

# Penguin Plunge



St Richard's  
Hospice  
Caring for life

## Frequently Asked Questions

### **Date, time and venue:**

Sunday 30th March, from 9am, Lenches Lakes, Evesham WR11 4UB.

### **Can anyone take part?**

Due to the nature of the event, you do need to be able to swim unaided, over the age of 18, physically fit and in good health. If you have a history of heart disease or suffer from asthma or any other health conditions, we recommend that you obtain a doctor's approval before participating in a cold-water event.

### **Do I need to have any cold water swimming experience?**

Participants are required to be able to swim a minimum of 100m, be comfortable in water out of depth and be able to tread water. Experience swimming in cold water is preferable but you will be given a briefing on what to expect. It is important to us that all swimmers are fully informed, and understand how your body may respond to cold water and what measures to take prior to, during and post-swim to look after yourself, and others and get maximum benefit from the cold water swim.

### **How cold will the water be?**

It's hard to tell how cold exactly the water will be but historically at this time of year (March) water temperatures can be between 9 and 11 degrees celsius.

### **What do I need to wear?**

All swimmers must wear a bright hat in the water – this is provided as part of your ticket price and will be available to collect on the day when you check-in. It is essential you also wear a Tow Float, these can be borrowed from the Lenches or bring your own, you will need to state this at the time of booking. You don't have to wear a wetsuit but is advised if you are not familiar with cold water swimming. Wetsuits will not be available to hire.

### **How long does the swim last?**

Everybody is different, normally people spend 10-30 minutes in the water depending on your experience. If the effects of the cold water are getting to you it's important you leave the water. You will have 45 minutes maximum.

### **How far is the swim?**

You can choose how far you swim depending on your experience and how you react to the cold water. There are loops of 50m, 100m and 200m or you can just stay in the acclimatisation zone.

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

Changing will take place lakeside, in the tented changing area or in the warm room (limited space and where the baps will be served). There are no separate changing areas for males and female.

### **Will there be lockers?**

Lenches Lakes do not have lockers, please do not bring valuable items. Use a tow float with dry bag incorporated for phones/keys/wallets, or lock valuables in car.

### **Are there showers?**

Toilets and showers are available. Showers cost £1 which provides you with hot water for up to 4 minutes. However, in the winter the Lenches discourage warm showers.

### **Will there be lifeguards?**

Yes, there will be two fully trained lifeguards on kayaks in the water with you. There will also be staff on the lookout from the jetty. Your safety is our top priority.

### **Are spectators welcome?**

Yes of course! Spectators are welcome and will be able to buy hot drinks and snacks from the Lenches.

### **Where can I park?**

There is ample free parking available at the Lenches Lakes.

### **What do I get on completion?**

On completion you will be treated to a hot drink and brunch bap – you'll be feeling peckish after your plunge! You'll also receive a certificate and get to keep your handmade woolly hat.

### **Cancellation**

St Richard's Hospice reserves the right to cancel the event due to severe weather or other exceptional circumstances. Unfortunately, we cannot offer refunds on any tickets, unless St Richard's have to cancel.

### **Do I have to raise sponsorship money?**

We suggest a fundraising target of £100. It is through sponsorship that you can make a real difference in the lives of those we support each year. To set up a page or make a donation **[please click here.](#)**

We understand some people want to take part in our events without the pressure of raising sponsorship. If you would rather leave a donation instead you can do this at the time of booking your ticket on on the Just Giving page linked above.

## Pre / Post swim from Lenches Lakes



Advice	Reasoning
Cover open wounds Do not swim if feeling unwell	To prevent microbial access to the body. If the immune system is suppressed by illness you are more susceptible to infection.
Advised not to swim wearing contact lenses	Risk in ANY water including tap water of Acanthamoeba Keratitis
Wash hands before eating or drinking after swimming (or use sterilising wipes/gels)	To reduce the risk of ingesting pathogenic microbes
Shower in fresh water at the earliest opportunity	To remove all microbes, many of which are able to survive on the skin surface for long periods
Rinse and wash all kit in fresh water before drying thoroughly – including wetsuit, goggles, swimming costume	To remove all microbes and potentially prevent toxin concentration in/on the item that can cause skin irritations and eye infections
Seek medical advice if you feel ill or develop symptoms including rashes for up to 3 weeks following your swim – highlighting that you have been swimming in open water (and where)	It can take up to 3 weeks for the symptoms of Weil's Disease to develop.

If you have any further questions please email Sofia, Events and Community Fundraising Lead [sgunster@strichards.org.uk](mailto:sgunster@strichards.org.uk).

This event is kindly supported by Lenches Lakes.

