



Date : Saturday, February 7, 2014
Time : 1 p.m. to 3 p.m.
Location : Verdun Marina, 5160 Boulevard Lasalle, Studio B

General information

1. Registration will begin at noon.
2. All Team Captains must be present for registration. A schedule with the time of your teams plunge will be sent to you by email a couple of days before the event.
3. All team members must be on site and registered at 12:30 p.m.
4. All team members must be 16 years old to participate and must sign a release and waiver form prior to their plunge, this will be done when they register online.
5. No smoking or drinking alcoholic beverages is allowed on the premise.
6. All profits from food concessions and promotional items will be donated to Special Olympics Québec.
7. Here is a list of suggested items:
 - A backpack to hold your street clothes;
 - A towel and a bathrobe;
 - A plastic bag for your wet clothes;
 - A dry partner to hold your valuables while you are in the water;
 - **A pair of closed shoes** (no flip flops, no sandals, no bare feet) this is **MANDATORY**
 - A camera that you can carry into the Plunge Zone with you to capture your big moment.

SPECIAL OLYMPICS QUÉBEC
1274, Jean-Talon street, suite 200, Montréal (Québec) H2R 1W3
514 843-8778
defiourspolaire@olympiquesspeciaux.qc.ca
www.polarbearplunge.com





- There will be a dry, warm place inside for you to change into your plunging attire and back into your street clothes.
- Directions: You can enter the following address into your GPS or print the directions for www.google.ca/maps; 5190, Boulevard Lasalle, Verdun. See plan. Once onsite, follow the event signage.



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Special Olympics
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