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.

 Brrrrr!
- 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









A Special Thanks to

Windsor Volunteer Fire Department West Hants Ground Search and Rescue Pisiquid Canoe Club



Annapolis Valley Rotary Clubs:

Rotary Club of Kentville

www.kentvillerotary.org

Rotary Club of Middleton

www.rotaryclubofmiddleton.com

Rotary Club of New Minas Sunrise

www.newminasrotary.ca

Rotary Club of Windsor, NS

Rotary Club of Windsor, NS

www.rotarywindsor.com

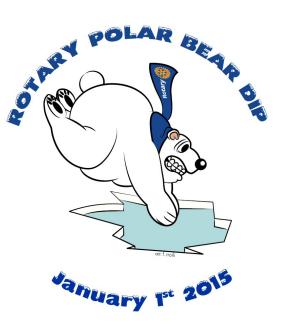
Rotary Club of Wolfville

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

- find your way to the site at 6. If you require, there is a map so that you can largest team and most enthusiastic team. the dip for best costumes, most pledges raised, Judging and presentation of prizes will follow inventive outfits....so go for it! will be a prize for the most interesting and You're limited only by your imagination. There invite your team to dress for the dip in costume. 4. And now for the fun part! Dress up! We
- www.rotarywindsor.com
- oue-ot-a-kind participant "Rotary Polar Bear Dip credit or debit. You will also be issued a fantastic, the Rotary Club of Windsor). Sorry, we can't accept www.rotarywindsor.com website if you wish) and (you may read the waiver in advance at the required to sign a Waiver and Release Agreement pledge sheet and pledge money. You will be Club building on January 1st. Bring your team sheet, 3. Registration is at 11 am inside the Pisiquid Canoe
- Horton's. sweatshirt" and given a voucher for a hot drink at Tim pay a \$20 registration fee (cash or cheque made out to

lots in the vicinity. parking and several parking Club but there is ample street Immediately adjacent to the Canoe of Nova Scotia Club. There is limited parking the circle to arrive at the Pisiquid Canoe Hants Journal (*) а and proceed past Tim Horton's then right at the end of the off-ramp. Turn at the next right stun's fashions a Windsor Fire Dept 🔳 Leave highway 101 at Exit 6. Turn right at Driving and Parking: anitiq2 ədT əsuodəlA amıA Lake Pesaquid Fort Edward Site of Strong Port Edward lim Hortons Pisiquid Canoe Club Harvest Hwy

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

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

and/or family. You can find a team sheet on 1. Form a team of your friends, co-workers What do I have to do to take the plunge?

can have things ready and your team can dip in polarbeardip@rotarywindsor.com so that we "theme song" in advance to need for the team sheet. Please forward your you come. If you want to-go- it-alone....no to dip by" and bring the sheet to the event when name, team members, theme song i.e. "music www.rotarywindsor.com. Fill in your team the Rotary Club website at

2. We are asking dippers to also download **pledge** style to their chosen music.

Willing to go into the water!! family can at least support you if they are not Banks by going after pledges. Your friends and would help us in our efforts to support the Food Food Banks. We would appreciate it if you money raised from pledges goes to Valley sheets from the Windsor Rotary website. All

There will be a prize for the team that money to registration on January 1^{st} . \$10. Don't forget to bring the sheet and receipts can be issued for any donation over clearly and completely as well so that tax associated, if any. Have pledge into printed team name & the Rotary Club you are top of the page with name, contact info, Fill out dipper information clearly at the

raises the most in pledges.