



Polar Bear Plunge Waiver and Release Agreement

PLEASE READ CAREFULLY BEFORE SIGNING.
THIS IS A RELEASE OF LIABILITY AND WAIVER OF CERTAIN LEGAL RIGHTS.

In consideration of my being permitted to participate in the Kiwanis Winterfest Polar Bear Plunge (hereafter referred to as "the Event"), I agree to the following waiver and release:

I acknowledge that jumping into cold water, standing and walking upon ice, walking and lingering in the snow in the vicinity of the Event, entering, exiting, lingering near and among the crowd gathered for the Event, and traveling to and from the Event and its various attractions have inherent risks, hazards and dangers. I understand that these risks, hazards and dangers include without limitation:

- (1) risks arising from exposure to large and sudden changes in environmental temperatures that can lead to loss of consciousness, hypothermia, heart attacks, and other life-threatening conditions;
- (2) risks involved in standing and moving about on frozen lakes and reservoirs and on snowy, icy, or irregular terrain;
- (3) such other risks, hazards, and dangers that are inherent to the sport of cold plunging and being out of doors during winter.

please initial: _____

I am voluntarily participating in the Event with full knowledge of the inherent risks, hazards, and dangers involved and hereby assume and accept any and all risks of injury, paralysis, or death, and agree to abide by all Kiwanis Winterfest rules, regulations, and guidelines.

please initial: _____

I, for myself, my heirs, successors, executors, hereby knowingly and intentionally waive and release, indemnify, and hold harmless the Kiwanis Club of Sullivan County or any of their officers, agents, affiliates, employees, contractors, sponsors, or volunteers, from and against any and all claims, actions, causes of action, liabilities, suits, expenses (including reasonable attorney's fees) and negligence of any kind or nature, whether foreseen or unforeseen, arising directly or indirectly out of any damage, loss, injury, paralysis, or death to me or my property as a result of participation in the Event, whether such damage, loss, injury, paralysis, or death results from the negligence or other acts however caused by or contributed to by the Kiwanis Club of Sullivan County and all related entities named above, or from some other cause. I, for myself, my heirs, my successors, executors, further agree not to sue the Kiwanis Club of Sullivan County, their officers, agents, affiliates, employees, contractors, sponsors, or volunteers, as a result of any injury, paralysis or death suffered in connection with my participation in the Event. I attest that I am of the age of 18 years or older.

The Kiwanis Club of Sullivan County and Winterfest staff reserve the right to remove anyone from the water, at any time, for any reasonable cause.

please initial: _____

I have carefully read, clearly understand, and voluntarily sign this waiver and release agreement.

Signature Date Mailing Address

Print Name Phone

If under 18 years of age, parent or guardian must sign the following Indemnification

In consideration for the above minor being permitted to participate in the Event, I agree to the following waiver, release and indemnification:
The undersigned parent and guardian of the above minor, for himself/herself and on behalf of said minor hereby joins in the foregoing waiver and release and hereby stipulates and agrees to save and hold harmless, indemnify, and forever defend the Kiwanis Club of Sullivan County and any of their officers, agents, affiliates, employees, contractors, sponsors, or volunteers, from and against any and all claims, actions, demands, expenses liabilities (including reasonable attorney's fees) and negligence made or brought by said minor or by anyone on behalf of said minor, as a result of said minor's participation in the Event. I, for myself and on behalf of said minor, further agree not to sue the Kiwanis Club of Sullivan County or any of their officers, agents, affiliates, employees, contractors, or volunteers, as a result of any injury, paralysis or death that said minor suffers in connection with participation in the Event.

Signature of Parent or Guardian of Minor Date Print Name of Minor

Print Name of Parent or Guardian Witness Date

Mailing Address Phone e-Mail Address



Polar Bear Plunge 2012



Kiwanis Club of Sullivan County will be giving away an all expense paid vacation for two to the Caribbean. The winner will be drawn randomly from eligible entries:

Your name will be entered:

- ❖ Once for the first \$100 turned in
- ❖ Once for each additional \$50 thereafter
- ❖ Veteran plungers are entitled to an additional entry for each *qualified* new plunger you bring (Minimum \$100 in pledges submitted)

Kiwanis Club of Sullivan County will be giving away an all expense paid vacation for two to the Caribbean to the plunger that turns in the most pledges. In the event of a tie, a separate drawing will be held.

Kiwanis Club of Sullivan County will be giving away a 2012 Ford Fiesta.

The winner will be drawn randomly from eligible entries:

Your name will be entered:

- ❖ Once for the first \$500 turned in
- ❖ Once for each additional \$250 there after
- ❖ Veteran plungers are entitled to an additional entry for each *qualified* new plunger you bring (Minimum \$500 in pledges submitted)
- ❖ Winner responsible for all applicable tax, title, fees, etc.



NOTE: Individuals must complete the jump to qualify, are limited to winning one prize and must be present to win.

Polar Bear Qualified Participants must:



- ❖ collect a minimum of \$100 in pledge money for trip- *due at registration time*
- ❖ collect a minimum of \$500 in pledge money for car- *due at registration time*
- ❖ be over the age of 18 or have parental consent
- ❖ sign a "waiver and release agreement"- *available in advance or at registration*
- ❖ be registered at the event by 10:00 am

Helpful Hints for Polar Bear Participants

Protective footwear

MUST wear something on your feet, i.e., old tennis shoes or "aqua socks" to prevent cuts on your feet and prevent your feet from sticking to snow and ice on shore.

Warm boots after swim

Have warm/dry boots or shoes to put on once you get out of the lake. This is an important point-once your feet get cold your entire body will want to go on strike.

Do you wear glasses?

If you wear glasses, we suggest you obtain a strap to hold them on, or not wear them at all! It's quite difficult to find glasses dropped in the icy water.

Arrive Early

The first plungers hit the water **exactly at noon** – **MUST BE** registered by 10:00am so you can turn in your pledges and get a good spot to psych yourself up!

Savor the moment

Finally, the swim will be over before your goose-bumps know what hit them, so **savor the moment** with your fellow Polar Bears. And remember you've got 364 days until next time.

Let your creativity shine

Creative costumes are encouraged. Cash prize will be awarded for the best costume!

