



# COLD FOR A CAUSE



January 1, 2018

Willow Springs Park, Richland

28th

## Annual Polar Bear Club Plunge

*Bear in mind... Your safety is our #1 Priority*

### For the Fun of It:

- Join the dance party with DJ Jim Payne before the plunge
- Visit the Turkey Hill Road Crew to play games and win prizes
- Hang out with Frostbite, our very own mascot
- Warm-up by visiting our refreshment stand
- Have fun. Come in costume. Wear body paint
- The more the merrier, participate as a group

### Helpful Hints & Tips:

- Wear old shoes and make sure that they are secured to your feet.
- Wear an old swimsuit or clothing. Avoid wearing more clothing than necessary because the water will soak into your clothes making it difficult to change quickly.
- Bring lots of towels and blankets and have them ready for you to dry off.
- Recruit family and friends to serve as your warming committee.

### Polar Bear Plunge Official Rules and Regulations

1. NO ALCOHOL PERMITTED!
2. You must register to participate in the Plunge and sign a **Hold Harmless & Activity Release Waiver**. Waivers are handed out at the event and are to be turned in at the pavilion. Waivers may be obtained on-line and completed in advance, however, they must be turned in on the day of the event.
3. You MAY NOT enter the water without turning in a signed waiver.
4. This event is open to the general public; all persons are to enter through the gated entrance. No climbing or jumping over the fence to enter the premises.
5. Not recommended for children under the age of 10. Children should remain with an adult or guardian.
6. Participants under the age of 18 must have a parent/guardian sign their waiver.
7. Stay within the secured area while in the water at all times.
8. No walking or stepping on the dock.
9. NO DIVING!!! – Absolutely NO entering the water head first.
10. Please no pushing or shoving—we have plenty of time for every one to safely take the plunge.
11. Try to stay with your fellow Polar Bears.
12. Do NOT stay in the water longer than 3 minutes.
13. Advise the staff of Willow Springs Park and DDS of any issues or concerns as soon as possible.
14. Ambulance crews are on-sight to assist as needed.
15. SAFETY FIRST!!!