

NESS LAKE BIBLE CAMP - POLAR BEAR DIP 2010

HELP SUPPORT OUR SUMMER TEAM BURSARY FUND!

(NAME) (ADDRESS) (CITY) (PROV) (PC) (PHONE NUMBER)

Is a certified member of the NLBC POLAR BEAR TEAM 2010. All donations will go towards the Summer Team Bursary Fund. Please give generously. In 2010 camper fees covered 53% of the operating budget of camp. Donations are a significant part of making camp a reality. Our goal this year is to raise \$10,000.00 to put towards the upcoming camping season.

***The 2010 POLAR BEAR DIP will be held January 1, 2010 from 2:33 – 2:37 p.m.
Participants: please check in at the Dining Hall at 2:00 p.m.
Spectators are welcome!***

Rules and Regulations

- Participants must pay a \$20.00 entry fee (or raise a minimum of \$20.00 in pledges). New Year's Camp fees include the Polar Bear Dip registration fee.
- NLBC staff will chainsaw a hole through the ice in Ness Lake to access the balmy depths below.
- No Pushing! All participants must enter the water of their own volition. Please do not enter the water until asked to do so.
- Participants will plunge their willing bodies into the water. The entire body must be submerged.
- No dry suits or wetsuits. Participants may smear their body with a liberal coating of bear fat. *Note: This may negatively impact your social standing.*
- No 'endurance' contests will be permitted. Participants must jump in and get out. Yelling is optional.
- Hot chocolate and refreshments will be served free of charge to all participants following the event in the Dining Hall.
- Prizes will be awarded to the top fundraisers.

POLAR BEAR DIP WAIVER

Although all precautions are taken to ensure the safety of all participants, participation in this event is at your own risk. NLBC does not recommend the Polar Bear Dip for anyone with heart or medical problems and children under the age of 12. NLBC will not be responsible for any loss, damage.

I _____, agree to participate in the 2010 Polar Bear Dip at my own risk, and agree to hold Ness Lake Bible Camp, its Staff and event sponsors harmless and blameless in the event of injury or death resulting from participation in this event.

Signature of Participant (or guardian if under 19)

Date

