

**Hi Participants!**  
**Welcome to the First Annual Polar Bear Dip with Rotary!**  
*Here are a few things you should know.....*

The Polar Bear Dip is a lot of fun but as with any event of this nature, there are inherent health and safety risks associated with being in cold water. So just to be on the safe side, we are asking you to sign a **waiver** before you register for the dip. Thanks.

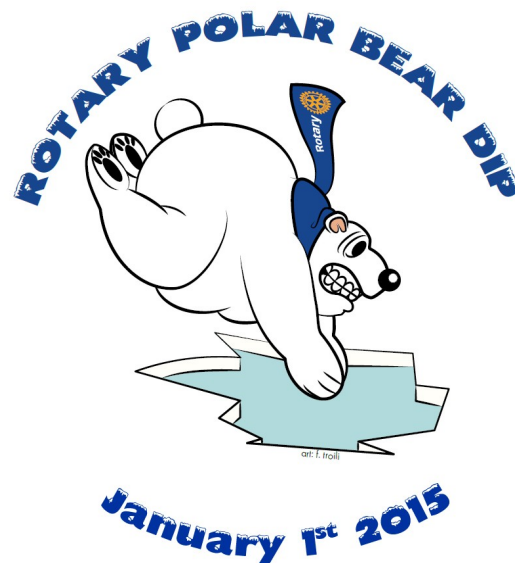
**What do I have to do to take the plunge?**

1. Form a **team** of your friends, co-workers and/or family. You can find a **team sheet** on the Rotary Club website at [www.rotarywindsor.com](http://www.rotarywindsor.com). Fill in your team name, team members, theme song i.e. "music to dip by" and bring the sheet to the event when you come. If you want to go it alone.....no need for the team sheet. Please forward your "theme song" in advance to [polarbeardip@rotarywindsor.com](mailto:polarbeardip@rotarywindsor.com) so that we can have things ready and your team can dip in style to their chosen music.
2. We are asking dippers to also download **pledge sheets** from the Windsor Rotary website. **All money raised from pledges goes to Valley Food Banks.** We would appreciate it if you would help us in our efforts to support the Food Banks by going after pledges. Your friends and family can at least support you if they are not willing to go into the water!!  
Fill out dipper information clearly at the top of the page with name, contact info, team name & the Rotary Club you are associated, if any. Have pledge info printed clearly and completely as well so that tax receipts can be issued for any donation over \$10. Don't forget to bring the sheet and money to registration on January 1<sup>st</sup>. **There will be a prize for the team that raises the most in pledges.**
3. **Registration** is at 11 am inside the Pisiquid Canoe Club building on January 1<sup>st</sup>. Bring your **team sheet, pledge sheet** and **pledge money**. You will be required to sign a **Waiver and Release Agreement** (you may read the waiver in advance at the [www.rotarywindsor.com](http://www.rotarywindsor.com) website if you wish) and pay a \$20 registration fee (cash or cheque made out to the Rotary Club of Windsor). **Sorry, we can't accept credit or debit.** You will also be issued a fantastic, one-of-a-kind participant "Rotary Polar Bear Dip sweatshirt" and given a voucher for a hot drink at Tim Horton's.
4. And now for the fun part! Dress up! We invite your team to dress for the dip in **costume**. You're limited only by your imagination. There will be a prize for the most interesting and inventive outfits....so go for it!
5. **Judging and presentation of prizes** will follow the dip for **best costumes, most pledges raised, largest team and most enthusiastic team.**
6. If you require, there is a **map** so that you can find your way to the site at [www.rotarywindsor.com](http://www.rotarywindsor.com)

**There are many who have dipped before you & this is what they suggest:**

- have a dipping buddy ready to throw a jacket, blanket or towel over your shoulders when you come out of the water. Brrrrrr!
- wear shoes into the water to protect your feet from rocks, snow and ice
- wait until instructed to go in the water
- don't stay in the water too long
- warm up as quickly as possible after you come out with warm clothes and a hot drink
- get medical help immediately if you feel unwell when you come out of the water
- do not drink alcohol before taking the plunge
- don't dip if you have medical issues.

**Encourage your friends and family to come and join us on the Windsor waterfront and cheer on the dippers!**



***In Support of Valley Food Banks***

Hosted by the Town of Windsor and  
Annapolis Valley Rotary Clubs

**Location: Pisiquid Canoe Club, Windsor**

**Registration: 11:00 am**

**Costume Judging: 11:30 am**

**Dipping begins: 12 noon**

Pledge Sheets and Participant  
Information are available at:  
[www.rotarywindsor.com](http://www.rotarywindsor.com)



**For more information:**  
[polarbeardip@rotarywindsor.com](mailto:polarbeardip@rotarywindsor.com)

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**A Special Thanks to**  
Windsor Volunteer Fire Department  
West Hants Ground Search and Rescue  
Pisiquid Canoe Club