



## Plunge

Saturday, January 14, 2017

1:30-2:10p.m. Registration & Check in

2:25p.m. Opening Remarks

2:30p.m. **PLUNGE & Little Dippers**

3:00p.m. Awards Ceremony & Door  
Prize Drawings

### Event Rules- PLUNGE

All plungers must be at least 13 years of  
age.

A minimum of \$50 in donations is  
requested and must be submitted with  
the completed registration form for  
plungers.

### **LITTLE DIPPERS Division:**

**Ages 8-12**

A minimum of \$25 in donations is requested and  
must be submitted with the completed registration  
form.

Little Dippers may go into the water to waist deep.

## A SPECIAL "THANK YOU" TO OUR SPONSORS



**pennsylvania**

DEPARTMENT OF CONSERVATION  
AND NATURAL RESOURCES

[www.dcnr.state.pa.us](http://www.dcnr.state.pa.us)

Corporate Competition!!! Companies can challenge  
each other- find a plunger from within your company  
and support them. Companies square off to see who  
can raise the most funds for kids!

Who will win this year's challenge???

Get involved.

Support Kids.

Change the world.

\* Large towel or blanket must be shown at  
check-in. Changing area available after the  
plunge. Please bring a change of clothes.

**All proceeds go to the Juniata Valley  
YMCA Youth Programs & Activities!**

### WAIVER & RELEASE

Participants under age 18 must have a parent or guardian's signature. In consideration of participating in the Juniata Valley YMCA Penguin Plunge I represent that I understand the nature of the event and that I and/or my minor child are in qualified good health, and proper physical condition to participate in this event. I acknowledge that if I and or/my minor child believe that the event conditions to be unsafe, I will immediately discontinue participation in the event. I fully understand that the event involves risks of serious bodily injury, including permanent disabilities, paralysis and death, which may be caused by my own actions, or inactions, those of others participating in the event, the condition in which the event takes place, or the negligence of the "releasers" names below, and that there may be other risks either not known to me or not readily foreseeable at this time; I fully accept and assume all such risks and responsibility for losses, costs and damages I incur of my participation in this event. I hereby release, discharge, and covenant not to sue the Juniata Valley YMCA, their respective administrators, directors, agencies, volunteers, and employees, Commonwealth of PA, other participants, any sponsors, advertisers, and applicable owner and leaser's of premises on which the activity takes place (each considered one of the "releasers" herein) from all liability, claims, demands, losses or damage on my account and/or of my minor child caused or alleged to be caused in whole or in part by the negligence of the "releasers" or otherwise, including negligent rescue operations, and I further agree that if, despite this release, waiver of liability, and assumption of risk, I or any new on my and/or my minor child's behalf, makes claim against any of the Releases, I will indemnify, save, and hold harmless each of the release from any loss, damage or cost which may incur as a result of such claim.

Signature

Date

Parent signature (if under age 18)

**For your safety,  
SHOES REQUIRED!!!**