

POLAR PLUNGE

Saturday, January 21, 2023

1:30-2:10p.m. Registration & Check in

2:25p.m. Opening Remarks

2:30p.m. POLAR PLUNGE

Big Dippers Division

13 years of age and older

Are requested to make a minimum
donation of \$50

Little Dippers Division

Ages 8-12

Are requested to make a minimum
donation of \$25

***EVERYONE MUST WEAR SHOES**

***LAST DAY TO REGISTER AND BE
GUARANTEED A T SHIRT IS
JANUARY 5, 2023**

**A SPECIAL
"THANK YOU"**



pennsylvania

DEPARTMENT OF CONSERVATION
AND NATURAL RESOURCES

www.dcnr.state.pa.us

* Large towel or blanket
must be shown at check-in.
Changing area available after
the plunge. Please bring a
change of clothes.



PROCEEDS BENEFIT

Juniata Valley YMCA
Youth Programs & Activities

Thank you so much for your
continued support of the
Juniata Valley YMCA

Waiver & Release

Participants under age 18 must have a parent or guardian's signature. In consideration of participating in the Juniata Valley YMCA Polar Plunge I represent that I understand the nature of the event and that I and/or my minor child are in qualified good health, and proper physical condition to participate in this event. I acknowledge that if I and or/my minor child believe that the event conditions to be unsafe, I will immediately discontinue participation in the event. I fully understand that the event involves risks of serious bodily injury, including permanent disabilities, paralysis and death, which may be caused by my own actions, or inactions, those of others participating in the event, the condition in which the event takes place, or the negligence of the "releases" names below, and that there may be other risks either not known to me or not readily foreseeable at this time; I fully accept and assume all such risks and responsibility for losses, costs and damages I incur of my participation in this event. I hereby release, discharge, and covenant not to sue the Juniata Valley YMCA, their respective administrators, directors, agencies, volunteers, and employees, Commonwealth of PA, other participants, any sponsors, advertisers, and applicable owner and leaser's of premises on which the activity takes place (each considered one of the "releasers" herein) from all liability, claims, demands, losses or damage on my account and/or of my minor child caused or alleged to be caused in whole or in part by the negligence of the "releasers" or otherwise, including negligent rescue operations, and I further agree that if, despite this release, waiver of liability, and assumption of risk, I or any new on my and/or my minor child's behalf, makes claim against any of the Releases, I will indemnify, save, and hold harmless each of the release from any loss, damage or cost which may incur as a result of such claim.

Signature

Date

Parent signature (if under age 18)