

Rotary Club of Forest Lake

P.O. Box 15, Forest Lake, MN 55025

www.forestlakerotary.org / www.winterplunge.kintera.org

"Gettin' Cold for a Cause" - First Annual Winter Plunge on Forest Lake

February 20, 2010 at Lakeside Beach, Forest Lake, Minnesota

10:30 Registration; 11:30 Plunging Starts !!!

Winter Plunge Rules and Pre-registration



Winter Plunge: The Rotary Club of Forest Lake (RCFL) is hosting a fundraising Winter Plunge fundraising event. RCFL has invited other non-profit organizations to join the event and share in the funds raised. Persons jumping in the lake are "Plungers".

Rules:

1. Plungers must be at least 12 years old, in good health. Plungers under age 18 must be accompanied by parent or guardian the day of the event.
2. Plungers must have at least \$50 in pledges. All pledges are to be collected and presented to RCFL at or before February 20, 2010, the date of the Winter Plunge.
3. Funds raised shall be distributed as follows. For the first \$1,000 of pledges received per organization, the division will be 50% to the organization and 50% to RCFL. All pledges received in excess of \$1,000 per organization will be divided 70% to the organization and 30% to RCFL.
4. Photographs /videos of the event will/may be taken. Plungers consent to use of photos/videos.
5. All checks for pledged funds must be made payable to the RCFL. RCFL will distribute funds back to non-profit organizations after the Winter Plunge. No credit will be given for uncollected pledges.
6. Appropriate costumes and theme plunges are highly recommended. This is intended to be a fun family/community event. RCFL may deny any Plunger with inappropriate costume from participating. RCFL's decision is final. All pledges raised, however will still be distributed as described at #3 above.
7. Plungers must NOT consume alcohol or drugs on the day of the event, prior to plunging. Any Plunger suspected of disobeying this rule will be excluded from plunging. All pledges received, however will still be distributed as described at #3 above.
8. Plungers must be in good health to participate. It is the responsibility of each Plunger to consult his or her own doctor to determine the condition of his or her health. Plungers plunge at their own risk. Each Plunger must sign this Agreement and a separate Waiver and Release in order to plunge. NO EXCEPTIONS.
9. All Plungers must exit the water immediately after entry. Plungers MUST obey all instructions of the diver(s) emergency and medical personnel on site.
10. Plungers must register no later than 1:30 pm on the day of the plunge. ***Check with your Organization if you are required to come at a different time and/or location.***
11. No blankets or towels will be provided by RCFL. Plungers are responsible to bring their own blanket or towel to the event. Any personal property left at the site after the event will be disposed of.
12. There is no alternate date. If the Winter Plunge is cancelled due to weather, pledges received will still be retained and distributed as described above. There are no refunds of pledges.

Waiver and Release from Liability: In volunteering to participate in the Winter Plunge, I hereby agree that this activity is, and shall be at my own risk against all casualties to myself or my property and that I take and assume all risk of every kind. I acknowledge that plunging into frigid water in the middle of winter is inherently dangerous and I hereby release and discharge the Rotary Club of Forest Lake, it's members, officers and/or directors, their heirs, administrators, executors, or assigns, of and from any and all claims, demands damages, actions or account of any loss, damage, or injury to me, my person or property while so participating. I consent to photographs and video of me being taken at this event. Such materials may be used by RCFL in its materials, website or otherwise without compensation.

By signing this form I acknowledge I have read, I understand and agree to the above rules and Waiver and Release from Liability. I warrant that I am physically fit and in good health to participate in this event.

Plunger Name: _____

Plunger Address and phone: _____

Non-Profit Organization Name and Address: _____

Signatures (Parent or Guardian signature required if Plunger is under age 18):

Plunger: _____ Parent/Guardian: _____
(date) (date)

If you have any questions concerning the First Annual "Gettin' Cold for a Cause" Winter Plunge on Forest Lake, please contact:

Blake Roberts 651-755-6400 (broberts@forestlakefloral.com)

Jesse Johnson 651-464-7227 (jesse.johnson.nby9@statefarm.com)

Rob Collins 651-464-7400 (rhcollins@tennisandcollins.com)

"The Rotary Club of Forest Lake reserves the right to refuse to allow organizations and/or Plungers that do not conform to our Mission Statement and/or the Rotary International Four Way Test."