

Polar Dip Introduction:

Camp CaPella is excited to announce the annual polar dip IS HAPPENING! Participants will have three options for participating this year - Live In-Person Jumper (with COVID regulated guidelines), Virtual Jumper or Jittery Jumper.

Live In-Person Jumper will take place at camp on Saturday, February 25th beginning at 12noon. There will be COVID Guidelines in place. You **MUST** register online prior to the event and select a time frame that works best for you. The event will run and look different than it has in previous years. Everyone must wear a mask inside only and maintain 6' physical distancing at all times. There will be food and drinks and a **HOT TUB** on site! There will be no shuttle bus. Dress in layers with your swimsuit under your clothes when you arrive. Changing rooms will be available **AFTER** your dip only, so please plan accordingly.

Virtual Jumper- This is your chance to get creative and show us what you are made of! Pick any day in February that works for you. Take a cold shower. Sit in a tub of ice cubes and ice water. Roll around in a snowbank in your swimsuit. The options are limitless. Have fun, Record a video, and Share with us!!

Jittery Jumper - Afraid of the cold water? Ever said, "I'd pay **NOT** to jump"? Then this option is for you!! For a small registration fee you are paying to not endure the cold water!! Create your own fundraising page and recruit likeminded individuals. Remember that every dollar raised helps send individuals with disabilities to camp, and we can all find a way to make that happen!

Registration Waiver:

Rules and Regulations

- Participants must 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 dip their willing bodies into the water. The entire body must be submerged.
- No dry suits or wet suits. 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.

POLAR DIP WAIVER

Although precautions are taken to ensure the safety of all participants, participation in this event is at your own risk. Camp CaPella does not recommend the Polar Dip for anyone with heart or medical problems and children under the age of 12, without parental permission. Camp CaPella will **not** be responsible for any bodily injury or any loss or damage of any kind.

To the fullest extent permitted by law, the participant agrees at their own cost to defend, indemnify and hold harmless Camp CaPella, its officers, directors, agents, representatives, managers, employees and affiliates from and against any and all claims, suits, liens, judgments, damages, losses and expenses including reasonable attorney fees and legal expenses and costs arising in whole or in part and in manner from the acts, omissions breach or default of participant, in connection with their participation in this event. This agreement is continuous until terminate by either party with written notice.

Participant Email:

Thank you for registering for the 2021 Camp CaPella Polar Dip!! We really appreciate your support. This annual event has been a critical fundraising effort for our campers. Many of our campers are unable to pay to attend camp and yet, Camp CaPella maintains a policy that NO camper is turned away based on ability to pay. This is why **YOU** are so important to us! Every dollar you raise, goes directly to our campership program allowing **EVERYONE** the opportunity to attend summer camp! We cannot thank you enough for making this possible.

Don't forget to create your personal fundraising page and share with your family and friends. You can share via email, social media and more!

We have decided to offer the polar dip in three ways this year - Live In Person Jumper, Virtual Jumper, or Jittery Jumper. Please read further for guidelines and recommendations on how to make this event successful for everyone involved, while also keeping everyone safe and healthy.

Live In Person Jumper: If you have selected this option, then you also selected a time frame that works best for you. It is critical you arrive during this time frame. Parking will be limited. The selected time frame also allows us to maintain 6' physical distance guidelines which **MUST** be adhered to during the event. Be prepared to provide a name and phone number for contact tracing. Everyone **MUST** wear a mask/face shield inside and maintain 6' distance at all times. You will not be allowed to change prior to the event, so please wear your swimsuit/shorts/etc. under the clothes you wear to the event. If you choose too, the hot tub will be running! Also Bon Fires will be available to warm up. Food and Drink will be provided at the Lodge. There will be several heated changing spaces in the lodge.

Virtual Jumper – Second Year of the virtual jumper option! We are very excited to add this option to our event. Going virtual allows you to get super creative and show us what you are made of!! Pick any day in the month of February for your virtual version of a polar dip. Your virtual polar dip could be soaking in a kiddie pool filled with ice cubes and water, rolling around in the snow in your swimsuit/shorts, taking a cold bath or shower, running under a sprinkler in the snow, or even popping a water balloon of ice water over your head. The more creative your virtual polar dip, the more fun it will be (and maybe a special prize to the most creative). Don't forget to record a video and share with us, tag us on social media and more!

***Please Use Caution:** Cold/freezing/frozen water can present dangers (obvious and not-so-obvious dangers) and can be a risk to people of any age, mobility, or health status. You must – **MUST** – exercise caution and personal responsibility in your virtual polar dip activities! Camp CaPella cannot identify or control the risks of every virtual polar dip activity and has not endorsed or approved as safe any

particular virtual polar dip activity. Be smart, Be safe, and Be careful – for you and all who join you in your virtual polar dip activity.

Jittery Jumper - Do you have the cold-water jitters? Then this is a special option for you! Have you ever said, "I'd pay NOT to jump!"? Then this option is for you! It's super simple - for a small registration fee, you are paying NOT to endure any cold water! You can create your own fundraising page and recruit like-minded individuals to support you. Just remember, every dollar raised helps to send individuals with disabilities to camp, and together we can ALL make that happen!!!

Whichever way you participate, please follow all applicable water (and freezing water) safety and COVID-19 protocols. We encourage you to have fun; but above all, BE SAFE.

Thank you for your participation and support of Camp CaPella!