



## 5th ANNUAL POLAR BEAR DIP

February 2, 2019

12 pm to 2:30 pm

Dallas Elks # 71

8550 Lullwater Dr. Dallas, TX 75238-4753

[dallaselks.org](http://dallaselks.org)

All proceeds benefit the Dallas Elks #71 Community and Veterans Services, Sponsors Special Needs Children to participate in Elks Summer Camp and Pool

## Polar Bear Dip ~ Things to do:

1) Wear your Plunge attire (bathing suit) underneath the outfit you wear to the event. This way you don't have to worry about changing, and can stay warm longer. Please bring ear plugs as the cold water could cause ear wax to become extremely hard

2) Carpool. Parking can be crowded, so help us out by carpooling

3) Sign in at the registration table, submit your Pledge Form and complete the Waiver when you arrive.

- All participants under the age of 18 *must* have a parent or guardian sign a waiver. If you are coming with friends, make sure to request a Waiver via email before the Plunge, to complete and bring with you.

- Our email address is [elks71polardip@gmail.com](mailto:elks71polardip@gmail.com)
- [www.dallaselks.org](http://www.dallaselks.org)

### **What to Bring**

- Another Plunger! You can also designate a plunger for your group and group members can raise pledges for that plunger but get the same benefits as if you jumped, for your group.
- Those who have not raised pledges of at least **\$150\*\***, may participate in the Plunge and Cookout for a donation of **\$20**.
- Bring along a towel, warm clothes and shoes to wear after the Plunge that are easy to put on. (We will have areas available for Plunge participants to use).
- A backpack and plastic bag to keep your wet clothes separate from dry items.
- A disposable, waterproof camera to get some action shots!
- A water bottle.

### **Plunge Policies**

- All Plungers must adhere to all Pool Rules & Regulations.
- All Plungers under the age of 18 must have a Waiver signed by a parent or guardian.
- All Plungers must raise or donate a minimum of \$150\* to in order to participate.
- The Plunge festivities will go on regardless of the weather.
- Be respectful of others. Remember, we're all here for the same reason: to support the **Dallas Elks #71 Community Programs** and your group.
- To HAVE FUN!

\*\* Those that raise **\$600** or more will get a T-shirt commemorating the event, or you can order a t-shirt at the event.