

# "FIRST DIP" 1<sup>st</sup> ANNUAL POLAR BEAR PLUNGE

April 14th, 2013 ▪ 2 pm

All proceeds benefit the Campership Fund!  
Campfire & Cookout to follow!

*Camp Burgess Waterfront*  
*75 Stowe Road, Sandwich, MA*



## Things to Do

- Wear your Plunge attire (bathing suit) right under the outfit you wear to the event. This way you don't have to worry about changing, and can stay warm longer.
- Carpool. Parking can be crowded, so help us out by coming as a group.
- Sign in at the registration table, submit your Pledge Form and complete the Waiver when you arrive. (All participants under the age of 18 must have a parent or guardian sign a waiver. If you are coming with friends, make sure to request a Waiver via email prior to the Plunge, to complete and bring with you. Email [mhill@ssymca.org](mailto:mhill@ssymca.org)).

## What to Bring

- Another Plunger. Recruit a friend or family member, and get them to take the Plunge with you! (Those who have not raised pledges of at least \$25, may participate in the Plunge and Cookout for a donation of \$25).
- Bring along a towel, warm clothes and shoes to wear after the Plunge that are easy to put on. (We will have bathhouses available for Plunge participants to use).
- A backpack and plastic bag to keep your wet clothes separate from dry items.
- A disposable, waterproof camera to get some action shots!
- A water bottle.

## Plunge Policies

- All Plungers must adhere to all Waterfront Rules & Regulations.
- All Plungers under the age of 18 must have a Waiver signed by a parent or guardian.
- All Plungers must raise or donate a minimum of \$25 to participate.
- The Plunge festivities will go on regardless of the weather.
- Be respectful of others. Remember, we're all here for the same reason: to support the Campership Fund and to HAVE FUN!