

Join us for

# 2023 POLAR PLUNGE CHILLIN FOR CHARITY

## **Tweed Winter Carnival Family Day Weekend**

Saturday, February 18th  
NOON

Tweed Memorial Park

REGISTER WITH US:

Jennet Honey & Lynn Moore

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# SUPPORT YOUR LOCAL CHARITY

# POLAR PLUNGE '23

[illegible]

# Fundraising Facts

- Who:** You can plunge along, but why not plunge in a group!  
Your family, friends, neighbours or co-workers can join in the fun. The age limit is 18, however EVERYONE must sign a waiver
- How:** When you register, each Plunger will have access to our fundraising kit. Set yourself a goal and get started
- Why:** The Polar Plunge is a great way to show your community support by raising money for the charity of your choice.

Facebook, Instagram and Twitter are incredibly powerful tools to help you fundraise. These are free, easy to use and a personal way to connect with your supporters with minimal effort.

- make sure you follow our Social Media event
- make sure you share the event on your page, invite friends to support your fundraising event, you never know who may TEAM UP with you
- make sure you "like" and "share" it on Facebook and share the charity you are plunging for and how they can donate(link on your page/e-transfers)

Kits can be downloaded at [www.tweedfair.net/wintercarnival](http://www.tweedfair.net/wintercarnival)

## How to Register

Go to our Facebook page "Tweed Winter Carnival", message us or contact us at:  
[jennethoney@hotmail.com](mailto:jennethoney@hotmail.com) or 613+-827-2229

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***Be proud of your accomplishments to donate to charities .***

# RAISE \$500 IN 7 DAYS!

DAY	ACTION	TOTAL
One	Start with your own \$50 donation	\$50
Two	Ask 3 family members to donate \$25	\$75
Three	Ask 4 friends to donate \$20	\$100
Four	Ask 5 co-workers to donate \$10	\$50
Five	Ask 5 neighbours to donate \$20	\$100
Six	Ask your boss for a company contribution of \$50 (also ask if your company has a matching gift program)	\$50
Seven	Ask 3 businesses you support for a \$25 donation (hairstylist, drycleaner, pharmacist, coffee shop, florist, restaurant, mechanic, day care centre, etc.)	\$75
Seven Day Total:		<b><u>\$500</u></b>

# Tips for Plungers

*So you finally decided to take the Plunge with us!*

You are a plunge away from a unique fundraising event, not only in the water but out of the water as well. Connect with your family and friends for an amazing adventure

Here are some tips for Plunge Day

Be of sound health (ie) no heart conditions or high blood pressure

All participants **MUST** be 18 years old or older to participate

- follow the directions given when plunging
- wear your plunge costume under your coat so you will not have to worry about changing and will stay warm while you wait, have fun with this
- invite your friends and family to watch, take videos, photos, and pass dry and warm cloths to you after you plunge
- proceed directly to registration area to receive your complimentary gift. Be sure to hand in any pledges at that time and thank you for participating. Charitable receipts can be obtained if needed. You will need to have complete mailing address on your pledge forms clearly for our treasurer to mail/email them to your pledgers.
- wear footwear, (ie) water shoes, running shoes or anything that is secure to avoid injury from the chances of forming ice, and ground below the water
- trained rescue teams are at each side of the open water for assistance and safety
- plungers will go in no specific order so please be ready

**DO NOT** dive into the water, or run to or out of the water. The ground will be very wet and slippery. This is for the safety of all plungers and is strictly enforced by the rescue teams

**DO NOT** consume alcohol or recreational drugs prior to the event. If we feel you are intoxicated you will not be permitted to plunge.

*Be proud of your accomplishments to donate to charities.*