

## **Safety Briefing:**

1. All plungers WILL attend this mandatory briefing in order to participate in this year's event. The following are some important procedures that ALL will adhere to:
  - A. It must be emphasized that in some cases this CRAZY EVENT could be dangerous to your HEALTH, so common sense and for some a doctor's approval might be in order.
  - B. You do not have to be a swimmer to participate, however it's better if you are.
  - C. It's recommended to wear old shoes (running shoes). No Flip Flops.
  - D. Don't wear a lot of clothing.
  - E. Remove all valuable jewellery, and if you wear eyeglasses either remove or tie off.
  - F. On order/directive plungers will be allowed into the water, No more than groups of FIVE will be allowed in at any given time. (Depends on ice).
  - G. Be aware of your surroundings at all times, Know where you are about to plunge.
  - H. Do not stay in the water too long, and be careful on your exit of the water.
  - I. Remember everyone will be in a hurry so watch your footing.
  - J. At NO time will we tolerate horseplay.
  - K. If at any time you feel uncomfortable or require assistance, CONTACT PPBP committee member.
  - L. All plungers should have a towel and change of clothing readily available.
  - M. Make sure all plungers have signed the waiver of liability.
  
2. As long as all plungers pay strict attention to the proven and very successful procedures, all will go well and we know you will ALWAYS treasure this event for many years! Have a fun Plunge!!!