



## ENVIROS WILDERNESS SCHOOL ASSOCIATION

### POLAR PLUNGE RELEASE OF LIABILITY & ASSUMPTION OF RISK AGREEMENT

**Date of Plunge:** February 14, 2026

**Location:** \_\_\_\_\_

**Participant Name:** \_\_\_\_\_

**Phone Number:** \_\_\_\_\_

**Emergency Contact & Phone:** \_\_\_\_\_

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#### ASSUMPTION OF RISK

I understand and acknowledge that participating in a Polar Plunge involves inherent risks, including but not limited to cold water shock, hypothermia, slips and falls, cuts from ice, muscle strain, cardiac events, and other serious injuries that could result in permanent disability or death.

I voluntarily choose to participate and **assume full responsibility for any and all risks, known or unknown**, associated with my participation.

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#### PARTICIPANT SAFETY RULES

By signing this agreement, I agree to follow all safety rules and acknowledge the following requirements:

##### Before the Plunge

- I confirm that I am in good health and physically able to participate and understand I should consult with my physician prior to participation.
- I will ensure I know my exact location and will have a fully charged cell phone available in case of emergency.
- I will wear proper footwear to prevent injury from ice or frozen ground and will wear a hat to reduce heat loss.



# ENVIROS

- I understand that **I must not plunge alone and will bring a buddy.**
- I will choose an open area of water to prevent getting caught under ice.

## During the Plunge

- I will enter the water slowly and **will not dive.**
- I will remain in the water for **no longer than two (2) minutes** to prevent hypothermia.
- I will exit the water immediately if I feel dizzy, numb, weak, lightheaded, or unwell.

## After the Plunge

- I will have dry clothing, a towel, and warm (non-alcoholic) beverages available immediately after exiting the water.

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## RELEASE OF LIABILITY

In consideration for being allowed to participate, I hereby release, waive, and discharge **Enviros Wilderness School Association, its directors, officers, employees, volunteers, sponsors, partners, and affiliates** from any and all claims, demands, actions, or causes of action arising from any injury, illness, loss, or damage that may occur as a result of my participation, whether caused by negligence or otherwise.

I understand that I am solely responsible for my safety and wellbeing during this activity.

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## MEDIA RELEASE (Optional)

I grant permission for photos and/or video taken during this event to be used for promotional and fundraising purposes by Enviros Wilderness School Association.

Yes  No

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## ACKNOWLEDGEMENT & SIGNATURE

I have read and fully understand this agreement and voluntarily agree to its terms.

**Participant Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_ Please email completed form to

[rbessette@enviros.org](mailto:rbessette@enviros.org) OR [nweiss@enviros.org](mailto:nweiss@enviros.org)