

"FIRST DIP" 4th ANNUAL POLAR BEAR PLUNGE

Sunday, April 17th, 2016 ▪ 2:30 pm

Camp Burgess Waterfront

**All proceeds benefit the Campership Fund!
There's No Better Reason To Be Freezin'!**

Campfire & Cookout to follow!



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, if not previously submitted online. (All participants under the age of 18 must have a parent or guardian sign a waiver.

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 Camp Burgess 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!