

Join us for

**2024 POLAR PLUNGE
CHILLIN FOR CHARITY
Tweed Winter Carnival**

Family Day Weekend

Saturday, February 17th

NOON

Tweed Boat Launch

REGISTER WITH US:

Natalie @mitts.natalie@gmail.com

613-242-8478

jennethoney@hotmail.com

613-827-2229

**SUPPORT YOUR LOCAL
CHARITY**

50% to your charity of choice,
50% to the Tweed Agricultural Society

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 you page/e-transfers)

How to Register

Go to our Facebook page "Tweed Winter Carnival" , message us or contact us:

Natalie: @mitts.natalie@gmail.com 613-242-8478 or

Jennet @ jennethoney@hotmail.com

Kits can be downloaded from our website: twwedfair.net

Be proud of your accomplishments to donate to charities .

Tips & Tricks

THINGS TO KNOW

- All Plungers must wear running shoes
- Consider not wearing jewellery
- Dress up in costume for fun

THINGS TO DO

- Bring a towel to dry off
- Bring a change of cloths
- Bring a plastic bag for wet cloths

THINGS NOT TO DO

- Do NOT dive into the plunge area. This is a safety rule for all plungers and will be enforced by the Tweed Agricultural Society .
- Do NOT run out of the water after your plunge, it may be your first instinct, but keep in mind everything is very slippery.
- Be carefull as you make your way to the warming station
- ABSOLUTELY no alchohol will be allowed in the plunge area. Anyone who is inebriated will NOT be allowed to plunge and will be asked to leave
- No smoking is permitted in the plunge area

SAFETY FIRST

- Medical support and volunteer dive team will be on site
- Plungers can expect to loose their breath for a few seconds when they plunge
- If you have any questions about plunging with a medical condition, please consult your doctor
- An event trailer is available to changing before and after you plunge
- Don't drink alcohol before taking the plunge

MAKE THE MOST OF IT

- Costumes aren't required, but adds to the experience
- Remember, this is a family event, please wear appropriate costumes or swimwear or you may be asked to change
- Post you acomplishment and thank your supporters on social media
- Tweed's freezin for a reason helps support many organizations and charities

FIRST TIME PLUNGERS- DAY OF THE EVENT

Welcome to our Polar Plunge. Please arrive 15-20 minutes early so we can check you in, turn in your donations (receipts will be supplied upon request). Once ready, you will can take a pre-plunge phot before making your way to the plunge area. Once you plunge, please carefully get out of the water, you will recieve your towel, and make your way to the warming station. We will be taking photos and videos and sharing on our social media platforms. Please let us know if you do not want us to share your plunge. Have fun and thank you for participating!

Be proud of your accomplishments to donate to charities .

PLEDGE SHEET

NAME

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PAID
