

Hosting a Skinny Dip

A Great British Skinny Dip Factsheet

www.greatbritishskinnydip.co.uk

Skinny-dipping is hugely popular

Skinny dips already take place in a wide range of locations around the UK - from beaches, lakes and rivers, to lidos, swimming pools and leisure centres. In total, there are well over a hundred locations around Britain, offering thousands of opportunities for naked swimming throughout the year.

Why skinny dip?

By stripping off completely and immersing your body in a spacious expanse of water, many people report that they are not only shedding their clothes, but also their stresses and cares as well. The feeling of freedom is completely different to what you experience when wearing a swimsuit. The purpose of the Great British Skinny Dip is to introduce more people this most natural, relaxing, life affirming and liberating of activities, whilst also raising awareness of the health benefits it brings and busting myths about communal nudity.

Why get involved in the Great British Skinny Dip

The aim of the Great British Skinny Dip is to help people feel better about their bodies. What constitutes a 'normal' body is consistently misrepresented in the media and by advertisers. We want people to develop a healthier attitude to the naked form, by realising that a healthy body doesn't mean looking like an athlete or a catwalk model. Instead, having a healthy body is all about keeping it moving, in good working order, and learning to love your body, whatever it looks like. After all, it's only a body – we all have them and they all look mighty different!

By organising a major, national weekend-long event we hope to positively educate people to be more accepting and open about the naked form and to realise the negative impacts caused by having a shameful or ridiculing attitude towards nudity, which only exacerbates body confidence issues – one of the leading forms of low-self esteem.

Indoor swimming pools and outdoor locations such as rivers, lakes and beaches will gain many benefits by being featured on our list of venues. There would be the option for groups wishing to organise a skinny dip to hire your venue or you could organise your own event to benefit from the publicity that our event will generate. There is also the opportunity to raise money for your corporate charity or a charity of your choice as a way of demonstrating good social responsibility and community relations.

On the next page you will find answers to questions that are often asked by first time skinny dip organisers that will hopefully help you to overcome any hesitations about your venue being added to our list of Great British Skinny Dip locations.

If you are happy to participate, please email us at skinnydip@greatbritishskinnydip.co.uk and your venue will be added to the relevant list on our website.

Frequently Asked Questions

Hygiene

It is a misconception that there are any more hygiene considerations to take into account when making a pool available for costume-free swimming. Indeed the pools who already run naked swims report a lower than usual change in the water balance after the costume-free sessions due to the reduction in chemicals entering the pool due to the detergents and fabric conditions found within swimwear. It's much easier to make a naked body clean from a pre-swim shower than when wearing a costume. In spa venues across Europe it is mandatory to be naked.

Lifeguards

Some venues worry that their lifeguards will be embarrassed, or even not want to work during the session. That's rare – Naturist swims happen all around the country every week with a full complement of lifeguards who adjust to the nudity after only a few minutes. Venue staff often comment on how they prefer the Naturist sessions, as the people are friendlier and easier to deal with. We are sometimes asked if staff/lifeguards have to be nude too – of course not!

Privacy

It may be deemed necessary to ensure that the pool area to be used for the skinny dip is not visible via any windows either within the venue, or from the outside. However, the Great British Skinny Dip organisers do not see obscuring views into the pool area as necessary, as there is no law stating that nudity is illegal. However, if anyone decides this is something they want, then screening is relatively easy to sort out so please see the '**Here to help**' paragraph below.

Children

Young children don't care if they are wearing clothes or not, it's adults who make them get dressed. And as children get close to puberty they are taught in school that bodies are something to be hidden away – yet it is this approach that leads to many of the insecurities people have about their perfectly normal bodies, that are around today. Scientific studies have show that children raised in Naturist families grow up with a better understanding of what people really look like and enjoy a more relaxed attitude to all kinds of things in later life. Anyone under 18 participating in the Great British Skinny Dip must be accompanied by an adult, but there is no reason to limit the session to adults – you'll be missing out on families!

Here to help

The Great British Skinny Dip is a project being run by British Naturism (the UK's national organisation for naturists since 1964). We have an experienced UK-wide team ready to answer any questions that you may have about organising a costume-free event – as we do them all the time! Please get in touch at skinnydip@greatbritishskinnydip.co.uk.

The Great British Skinny Dip is also the subject of a TV documentary and filming is already underway, so if you are interested it may be possible for your venue to be featured – which would be a huge boost to your future publicity endeavours.