



Liability Waiver and Entry Form

ST. CLAIR SHORES
POLAR BEAR PLUNGE

Sunday at 2PM, February 22, 2015

NAME: _____

ADDRESS: _____

PHONE NUMBER: _____ DATE OF BIRTH _____

**WARNING: COLD WATER SWIMMING CAN PRODUCE
INJURY AND/OR DEATH**

I, _____, have voluntarily elected to participate in the St. Clair Shores Aqua Freeze Festival Polar Bear Plunge. I fully understand that this involves jumping or running into the cold water of Lake St. Clair, under February winter weather conditions and that there are health and safety risks associated with this type of activity. I, therefore assume all risk of injury and/or death associated with event and I will not hold the Aqua Freeze Festival, City of St. Clair Shores or any sponsors liable for any circumstances related to this event.

I hereby confirm that I am in good physical condition and do not suffer from any disabilities or physical conditions that places me at risk or otherwise should prohibit my participation in the event.

Furthermore, inconsideration of my participation in this program, I myself, my heirs and assigns, release the Aqua Freeze Festival, the city of St. Clair Shores, their sponsors and any volunteers, from any and all claims, actions, demands, expenses, liabilities (including reasonable attorney's fees) and negligence made or brought by myself or said minor or by anyone on behalf of said minor, as a result of participation in the Event.

I, For myself or on behalf of said minor, further agree not to sue any of the officers, agents, affiliates, employees, contractors, or volunteers, as a

result of any injury, paralysis or death that might be suffered in connection with participation in the Event.

I hereby affirm that I fully understand the preceding paragraphs and volunteer to participate at my own risk.

Participant; _____

Witness: _____

(Print Names)

Signature: _____

Signature: _____

Date: _____

Signature of Parent or Guardian: _____

(Required for participants under the age of 18)

Footwear is recommended due to safety concerns and the fact that numb feet may not feel objects in the water.

PLEASE

ANYONE WITH HEART PROBLEMS – JUST WATCH!

DO NOT DRINK – ALCOHOL DOES NOT WARM YOU UP – IT ACCELERATES HYPOTHERMIA.

DO NOT STAY IN THE WATER LONGER THAN 15 MINUTES.

BODY HEAT IS LOST 25 TIMES FASTER IN WATER THAN IN THE AIR.

Registration fee of \$25 is required from each “plunger”. Check to be made out to the City of St. Clair Shores, in memo please write Aqua Freeze Festival – this will include a t-shirt for each Plunger paying the entry fee.

Please note size of T-Shirt required; _____

ANY QUESTIONS CONTACT THE AQUA FREEZE FESTIVAL COMMITTEE @ SCSAQUAFREEZE@GMAIL.COM OR WWW.AQUAFREEZEFEST.COM

Please mail this signed form with your \$25 fee to Embroidery & Much More
27419 Harper Ave. St. Clair Shores, MI 48081 as soon as possible.