



“Freezin’ For A Reason” Polar Dip
Saturday February 24th, 2018
Innisfil Beach Park, Alcona

*Supporting priority Lake Simcoe watershed environmental programs and projects
of the Lake Simcoe Region Conservation Authority*

Information and Guidelines

Safety:

1. Unless accompanied by an adult, all participants must be at least 18 years of age.
2. Emergency personnel will be available on site.

What to wear:

1. Wet suits are permitted.
2. If you wish to wear a fun costume, please do so!
3. Please wear some sort of footwear that will protect your feet on the way to and from your plunge and in the lake.
4. Have a warm blanket and towels to cover up before and after the dip.

Registration and Pledges:

1. You must pre-register on our website at **www.LakeSimcoeFoundation.ca**. From here you can create your own personal fundraising page and collect pledges from friends and family. If you would like to collect pledges the “old fashioned” way (or both ways), a pledge form is included in this package or by contacting the Lake Simcoe Conservation Foundation (LSCF) office.
2. A minimum of \$200 per person in pledges is required to enter. Groups of 4 or more may enter with a minimum pledge of \$150 per person.
3. Tax receipts will be issued for all pledges \$20 and over if address is available.
4. Cheques should be made out to “Lake Simcoe Conservation Foundation”.
5. \$25 will be donated to ICECorp for each person taking the plunge.

On February 24:

1. Check in at the Registration Desk at Innisfil Beach Park.
2. You will be required to sign a waiver. Copies are available on our website, or by contacting the LSCF office. If you already have a copy of the waiver, please sign it and bring it with you. If you do not have one a copy of the waiver it will be provided for your signature at the registration desk.
3. If collecting pledges yourself, bring your pledge sheets and money to hand in when you check in at the registration desk.
4. Bring your family and friends to cheer you on.



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Release, Waiver and Indemnity

In consideration of the acceptance of my application and the permission to participate in the Freezin’ For A Reason Polar Dip, I, the undersigned, hereby release, waive and forever discharge Lake Simcoe Conservation Foundation, Lake Simcoe Region Conservation Authority, ICE Corporation, Town of Innisfil and its respective employees, agents, volunteers and representatives of and from all claims, demands, damages, costs, expenses, actions and causes of action, whether in law or equity, in respect to death, injury, loss or damage to my person or property however caused, arising or to arise by reason of my participation in the said event, whether as a spectator or participant or otherwise, whether prior to, during or subsequent to the event and notwithstanding that same may have been contributed to or occasioned by the negligence of the aforesaid. I further hereby undertake to hold and save harmless and agree to indemnify all of Lake Simcoe Conservation Foundation, Lake Simcoe Region Conservation Authority, ICE Corporation, Town of Innisfil and its respective employees, agents, volunteers and representatives from and against any and all liability incurred by any or all of them arising as a result of, or in any way connected with my participation in the said event. By submitting this entry, I acknowledge I have read, understood and agreed to the above Waiver, Release and Indemnity. I warrant that I am physically fit to participate in this event.

Print Name

Signature

