

# Polar Bear Plunge- Entry Form:

Come start the New Year off on a cold, yet refreshing note. You don't have to go under water, and you don't have to stay in the water for long. Just do something different this New Year's, and support the Central Klickitat County Park & Recreation District and Washington State Park & Recreation Commission.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone (day) \_\_\_\_\_ (evening) \_\_\_\_\_

Email Address: \_\_\_\_\_ Current Age: \_\_\_\_\_

If under 18, parental consent is required on waiver

Shirt Size (Adult size-please circle): Small Medium Large Extra Large XXLarge

**\$30 entry fee with a T-shirt! Don't want a T-shirt; the entry fee is \$10**  
Please make checks payable to the Central Klickitat County Park & Rec. District (CKCPRD)

Mail completed forms and entry fee: CKCPRD  
PO BOX 640  
Goldendale, WA 98620

### ***Important Details:***

- The event will take place at the swimming area along the Columbia River at the Maryhill State Park. Check-in will be located in the picnic shelter near the swimming area, and there will be portable heaters in the shelter area.
- Those who register by December 20th will be given their t-shirts the day of the event. Entries received after the 20th can not be guaranteed a t-shirt the day of the event, and most likely the t-shirts will be mailed.
- We will have hot coffee, hot chocolate and light refreshments available with donations accepted for the CKCPRD.
- Facilities: The restrooms will be open and will have running water; but the showers next to the check-in area do not work in the winter. Warm showers are available in the camping area at Maryhill State Park.
- Suggested attire: It is going to be cold! Do not wear extra layers of clothing into the river, as they will weigh you down and possibly create safety hazards. **Aqua-socks or other shoes are highly suggested as there are slippery rocks and gravel as you enter the water.**
- American Red Cross Lifeguards from the Goldendale Swimming pool will be present to assist with any emergencies that may arise.
- You do not have to go underwater; you can simply run into the river and run back out. Just have fun and be safe!

### ***Rules:***

- All participants must read and sign the attachment consent and waiver form.
- Check-in at least 15 minutes prior to the start of the event; with a mandatory participants meeting at 9:55am.
- All minors must have parental consent.
- Minimum age: 8 years old; Children ages 8 to 14 must be accompanied into the water by a parent or designated guardian
- All participants must exit the water within 5 minutes from the start of the event.

**Check-in Time: 9:30am to 9:55 am      Participants Meeting at 9:55am      Plunge will start at 10am sharp!**

Questions: Call (509) 773-0506; (509) 250-0981 (day of event) or email [loria@klickitatcounty.org](mailto:loria@klickitatcounty.org)





### Polar Plunge: Waiver

In consideration of the acceptance of my entry in the Polar Bear Plunge (PBP):

1. I hereby agree to comply with all rules and regulations of the PBP and its Directors;
2. For myself, my executors, administrators, heirs, next of kin, successors and assigns, I hereby:
  - A. Waive and release all claims that I may have against the PBP, its Event Committee, their officers, directors, members, volunteers, employees, agents, sponsors, the Central Klickitat County Park and Recreation District or any one or more of them or their executors, administrators, heirs, next of kin, successors or assigns (the releases) including any and all claims for damage caused by the negligence of any of them arising out of my participation in the event and its related activities, together with any costs, including attorney's fees, that may be incurred as a result of such claim, whether valid or not, and
  - B. Indemnify and hold harmless the releases and each of them against any such claim that I or my guests or any one or more of my or their executors, administrators, heirs, next of kin, successors or assigns may have or assert and against any costs, including attorney's fees with respect thereto.
3. I hereby acknowledge I have sole responsibility for my personal possessions and athletic equipment during the PBP event and its related activities.
4. I hereby acknowledge that participation in the PBP event carries with it potential hazard. I therefore release the PBP event, its Event Committee, their officers, directors, members, volunteers, employees, agents, sponsors, the Central Klickitat County Park and Recreation District of any liability in the event of injury or death during the event and its related activities.
5. I hereby attest and verify that I am physically fit and have sufficiently trained for this event; and that my physical condition has been verified by a licensed medical doctor.
6. I hereby consent to receive medical treatment which may be deemed advised in the event of any injury, accident and/or illness during the PBP event.
7. I hereby permit the free use of my name and picture in broadcasts, telecasts and the press as they pertain to the PBP event.
8. I hereby agree that in the event of a swim cancellation due to a severe storm; road and park closures or other "acts of God" conditions, my registration fee shall be Non-Refundable.

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Signature of Participant

Date

Parental/Guardian Consent, in needed



Central Klickitat Parks & Recreation District