments. However, if you wish to stay in the water longer then please check-out with the time official and carry on with your own personal swim (not associated with The Rise Foundation Big Dip)

- **What do I receive with my registration?** A downloadable certificate on completion of your swim. Please re-visit the website to download your certificate on completion of The Rise Foundation Big Dip.
- **How do I confirm if I am registered?** Once you have completed your registration, you will receive a confirmation email stating all relevant information. Please note that 3 days in advance you will be sent a COVID-19 health questionnaire, please fill this in promptly. *The event itself is weather dependent and may be subject to change.*
- **What is the minimum age requirement?** Minimum age 16-years-old. However, any child who wishes to take part must be accompanied by an adult. All minors should have a consent form signed by a parent or guardian (*this will be provided by The Rise Foundation Big Dip*).
- **How can I fundraise more money for Rise Foundation in addition to my entry fee?** Please select 'Add a tip' where-by you can choose to donate various additional funds.

On the day:

- **Is there any 'bag drop' facility at The Rise Foundation Big Dip?** No. All personal belongings are left at your own risk.
- **Is there parking available?** There is pay & display parking at Killiney dart station and surrounding roads.
- **How can I volunteer?** Please email Volunteer Co-ordinator, Polly at poglily@hotmail.com to enquire about volunteering.
- **Are there any refreshments available on the event day?** There will not be refreshments available so, we recommend to bring a hot beverage eg, tea/coffee to drink after you've taken part in The Rise Foundation Big Dip.
- **How is The Rise Foundation Big Dip complying with Covid-19 health & safety guidelines?** This event will be run in full compliance with current HSE Covid-19 regulations. Please visit <https://www2.hse.ie/coronavirus/> for more information.
- **Is this event open to spectators?** We ask all spectators to be mindful of government covid-19 social distance guidelines. The event is taking place on a public beach so we ask all members of the public to consider government guidelines. Organisers are limiting spectators

although, we are aware that the beach is public. We ask that all members of the public maintain a social distance and do not come too close to the event site.

- **What do I need to bring?** Please bring warm clothing to wear after the swim, as well as your swimming togs. We advise to bring suitable clothing eg swimwear(wetsuits or togs advised), goggles, swim cap (not compulsory but advised) towel, warm clothes, long sleeved top, long trousers, woolly hat, socks and flipflops/shoes are advised to walk down to the shoreline as Killiney is a pebbled beach.
- **Are tow-floats compulsory?** Not compulsory but, advised as a caution. Spares will be provided.
- **Will the event go ahead in adverse weather?** Weather conditions will be observed by event organisers but, as it is Ireland we will go ahead in rain and suitable clothing is advised!