



## **“Freezin’ For A Reason” Polar Dip**

**February 25, 2012**  
**2:00 p.m. at Innisfil Beach Park**  
Check-in begins at Noon

*Supporting the critical Lake Simcoe watershed environmental programs and projects of the Lake Simcoe Region Conservation Authority*

### **Information and Guidelines**

#### **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 takes the dip.
2. Emergency personnel will be available on site.

#### **What to wear:**

1. Wet suits are permitted.
2. If you wish to wear a fun costume, please do so!
3. Please wear some sort of footwear that will protect your feet on the way to and from your plunge and in the lake.

#### **Registration and Pledges:**

1. You must pre-register on our website at [www.LakeSimcoeFoundation.ca](http://www.LakeSimcoeFoundation.ca). From here you can create your own personal fundraising page and collect pledges from friends and family. If you would like to collect pledges the “old fashioned” way (or both ways), a pledge form is available either on our website or by contacting the Lake Simcoe Conservation Foundation (LSCF) office.
2. A minimum of \$200 per person in pledges is required to enter. Groups of 4 or more may enter with a minimum pledge of \$150 per person.
3. Tax receipts will be issued for all pledges \$20 and over if address is available.
4. Cheques should be made out to “Lake Simcoe Conservation Foundation”.

#### **On February 25<sup>th</sup>:**

1. Check in at the LSCF Registration Desk starting at Noon at Innisfil Beach Park.
2. You will be required to sign a waiver. Copies are available on our website, or by contacting the LSCF office. If you already have a copy of the waiver, please sign it and bring it with you. If you do not have one a copy of the waiver it will be provided for your signature at the registration desk.
3. If collecting pledges yourself, bring your pledge sheets and money to hand in when you check in at the registration desk.
4. Bring your family and friends to cheer you on.
5. Recognition will be awarded to all dippers with our admiration and gratitude. Prizes will be awarded to top fundraising team and individual and best costumes.

**Contact Information: Yvette Kramer: [y.kramer@lsrca.on.ca](mailto:y.kramer@lsrca.on.ca) or Judy Milner: [j.milner@lsrca.on.ca](mailto:j.milner@lsrca.on.ca) or call 905-895-1281**