



DAFFODIL DAY



DAFFODIL DAY DIP GUIDE

HOW IT WORKS



Share your fundraiser and raise funds. Set a target to hit and let everyone know how you will brave the cold for cancer.



Pick your cold plunge location: ocean, pool, or cold shower. Spread the word about your cold dip and get fundraising.



Take a cold plunge on Daffodil Day August 21st (or any day in August). Grab your friends and family and make a big splash!

STAYING SAFE

Cold Water Safety

Even if you're an experienced cold water swimmer, it's important to approach cold swimming with caution and with a safety-first mindset.

- Enter and submerge yourself in the water slowly
- Stay close to shore and never venture too far from your entry/exit point.
- Never swim alone in cold water, always buddy up or swim with a group.
- Know your limits and listen to your body, when it says it is time to get out, get out.
- Always come prepared with warm dry clothing and extra towels. Make sure you take beanies, gloves, socks, jackets, thermals and warm drinks.

Sun Safety

Before your cold water swim, we recommend following sun protection measures described below:

- A sun safe hat – A broad-brimmed, bucket or a legionnaire-style hat.
- Sun protective clothing – Aim for a minimum of covered shoulders and sleeves that are at least elbow-length.
- Sunscreen – Apply broad spectrum SPF30 or higher sunscreen before heading outside.
- Shade – Seek shade wherever possible.
- Sunglasses – Based on Australian standards.

❄️ FAQs ABOUT YOUR DIP ❄️

What activity can I do?

Wherever you feel comfortable to brave the cold, chilly ocean or a pool. You get to choose your location. We would recommend picking somewhere local that you know well, or going with somebody else that has taken a dip in this location before for safety. If this is your first time, then you can find information about keeping safe by reading our safety guidelines.

Why is the cold water dip on Daffodil Day?

Do I need to do it on 21st August?

Daffodil Day is Cancer Council's most iconic and much-loved fundraising campaign. It's a day for Australians to give hope to those affected by all cancers by supporting Cancer Council's vision of a cancer free future. 1 in 2 Australians will be diagnosed with cancer by the age of 85. For all that cancer takes, give hope by taking a dip in cold water and fundraise for life-saving cancer research. If you can't take a dip on Daffodil Day, don't worry, you can choose any other day of your choice in August.

What if I can't complete it?

Don't worry, please let your sponsors know and jump on the Daffodil Day Dip Facebook group chat to let us know.

Do you have to be 18 to register?

Yes, this event is for over 18s only.

Can you join a Team?

Yes, teams are here this year. You will need to register individually initially, but once you have registered you will be able to join a team to complete the Dip with.

Is it safe?

Please take the time to read our safety guidance. By signing up for this challenge you are confirming that you are physically fit and in good health to safely take part in this challenge. You are responsible for choosing a safe location, you acknowledge that you are taking part in this event at your own risk and that Cancer Council NSW cannot be held liable for any injury, accident, loss, damage or public liability caused or sustained before, during or after the event, as a result of your participation.

How do I get a free swim cap?

Simply sign up to create your fundraiser and we will post you out a free Cancer Council swimming cap - while stocks last of course. Even better, if you make a self-donation of \$30 or more on registration, then we will post you out our 'fancy' cap which has pretty daffodils sewn all over it!

How do I collect donations?

Share the link to your fundraising page to receive quick and easy donations. All donations come directly to Cancer Council so you don't have to worry about admin or bank transfers.

Can people not on Facebook still donate?

Yes, they now can. We've moved from Facebook to our all-new Daffodil Day Dip website, allowing everyone to be able to donate and support you during this challenge.

Need more information?

The quickest way to get your questions answered is on our Facebook Group. Scan the QR code at the bottom of the page for quick access.

FUNDRAISING TIPS



Add your fundraiser to your story and tag #daffodildaydip



Create a post on your wall to share your dip



Share regular updates on the group and on your social pages



Invite friends to donate



Make a self donation



Encourage your friends and family to brave the cold with you!



Host a fundraiser at work



Thank your supporters

THANK YOU

By braving the cold you're helping reduce the impact of cancer on the community and lessen the burden for people affected by cancer.

Your support will help Cancer Council to:

- Conduct and fund world-class cancer research.
- Empower and support people affected by cancer.
- By making your Dip a fundraising challenge, you will have a powerful impact.



Christine - Daffodil Day Dip Team

WE'RE HERE TO HELP

The quickest way to get your questions answered is on our Facebook Group. We have a team dedicated to resolving your queries. Scan the QR code for quick access!

You can also contact us on 1300 65 65 85 or by emailing daffodildaydip@nswcc.org.au



Tackling cancer takes all of us.

We're here for all Australians affected by cancer. Call **13 11 20** for information and support.