



*Rotary Club of Ajax*  
314 Harwood Ave. S.  
P.O. Box 21022  
Ajax, ON L1S7H2



*February 24<sup>th</sup>, 2021 - March 6<sup>th</sup>, 2021*

## **INFORMATION AND GUIDELINES**

**Please read and fill out in full:**

### **Safety:**

1. All participants must be at least 16 years of age. Participants 16 – 18 years old must be accompanied by a parent or guardian who also plunges.
2. A quick plunge in the water is all that's necessary. We'll leave the extended polar swimming to the polar bears!

### **What to wear:**

1. Wear a costume if you wish; we encourage you to do so. Many Plungers do.
2. Bring warm clothes for after the plunge.
3. Please wear some sort of footwear that will protect your feet on the way to and from your plunge.

### **Pledges:**

1. A minimum of \$100 per person in pledges is required to enter.
2. Groups of 4 or more may enter with a minimum pledge of \$100.00 per person.
3. Please complete Pledge sheets with full addresses, including postal code.
4. Tax receipts will be issued for pledges \$20 and over to addresses provided.
5. Cheques are payable to **Rotary Club of Ajax Charitable Trust**
6. Pledges can be made online at **[www.ajaxrotarypolarplunge.org](http://www.ajaxrotarypolarplunge.org)**

**For more information, pledge sheets and waivers,  
please contact: [info@ajaxrotary.org](mailto:info@ajaxrotary.org)**

Plungers Name: \_\_\_\_\_

Plungers Address: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_ Contact Tel #: \_\_\_\_\_

Signatures (if under 18 Parent or Guardian MUST sign)

Parent/Guardian: \_\_\_\_\_ Contact Tel #: \_\_\_\_\_