



Coney Island Polar Dip New Year's Day at 1 p.m.

(NAME)	(PHONE NUMBER)	(EMAIL ADDRESS)	
(ADDRESS)	(CITY)	(STATE)	(ZIP CODE)

Is a certified member of the CONEY ISLAND POLAR PLUNGE TEAM. All donations will be used to help Camp Sunshine, a retreat for children with life-threatening illnesses and their families. Please give generously. Donations are a significant part of making camp a reality.

***Participants: please check in one hour before the Dip.
Spectators are welcome!***

Rules and Regulations

- Participants are encouraged to raise a minimum of \$100 in pledges.
- No Pushing! All participants must enter the water of their own volition. Please do not enter the water until asked to do so.
- Participants will plunge their willing bodies into the water. The entire body must be submerged.
- No dry suits or wetsuits. Participants may smear their body with a liberal coating of bear fat. *Note: This may negatively impact your social standing.*
- No 'endurance' contests will be permitted. Participants must jump in and get out. Yelling is optional.

CONEY ISLAND POLAR DIP WAIVER

Although all precautions are taken to ensure the safety of all participants, participation in this event is at your own risk. I hereby grant full permission to any and all of the sponsors and organizers to use my name, my voice, and/or my picture in any broadcast, telecast, advertising, promotion or other account of this event for any purposes whatsoever. Camp Sunshine does not recommend the Coney Island Polar Dip for anyone with heart or medical problems and children under the age of 12. Camp Sunshine will not be responsible for any loss or damage. I, _____, agree to participate in the Coney Island Polar Dip at my own risk, and agree to hold Camp Sunshine, The Coney Island Polar Bear Club, City of New York, Staff and Event Sponsors harmless and blameless in the event of injury or death resulting from participation in this event.

Signature of Participant (or guardian if under 18)

Date