



Polar Dip

(NAME)

(PHONE NUMBER)

(EMAIL ADDRESS)

(ADDRESS)

(CITY)

(STATE)

(ZIP CODE)

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.

Signature of Participant (or guardian if under 18)

Date

Signature/Permission for child 12 and under

Date