

THUNDER BAY POLAR BEAR PLUNGE

Hey Schools! Throw your winter jacket away and slip into your bathing suit. It's time to take the PLUNGE!

All schools are invited to enter teams to this year's Thunder Bay Polar Bear Plunge. It's a great way to build community, support LOCAL causes and animate your school community this winter!

All school aged participants grade 7 and up are welcome to participate in the **Cool Schools Category** and require a \$75.00 registration fee (or pledges). Most schools fundraise together to meet their goals by hosting events. Schools can register online at www.thunderbaypolarbearplunge.ca

When: April 1st 2023

Where: Prince Arthur's Landing at Marina Park Pearl St. Entrance
@ boat launch

Pledge Drop off: At Roots to Harvest (450 Fort William Road) on or before March, 31st. Office hours are from 8:30 a.m. to 4:30 p.m.

Late Registration: Saturday, April 1st between 10:00 - 11:30 a.m.

Plunge Time: 12:00-2:00 p.m.

This year, the Thunder Bay Polar Bear Plunge will raise money for Thunder Bay Special Olympics, Roots Community Foods Cent, CNIB and PRO Kids

Help us raise \$75,000 to support 4 local charities

Registration Information

It's helpful to have a few adults from the school supporting the plungers to raise funds.

A few things they'll need to know:

1. Each plunger must have a signed waiver. This can be done by paper copy (attached to this package) or online if individual plungers sign up to fundraise that way.
2. The registration fee per plunger is \$75 and most people fundraise that amount.
3. Even if your students aren't raising money online, we hope that you will sign them up as a team online. Some parents will donate that way and it shows community support for the event. Register your team at www.thunderbaypolarbearplunge.ca
4. Make sure to download the pledge sheet. Donation receipts are emailed only for all donations \$20 or more and who have given clear information on the sheet (full address and clear email address).
5. Students can collect pledges on their paper copy, and these should be turned in on or before Friday, March 31st, at the Roots Community Foods Center office.
6. Students can also raise money online by registering at www.thunderbaypolarbearplunge.ca
7. If you want your team's fundraising goal to be updated online (but they're collecting cash) then you can bring cash donations in regularly to Roots to Harvest at 450 Fort William Rd, and we will update your team's total.
8. We know this is a LOT of work, and we can't do it without you. The Cool Schools Category is a huge part of the success of this event so THANK YOU so much for helping in this way!

School Fundraising Ideas:

1. Register your team online and share the link for support on your schools Facebook page and/or in your school newsletter.
2. Make some delicious smoothies and sell those at lunch time (Roots to Harvest has a blender bike you can borrow!)
3. Make homemade popsicles (yogurt and fruit) and sell them at lunch

Cool School Prizes for taking the PLUNGE!

Pizza Parties will be awarded to the following categories:

- School Spirit
 - Cheers, costumes, enthusiasm!
- Most Participation
 - Most people from a school to take part
- Most Funds raised
 - Most funds raised!
- Top Individual Fundraisers - \$500+
 - Entered in a draw for \$500 gift card to Fresh Air Experience

A Few Hints and Tips from Previous Plungers

1. Make sure your pledge sheet is complete and totaled
2. Wear footwear that will stay on your feet in the water
3. Bring a big towel to dry off immediately
4. Change into warm clothes and then head home to watch the live stream of the event and awards.
5. Share your experience on social media!
(#thunderbaypolarbearplunge2023)
6. HAVE A BLAST!

A note about COVID:

The Thunder Bay Polar Bear Plunge will follow all public health guidelines and policies. Participants are not required to be vaccinated to participate and we will make every effort to ensure there is room to physically distance where necessary. We will be live streaming the event so that spectators can watch from home. Awards will be done virtually, directly following the completion of the plunge.

If you or your school community wants to talk about how we are approaching COVID or if you have any special considerations, please feel free to reach out to us.

THUNDER BAY POLAR BEAR PLUNGE– 2023 WAIVER

Grant of Non-Revocable License

I hereby grant Roots Community Food Center a non-revocable license to use any images(s), whether photograph(s) or video(s), taken of me or containing me in them and while in the course of my involvement and/or participation with/in this event, as above-named, and to use my name, image(s) and any comments that I have made about this event, as above-named, in the promotion of this event and/or the promotion of Roots Community Foods Center through a variety of mediums, including print, online, newspaper or television.

Acceptance of Risk and Agreement of Release and Waiver of Liability

As a participant in the above-named event, "THUNDER BAY POLAR BEAR PLUNGE," I recognize and acknowledge that this event may be an extreme test of my physical and/or mental abilities and hereby certify that I am fit to participate in any and all activities connected with or associated with this event and that such determination of fitness has been made by a duly qualified medical professional.

I further recognize and acknowledge that, by participating in this event, I am being subjected to certain risks of physical injury including but not limited to death which may arise from accidental contact, falling or other causes.

I therefore agree to assume responsibility for any injuries, damages or loss which I may sustain as a result of participating in any and all activities connected with or associated with this event, except if caused by the sole negligence of Roots Community Foods Center. I hereby release, waive and discharge Roots Community Foods Center, its directors, officers, shareholders, employees, event organizers, the City of Thunder Bay, the Lakehead District School Board, the Thunder Bay Catholic District School Board or agents from any and all liability, claim, damages and losses arising out of any loss, damage or injury that may be sustained by me or to any property belonging to me while participating in this event or any and all activities connected with or associated with this event.

It is my express intent that this Acceptance of Risk and Agreement of Release and Waiver of Liability shall bind me and any and all members of my family, my heirs and my assigns.

This agreement shall be construed in accordance with the laws of the Province of Ontario and, should any portion of this agreement be determined by a court of competent jurisdiction to be in contravention of such laws, such portion is to be considered null and void and having no force and effect, the rest of the agreement, following such determination, remaining unaffected.

I further agree that participation in this event is at my own discretion and judgment. I further understand that, should Roots to Harvest discover that I have not satisfied any one of these requirements, or that I am either attempting to participate or are participating in any and all activities connected with or associated with this event while intoxicated, either as a result of having consumed, ingested or otherwise been administered, either voluntarily or involuntarily, alcohol or any other intoxicating substance, it may, at its own discretion, terminate my participation in this event.

I have read and fully understand the above Acceptance of Risk and Agreement of Release and Waiver of Liability and I voluntarily sign this agreement.

_____	_____
Name of Participant (PLEASE PRINT)	Date

Signature of Participant	
<i>If participant is under age 18:</i>	
As a legal guardian of	
_____	_____
NAME (PLEASE PRINT)	Date
I consent to the above terms and conditions.	

Name of Legal Guardian (PLEASE PRINT)	

Signature of Legal Guardian	

For information contact
Roots CFC (807) 285-0189