



December 31, 2016

9 a.m.

Salacoa Park

388 Park Dr. NE

Ranger, GA 30734

Freezin' For A Reason!!!

THE COOLEST THING YOU'LL DO ALL YEAR!

The 3rd Annual Polar Bear Plunge is here! Let the fun begin and be a part of all the chills and thrills on December 31st at Salacoa Creek Park. It's not just an event - it's an experience that will become a winter-time tradition for thousands of warm-hearted Plungers! And it all benefits children in Northwest Georgia who are living with serious childhood illnesses.

Take a quick dip in Salacoa Lake and raise money for children in our area. Anyone can participate. (18 and under with parent / guardian signature)

Cool Prizes For Plungers

All plungers who raise \$25 or more will receive a coveted plunge shirt to show their accomplishment. Only pre-registered participants will be guaranteed a shirt. Top corporate and school teams will receive recognition to display at their work place.

Fees'

All Participants (\$25.00 + funds raised)

Plunge shirt+ the great feeling of freezing your "fur" off for a truly worthy cause

Cool School Participants (\$25 + funds raised)

Plunge shirt + the great feeling of freezing your "fur" off for a truly worthy cause

Pee Wee Participants - ages 12 and under (\$20.00 + funds raised) Plunge shirt + the great feeling of freezing your "fur" off for a truly worthy cause

*registration must be received by 12.1.16 to be guaranteed a shirt. All other will be given out as long as supplies last.

To register please visit www.coulterhampton.org

Event Coordinator:

Nikki Hampton 706-271-6534



Need More Information?

Visit us at www.coulterhampton.org

United
Way



GENERAL EVENT INFORMATION

Q: What is the minimum amount that I need to raise to participate?

A: There is no minimum fundraising amount required to take the Plunge, but individuals are encouraged to raise as much money as they can to help support our kids. A fee of \$20-\$25 based on your registration level will earn you a t-shirt. Groups with the most money raised (corporate and school) will receive an ice block trophy.

Q: Where/how do I turn in my money on Plunge day?

A: Any monies you have in-hand should be turned in at the Registration area on Plunge Day. This includes cash, checks, and money orders.

Q: How far do I have to go into the water?

A: We do not have any depth requirements for the Plunge. Instead, we leave it up to the comfort level of the individual participant. Some choose to go all the way under, while others go ankle-deep and then go home. Everyone is a Plunger in our book!

Q: How old do you have to be to Plunge?

A: While we do not have any age restrictions, participants under the age of 18 must have written consent from a parent or legal guardian. Over the years, many young children have participated quite safely and we defer to the parents on what makes the most sense for their family. Remember, Plunging can mean dipping a hand or a big toe, which is plenty of cold water for a little one!

Q: Is there someplace where I can change before and/or after the Plunge?

A: Yes! Salacoa Creek has a changing area at the beach and we will have access to restrooms there.

Q: What should I wear to the Plunge?

A: Pretty much whatever you want, within the following guidelines:

You must wear shoes of some sort. Lewd or indecent bathing suits or outfits are not permitted. Please remember that this is a family event. Participants who disregard this policy will be asked to cover up, or will be escorted from the park.

Q: I am a first-time Plunger. Can you tell me what I should expect when I arrive?

A: The most fun you'll ever have at the beach in the winter! You should expect a very crowd and lots of energy.

DONATIONS / FUNDRAISING

Q: Who should checks be made out to?

A: Checks should be made out to Coulter Hampton Foundation.

Please include in the memo area of the check the Plunger's name that is to be credited for the donation.

Q: I am trying to make an online donation but it doesn't seem to be going through. What can I do?

A: Call us and we can help!

Q: I have received additional donations for the Plunge but the event is over. What should I do with them?

A: Donations to the Plunge are accepted at any time of the year, and simply need to be mailed or delivered to:

Coulter Hampton Foundation 204 Deerfield Lane NW Sugar Valley, GA 30746

Please be sure that the name of the individual or team that the donations should be credited to is clearly indicated.



REGISTRATION

- ___ Single Participant
- ___ Cool School Participant
- ___ Pee Wee/ Family Participant
- ___ Chicken Swimmer
- ___ Glacial Group

Name _____

Primary Point of Contact if different from above _____

Phone _____ email _____

All plungers who register and pay by 12/1/16 will receive a coveted plunge shirt to show their accomplishment. Top corporate and school teams will receive recognition to display at their work place.

Team Members:

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
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_____	_____
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_____	_____
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_____	_____
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_____	_____
_____	_____

- all team members must sign the liability waiver in order to participate*
- Team members can be added at any time
- Each team member must raise the fund amount to receive a shirt

Team Name _____

**RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY, AND PARENTAL CONSENT
AGREEMENT (" AGREEMENT")**

In consideration of participating in the Polar Bear Plunge, I represent that I understand the nature of the Polar Bear Plunge events and that I and/or my minor child am qualified, in good health, and in proper physical condition to participate in such Activity. I acknowledge that if I and/or my minor child believe event conditions are unsafe, I and/or my minor child will immediately discontinue participation in the Activity.

I fully understand that Polar Bear Plunge events involve risks of serious bodily injury, including permanent disability, paralysis and death, which may be caused by my own actions, or inactions, those of others participating in the event, the conditions in which the event takes place, or the negligence of the "releasees" named below; and that there may be other risks either not known to me or not readily foreseeable at this time; and I fully accept and assume all such risks and all responsibility for losses, costs, and damages I and/or my minor child incur as a result of my and/or my minor child's participation in the Activity.

I hereby release, discharge, and covenant not to sue Coulter Hampton Foundaion , Inc., Salacoa Creek Park, its respective administrators, directors, agents, officers, volunteers, and employees, other participants, any sponsors, advertisers, and, if applicable, owners and lessors of premises on which the Activity takes place, (each considered one of the "RELEASEES" herein) from all liability, claims, demands, losses, or damages on my account caused or alleged to be caused in whole or in part by the negligence of the "releasees" or otherwise, including negligent rescue operations; and I further agree that if, despite this release, waiver of liability, and assumption of risk I, or anyone on my and/or my minor child's behalf, makes a claim against any of the Releasees, I will indemnify, save, and hold harmless each of the releasees from any loss, liability, damage, or cost which any may incur as the result of such claim.

I have read this RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY AGREEMENT, AND PARENTAL CONSENT AGREEMENT, understand that I have given up substantial rights by signing it and have signed it freely and without any inducement or assurance of any nature and intend it be a complete and unconditional release of all liability to the greatest extent allowed by law and agree that if any portion of this agreement is held to be invalid the balance, notwithstanding, shall continue in full force and effect.

Printed name of participant Signature of Participant (only if age 18 or over)

Date: _____

Signature of Parent/Legal Guardian

(if participant under age 18)

I give my permission for photographs taken at the event in which my image, or the image of any of my minor children appears, to be used for promotional and/or advertising purposes by Special Olympics Maryland, Inc., without compensation to me or my minor children.

Printed name of participant Signature of Participant (only if age 18 or over)

Date: _____

Signature of Parent/Legal Guardian

(if participant under age 18)

First Time Plungers Guide

For you first time plungers here are some helpful tips:

DO...

- ☐ Choose your "Plunge Day" outfit or costume with this in mind - you will be cold and possibly numb, so loose-fitting, easy-on clothes without a lot of snaps, zippers or buttons are best. When your fingers and toes are cold and wet it's difficult to maneuver zippers, etc. and you'll want to get your dry clothes on quickly
- ☐ Wear your plunging suit under the clothes you wear to the event - then you do not have to change into it, just change out of your plunging outfit/costume;
- ☐ Bring a loose pair of shoes to wear after the Plunge - something that will slip on easily and doesn't have tricky laces...think Crocs or slip-on boots; and
- ☐ Know that it's okay to change your mind if you're not feeling well or not comfortable.

DO NOT...

- ☐ **Do NOT** dive in! This is a safety regulation and will be enforced by the safety team!!! Beyond that, remember that a Plunge is whatever you want it to be, so there is no pressure to fully submerge yourself.
- ☐ **Do NOT** run into the water, there might be things in the water you cannot see. You might step on them or kick them and trip.
- ☐ **Do NOT** be the first to go into the water if it is your first time.

THINGS TO BRING:

- ☐ A plastic bag for wet clothes.
- ☐ A backpack to hold street clothes and your Plunge t-shirt!
- ☐ Two medium size towels - one to dry with one to stand on.
- ☐ A dry partner to hold your valuables while you are in the water.
- ☐ Clean dry under garments to wear after Plunging.

If you still have questions please feel free to call Nikki Hampton , 706-271-6534.



Plunge Policies

The Plunge is a family event and the event committee reserves the right to remove any participant and/or spectator from the grounds for behavior that does not adhere to the existing policies, and/or is deemed offensive to others. This includes possession of open containers or other illegal substances, public intoxication, lewd or inappropriate costumes, or otherwise disorderly conduct, among other things.

We are guests of the Salacoa Park Service and ask all visitors to Salacoa Beach to obey park rules.

Absolutely NO DIVING allowed.

Plungers MUST Plunge inside the designated Plunge Zone. Only registered Plunge participants and chaperones of minor Plunge participants (15 years of age or younger) will be granted to the secure Plunge Zone.

Anyone of any age can participate, but participants under 18 must have signed parental permission from a parent or guardian.

T-Shirts are guaranteed on Plunge Day only to pre-registered participants who registered by December 1, 2016. If it is not available onsite, it will be made available post-event to all other participants.

No change will be given at registration. Please have exact change only.

Plunge attire is swimsuit and/or athletic gear (shorts, t-shirts, etc.). Wetsuits, however, are strictly prohibited.

No "bear" feet! Shoes or surf mocs are required.

No pets allowed.



Are you a Chicken Swimmer?

**We know what you're
thinking....**



Oh my goodness....that water looks cold....are these people crazy?????

I can not get in THAT water....Does anyone realize what the temperature is? You are ALL going to catch a COLD. SERIOUSLY. Where is your mother?

It's O.K.....we got your back.

As a **CHICKEN SWIMMER** you will enjoy all the cool rewards of an actual swimmer.....without actually getting wet! **WE STILL LOVE YOU** and want your support! When you register, simply mark “chicken swimmer” and we will gladly keep your shirt warm and dry until you are ready for it!

This is a great solution for those at work who want to support CHF but don't want to swim!

Your business or school can use our ‘chicken swimmer’ sheets to recognize those willing to go the extra mile to love our kiddos from the safety of shore! Challenge friends and family to register the most “chicken swimmers”.....they all count towards group fundraising goals!

Official Chicken Swimmer!



Coulter Hampton Foundation

name

Official Chicken Swimmer!



Coulter Hampton Foundation

name

Official Chicken Swimmer!



Coulter Hampton Foundation

name

Official Chicken Swimmer!



Coulter Hampton Foundation

name

Please use the enclosed team support cards for those in your area who wish to support our cause, but don't want to commit at the \$25 level!

You'll be surprised how much money you can generate a dollar at a time!



TEAM _____

We are freezin' for a reason!

On Dec. 31, 2016 our team will jump in Salacoa Creek to raise money for seriously ill children in Gordon

County. Please help us win the team challenge by donating any amount! We'll display your support in our workplace/ school!

Thanks for making our jump worthwhile!

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Jump in to help
seriously ill
children in
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Coulter Hampton
Foundation Polar Plunge
Supporter

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