



**WAIVER AND RELEASE:** In participating in the SSYMCA Camp Burgess & Hayward 4th Annual "First Dip" Polar Bear Plunge, I understand the nature of the event and that I and/or my minor child am in good health and proper physical condition to participate in such an activity. I understand that the Polar Bear Plunge event involves risks, primarily of getting cold, but also the possibility of injury or death; and I fully accept and assume all such risks I and/or my minor child incur as a result of participation in this activity. I hereby release, discharge, and covenant not to sue the SSYMCA, from all liability, claims, demands, losses, or damages. I have read this **RELEASE AND WAIVER OF LIABILITY**, and have signed it freely.

I also authorize the YMCA to have and use photographs or video of the child named on this form as may be needed for Camp archives or Public Relations.

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**Participant Name (Please Print)**

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**Participant Signature/ or Parent Guardian Signature (if under the age of 18)**

**Date**

Return Pledge Form and Waiver the day of the event, or prior by mail to: Camp Burgess & Hayward, attention Meghan Hill, 75 Stowe Road, Sandwich, MA 02563 – by email: [mhill@ssymca.org](mailto:mhill@ssymca.org) – by fax: 508-420-3545.