

## Many thanks for signing up for the 2019 Dunbar Dip!

Thank you for offering to take part in the Dunbar Dip to raise funds for WorkingRite this year's organising charity. Your support will ensure the charity can continue to provide support to young people across Scotland including East Lothian who are facing challenges and who need our support to transition into happy adulthood through work or apprenticeships.

Our programmes relies heavily on supportive local employers, we have a few in Dunbar, Thank You!

### IMPORTANT INFORMATION

Please read this information carefully so that you have a safe and enjoyable dip. The Dunbar Dip is organised by WorkingRite and local volunteers including Dunbar RNLI.

Through registering for the Dip you will be covered by Public Liability Insurance. It is your responsibility to ensure that you are properly equipped and prepared to take part in the event.

By participating in the Dunbar Dip you agree to waive any and all claims (to the extent permitted by law) that may arise from whatever cause against the Organisers, volunteers or agents for any loss, injury or damage to your personal property or yourself during the event. You should be aware of the existence of danger and that there is risk involved in this challenge.

If you have any medical conditions that may affect your participation in the event you must seek permission from your doctor before taking part.

**You are advised to wear sensible footwear and should not enter the water barefoot.**  
**No diving is permitted at the Dip for safety reasons.**

## FAQs

### What is the Dunbar Dip?

The Dunbar Dip is the chance to have a quick dip in the sea on New Year's Day to help clear away the cobwebs and help a great cause at the same time. The Dip is organised by local volunteers in honour of Dunbar resident Tom Waugh who reintroduced the Dip in 2010. The Dip is also intended to be a fundraising event and we encourage everyone who takes part to either make a donation to or raise sponsorship.

### Where will the Dunbar Dip take place?

The Dunbar Dip will take place at 1pm on the 1<sup>st</sup> of January 2019 on the East Beach, in front of Lammermuir House Care Home, entry via bottom of Woodbush, or Dunbar Golf Course Road. Please arrive at the beach car park from about 12.30pm where you will be met by the organisers. At 12.50pm we will have a short briefing for all the participants on the beach before preparing to head into the sea at 1pm.

### Can I park nearby?

There is very limited parking down by the beach, most people walk or park where they find a space as on any day in Dunbar.

### Do I have to register?

No you do not have to register, however if you don't you will not be covered by the organising charities insurance or contribute to the event happening.

### How much does it cost to register?

You do not have to pay to register. However the organising charity would appreciate a voluntary donation to help cover the costs of organising.

### Can I register and raise money for another charity or cause?

Yes of course, we encourage people to spread the love.

### How can I raise money for the Dunbar Dip?

When registering for the Dip you will receive sponsor forms from the organising charity that you can use to ask any friends and family to sponsor you (after all if you are going to get cold you might as well be sponsored for it!).

Alternatively you can set up an online fundraising page through VirginMoneyGiving and select WorkingRite as your charity.

Your friends and family can also make donations on the day.

### How do I hand in my sponsorship money?

Please bring any funds raised for the organising Charity to the Dunbar Dip. If you collect in the funds after the event you can bring them into the **Cutting Room Hair and Beauty Bar** on Dunbar High Street, or pay them directly to the charity through the website of facebook page.

Head Office: 0131 553 9395 | [info@workingrite.co.uk](mailto:info@workingrite.co.uk) | [www.workingrite.co.uk](http://www.workingrite.co.uk)  
Registered Office: Catchpell House, 4 Carpet Lane, Edinburgh, EH6 6SP

WorkingRite is a registered charity in Scotland no: SC042604 | Company no: SC343819  
Trustees: Zoe Wyatt (Chair), Vicky Di Ciacca, Susan Miller, Elsa Critchley, Kirsty Anderson, Karina Good

### **What should I wear? Can I do it in fancy dress?**

Yes you can wear fancy dress but please do bear in mind that it will be very cold and very wet so consider this when planning your costume. **You are advised to wear sensible footwear and should not enter the water barefoot. No diving is permitted at the Dip for safety reasons.**

### **Is there an age restriction?**

No, within reason. We encourage young dippers as they will be the future of the event. Most years we get a good few as young as 7 or thereabouts. If they as young and small we would encourage that they wear wetsuits.

### **Will there be changing facilities on hand?**

There are **no changing** facilities at the beach. Make sure you bring towels, warm clothes and perhaps a thermos for as soon as you get out too! People often change in their cars or just pile on the dry clothes.

### **How long will we be in the water for?**

Like many of the 'Loony dooks' and New Year Dips there is no set time that you must be in the water for. It will be cold so it is advised not to stay too long. You do not need to submerge your whole body.

### **Can people watch the Dip?**

Yes spectators are very welcome and we have the RNLI on hand to help out if anyone needs a bit of a hand getting in or out of the water.

### **My friends want to join in, can they do this?**

Yes friends are more than welcome; all they need to do is register for the Dip in the Cutting Room on the High Street in Dunbar, or just turn up if they don't want to or can't register.

### **Any further questions?**

Please contact Dennis Murphy 07495 803 403 or Alison Christie on 07551 156343.

**Thank you for your support – we look forward to seeing you at the East Beach!**