



## Virginia Polar Plunge

We're Freezin' for a Reason

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

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Is a certified member of the VIRGINIA 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 Plunge.  
Spectators are welcome!***

### Rules and Regulations

- Participants must raise a minimum of \$100 in pledges.
- Participants should wear water shoes or similar type of foot protection.
- 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.
- Prizes will be awarded to the top fundraisers and costume contest winners.

## VIRGINIA POLAR PLUNGE WAIVER

Although all precautions are taken to ensure the safety of all participants, participation in this event is at your own risk. Camp Sunshine does not recommend the Virginia Polar Plunge 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 Virginia Polar Plunge at my own risk, and agree to hold Camp Sunshine, Virginia Polar Plunge, 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*