

## Frequently Asked Questions - Dip In the Nip Charity Event 2023

Q: If I have any concerns, who do I talk to?

A: Please communicate all your concerns to your team captain. If you still have concerns, you can contact us directly at 089 95 95 976.

Q: What should I bring with me on the day?

A: Please remember to bring your registration number, ID, sponsorship cards, and donations. Additionally, bring a dressing gown, beach shoes, and a towel for drying yourself. This year, we encourage participants to consider using biodegradable accessories to protect marine life. You are allowed to wear wigs, body paint, necklaces, bangles, hats, or anything that is not clothes. Remember to bring your written tag for the wishing tree, or we can provide the tags if you have a message.

Q: Where should I go when I arrive at the hotel?

A: Upon arrival at the hotel, please make your way to the Summerville suite.

Q: What time do we meet?

A: We gather at the Citynorth Hotel between 6.45 am and 7.15 am.

Q: Do I need to bring my reg number and ID?

A: Yes, you will be asked to show your registration number and personal ID to the registration staff. Please inform them if you are using your maiden name, married name, or nickname.

Q: Do I collect anything from the ladies on the registration tables?

A: You will receive bags for your donations from the registration tables. Your team captain will collect everything else on your behalf.

Q: What do I do after I enter the function room?

A: Find your group table and group captain. The name of your group will be written on the table.

Q: What should I do with my sponsor cards?

A: Please give your sponsor cards to your team captain. Before handing them over, ensure that all details are correct, including your ID number on all materials. Then, write your name, registration number, and sponsor card numbers on the outside of a plastic bag. Make sure to include your signed registration form, sponsor cards, donations, and any written notes that will help us when tallying up your donation.

Q: Should I come dressed for the dip?

A: Some people change in the hotel, while others change at the beach. We provide a changing room on the beach.

Q: Can I wear accessories and paint my body?

A: This year, please consider using **BIODEGRADABLE ACCESSORIES**. You can bring as many accessories as you like, as long as they don't cover up your body. Feel free to paint yourself as much as you like.

Q: Will we receive any drinks at the hotel?

A: Yes, the hotel will provide some refreshments.

Q: How will we know when it's time to leave?

A: Ban Ban, our personal trainer expert, will jump up and perform a little get-in-the-mood dance routine.

Q: How do I get to the beach?

A: Buses will be arranged to transport us to the beach. You must have a wristband for access, which will be given to you at the hotel after you have signed in.

Q: Do I have to take the buses?

A: Yes, transportation to the beach will be via the arranged buses.

Q: What do I do when I arrive at the beach?

A: Upon arrival at the beach, head to the wishing tree with your wishing notes.

Q: Should I bring my own note?

A: Yes, you can bring your own note, or we can provide you with tie-on labels.

Q: What happens when it's dip time?

A: We will call your attention for a few minutes of a Zumba-style warm-up. Then, you face the sea, and we count down from 3, 2, 1. After dropping your bathrobe, stand still for 2 seconds for a rear-end group photo taken by our photographer. This photo serves as proof to all our sponsors that the dip took place. After that, run for your life!

Q: How long should I stay in the water?

A: You can choose to dip or swim for as long as you like. It's entirely up to you.

Q: What happens after the dip?

A: After the dip, head up the beach to collect your "Dip Certs" and receive your free raffle ticket. Get changed into dry clothes and enjoy some nice warm food and a cup of tea.

Q: Are there prizes?

A: Yes, we have some prize-giving and a raffle. Make sure you have your free ticket.

Q: What time do I return to the Citynorth Hotel?

A: The buses will arrive back at the hotel around 11.30 am to 11.45 am.

Q: Is the event over when we get back to the hotel?

A: Please inform us via text if you would like to stay for refreshments when you arrive back at the hotel.

Q: What if I can't make it on the day?

A: If you are unable to attend the event, please inform us through your team captain. These things happen and can be out of your control. We can make alternative arrangements with you regarding your sponsorship card and donations.