

FREEZIN' FOR A REASON

Name:	
Address 1:	
Address 2:	
Town:	Postal Code
Email Address:	
Phone	Cell:
DOB:	Age:
Shirt Size:	
Do you have your Pledge Sheets?	YES NO
*Please forward your registration to smartin@torbay.ca	
<p>Waiver:</p> <p>The Town of Torbay intends to hold Freezin' for a Reason on Sunday, December 9th, 2018. I, along with others, will be provided with the opportunity to participate in the event, which will include entering into and/or swimming in Whiteways Pond.</p> <p>I acknowledge and understand the health risks associated with entering Whiteways Pond as the temperature of the water and the surrounding environment will have potential to reach exorbitant temperatures. I acknowledge and understand that I should consult my physician prior to engaging in this event. I understand and acknowledge that individuals who are or may become pregnant, have poor cardiac functioning, are in poor health, are under the influence of drugs or alcohol, and suffer from seizures should not participate. I acknowledge and understand such risks and voluntarily assume all risks associated in any way with participation of the Dip. By signing this form I acknowledge and understand that I have read and understood the above waiver.</p>	
Signature: Parent/Guardian if under 18)	Date

Information and Swimmers Tips

- The Dip will take place at Whiteways Pond at the
- **Parking for all dippers will be at the lot past the bypass road, and if needed along the right hand side of Whiteways Pond Rd.**
- We will be doing the dip exactly at 10:00am. Please ensure you are ready to take the dip on time.
- Feel free to dress up! We encourage any goofy wear for your journey to Whiteways Pond
- You must have a minimum of \$25.00 in donations to participate.
- All participants who take part will receive a Freezin' for a Reason t-shirt
- Wear suitable footwear. It will be rocky!
- Make sure you have dry clothing, extra towels, and blankets to warm yourself immediately after you take the plunge.
- **Have a spotter on the land** with all your equipment. Make sure you know their exact location for when you get out of the water.
- We will have emergency crews on hand.
- More than one pledge sheet may be required! Print off as many as you like.
- The Town of Torbay will have a warming station on site for participants to enter after the dip.
- Please check Torbay's facebook page before the event to make sure the dip is not cancelled and there has been no change of location.