

Paddy's Day Dip 2026 – Planning Checklist

Use this list to help you prepare your dip safely.

1. Permissions & Location

- ☐ Permission confirmed for chosen location (landowner / harbour office / pool operator / local authority)
- ☐ Location risks reviewed (sea, pool, or private bath)
- ☐ Event format decided (solo / group / workplace / club)

2. People & Fitness

- ☐ All participants have self-checked they are fit to take part
- ☐ No one will enter the water under the influence of alcohol or drugs
- ☐ Under-18s will have a responsible adult present
- ☐ Written parental consent collected for any under-18s
- ☐ Lead organiser nominated and contact details shared

3. Safety on the Day

- ☐ For sea dips: tide times, currents, swell, and water temperature checked
- ☐ Shore spotters assigned if no lifeguard is present
- ☐ Numbers entering the water at one time will be limited
- ☐ Emergency access routes kept clear
- ☐ Nearest exit points from the water identified
- ☐ At least one fully charged phone available on site
- ☐ Exact location/postcode/coordinates known by someone present
- ☐ Participants reminded to bring warm clothing, towels, and quick-change options

4. First Aid & Emergency Preparedness

- ☐ Basic first aid kit available
- ☐ Someone present knows how to use the first aid kit
- ☐ Nearest AED located (if available)
- ☐ Local emergency services number known
- ☐ Emergency services will be called first in any serious situation
- ☐ Rescue attempts only made if safe to do so

5. Practical Admin

- ☐ Considered independent insurance and arranged cover if needed
- ☐ Contacted local Garda station if running a public collection or raffle
- ☐ Safe food preparation and storage planned (if serving food)
- ☐ Emergency contact details and medical notes stored securely (with consent)

6. Incident Recording

- ☐ Plan in place to record any injuries or near misses (date, time, names, brief facts)
- ☐ MKF will be notified of any incidents via the event contact email

This checklist is for your personal planning only. It is not a legal document.

You have already agreed to the full Paddy's Day Dip 2026 Waiver during registration.