



*Rotary Club of Ajax  
P.O. Box 249  
Ajax, Ontario  
Saturday February 29, 2020 at 2:00 pm SHARP*



## 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. Emergency personnel will be available on site.
3. 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 and in the lake.

### **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)**

### **On Plunge Day: Feb 29, 2020**

Bring all pledge money in a zip lock bag, your pledge sheet(s) and signed waiver to the registration desk. If you do not have any pledge forms and/or waivers, copies will be provided at the registration desk.

1. Registration desk opens at 1 PM; bring family and friends to cheer you on!
2. Join us for the Awards Ceremony. Recognition will be awarded to ALL Plungers with our admiration and gratitude.
3. A complimentary hot beverage and treat will be available for each Plunger.

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

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

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

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

Signatures (if under 18 Parent or Guardian MUST sign)

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