

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.