

Rotary Club of Bridgenorth Ennismore Lakefield, Inc.

P.O. Box 249

Bridgenorth, Ontario KOL 1H0

Sunday, February 4, 2024 at 2:00 p.m. SHARP

Please read and fill out in full:

Information: We encourage you to invite colleagues from your company or workplace to challenge other companies in a good natured competition to build morale and instill company pride. Please let us know if you are doing the corporate challenge as there are prizes awarded for this category.

Rules: BEL Rotary is the Rotary Club of Bridgenorth, Ennismore, Lakefield Inc.

- 1) Each plunge entry must have \$200 minimum in pledges per person. Use opposite side to record pledges, and use additional sheets if necessary.
- 2) Plungers will raise pledges for the charitable organization of their choice. 50% of the monies will be forwarded to the charity by the BEL Rotary Club. The remaining 50% will be used by BEL Rotary to support Rotary service and charitable projects. All pledge monies will be collected and given to BEL Rotary officials upon registration at the event.
- 3) Wet suits, dry suits and nude plunging is strictly prohibited. Costumes and theme plunges are highly recommended.
- 4) Plungers will not consume alcohol or drugs on the day of the event, prior to plunging. Any plunger suspected of disobeying this rule will be excluded from participating in the plunge. All monies raised will still be dispersed as noted in Rule 2
- 5) Plungers will be in good health to participate. Please consult a Doctor if in doubt. All plungers will carefully read and sign the liability waiver below in order to plunge - NO EXCEPTIONS
- 6) All Plungers will exit the water immediately after entry. Plungers will obey instructions of diver(s), emergency and medical personnel on-site.
- 7) Plungers must register no later than 1:30 PM on the day of the plunge. The registration area is in the bus compound.
- 8) No blankets or towels will be provided by BEL Rotary. Plungers are responsible to bring their own blanket or towel to the event. Any personal property left at the site after the even will be disposed of.
- 9) Minimum Age – 12 years old. 12- 16 year olds MUST be accompanied by an adult.

If you have questions contact: Tony Davidson 705-313-1589 or Mike Richardson 705-872-1624

Waiver and Release from Liability

In volunteering to participate, I hereby agree that this activity is, and shall be at my own risk against all casualties to myself or my property and that I take all risk of every kind. And I acknowledge that plunging into frigid water in the middle of winter is inherently dangerous and I hereby release and discharge The Rotary Club of Bridgenorth, Ennismore, Lakefield Inc., it's members, officers and/or directors, their heirs, administrators, executors, or assigns, of and from all claims, demands, damages, actions or account of any loss damage or injury to me, my person or property while so participating other than any such loss or damage or injuries are caused by negligence default or misconduct by the Rotary Club of Bridgenorth Ennismore Lakefield Inc., its members, officers and/or directors.

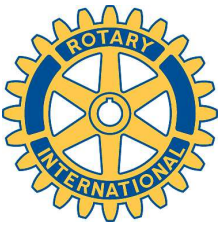
By Signing this form I acknowledge having read, understood and agreed to the above roles and Waiver and Release from Liability. I warrant that I am physically fit to participate in this event. Please Print

Plungers Name _____ Plungers Address _____

Charity name and address _____

Signatures (if under 18 Parent or Guardian MUST sign) Email Address: _____

Plunger _____ Parent/Guardian _____



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POLAR PLUNGE PLEDGE SHEET

Sponsor's Name	Address	Phone number	Email	Am't Pledged	Am't Paid

Plunger's Name _____

Sheet _____ of _____

Total Money Collected _____