

Tips for Dippers

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!

Thanks to our Sponsors

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Annapolis Valley Rotary Clubs:

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www.kentvillerotary.org

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www.rotaryclubofmiddleton.com

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www.newminasrotary.ca

Rotary Club of Windsor, NS

www.rotarywindsor.com

Rotary Club of Wolfville

www.rotaryclubofwolfville.org

Rotary Club of Wolfville-Mud Creek

www.mudcreekrotary.ca

For more information:

polarbeardip@rotarywindsor.com



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



For more information:

polarbeardip@rotarywindsor.com

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

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. 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 polarbear@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 1st. **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 1st. 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 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



Driving and Parking:
Leave highway 101 at Exit 6. Turn right at the end of the off-ramp. Turn at the next right at the circle to arrive at the Pisiquid Canoe Club. There is limited parking immediately adjacent to the Canoe Club but there is ample street parking and several parking lots in the vicinity.