

Terms of The Cold Water Therapy Workshop

Information found below is needed to mitigate risks associated with cold water swimming/dipping such as hypothermia and the dangers associated with the body's cold-water shock response.

Winter dipping provides a physical challenge whilst also proving benefits for mental health. By dipping into cold water you are taking yourself through a controlled stress, training your body to manage the drop in temperature and pulling your focus to your core which many report to feel meditative.

As well as improving mental health, there are benefits of cold water shock on the body's physiological response to exposure to cold water.

Cold Water dipping guide:

Always:

- * Acclimatise gradually by entering the water slowly and try to stay relaxed. It's important you allow your breathing to regulate before setting off.
- * Recommended - Wear earplugs which prevent cold water entering your ear canal potentially causing dizziness and nausea.
- * it's very important you warm the bodies core up as soon as you exit the water. Have lots of layers ready for when you get out of the water in the order you will be putting them back on.

Never:

- * Dip if you are feeling unwell, have been drinking alcohol the night before or are suffering from any respiratory illness.
- * Forget your inhaler if you have asthma.
- * Dive or jump into the water (acclimatise the body to the water temperature slowly and regulate your breathing as it could be affected)

By booking this workshop, I am certifying that all information provided is correct and I agree to the terms stated above. I confirm that I understand the dangers associated with open water, including the potential for personal injury, death and loss or damage of property, and agree to dip at my own risk and waive liability and all rights of action against Soul Adventures IOM.