



POLAR PLUNGE

SUPPORTING GENEVA FAMILY YMCA

part of Geneva's Winterfest
Sunday, February 22 at 11:00am



**Pledge using
your phone!**
See page 4

10:45 check-in, 11:00 plunge. Warm and Dry by Noon!
Finger Lakes Visitor Center Community Room
Free Apres Plunge Gathering at Twisted Rail at 12:00



POLAR PLUNGE 2026

SUPPORTING GENEVA FAMILY YMCA

MADE POSSIBLE IN PART BY



JOIN US FOR THIS YEAR'S BENEFIT POLAR PLUNGE

WE'LL PLUNGE AS A GROUP, AT FINGER LAKES VISITOR CENTER
BEGINNING AT 11:00; WARM AND DRY BY NOON
FREE APRES PLUNGE GATHERING AT TWISTED RAIL 12:00 UNTIL...

OUR GOAL IS FUN, AND OUR PURPOSE IS TO RAISE FUNDS IN SUPPORT GENEVA FAMILY YMCA!
THERE'S NO FEE TO REGISTER BUT TO TAKE THE PLUNGE AND GET THE COOL SWAG,
A MINIMUM OF \$50 IN DONATIONS IS RESPECTFULLY REQUESTED.

BE A PURPOSEFUL PLUNGER

RAISE \$500+ IN PLEDGES FOR YOUR PLUNGE TO EARN BRAGGING RIGHTS,
A T-SHIRT, AND RECOGNITION AT OUR APRES PLUNGE GATHERING!

BE A VIP PLUNGER

RAISE \$1000+ IN PLEDGES FOR YOUR PLUNGE AND EARN BRAGGING RIGHTS,
A SWEATSHIRT, AND RECOGNITION AT OUR APRES PLUNGE GATHERING!

BUILD A TEAM OF POWER PLUNGERS

(PLEASE NOTE YOUR GROUP ON YOUR REGISTRATION)

RAISE \$2,000+ TO BE LISTED IN THE AFTER-EVENT NEWS RELEASE
AND HONORED AS A HIGH-PERFORMING TEAM AT OUR APRES PLUNGE GATHERING!

WANNA JUST PLUNGE FOR THE FUN OF IT?

SHOW OFF HOW CHILL YOU CAN BE! THERE'S NO COST TO REGISTER
BUT IN ORDER TO TAKE THE PLUNGE AND GET THE SWAG,
A MINIMUM OF \$50 IN DONATIONS IS RESPECTFULLY REQUESTED.



JOIN US AFTER YOU PLUNGE!

BRING YOUR FRIENDS AND FAMILY AND JOIN US FOR OUR APRES PLUNGE GATHERING
AT TWISTED RAIL ON EXCHANGE STREET! PLUNGERS ENJOY SPECIAL DISCOUNTS, AND
WE'LL ALL ENJOY FUN AND PRIZES, ARCADE GAMES, AND A FEW SURPRISES!

GENEVAFAMILYYMCA.ORG | 315 789 1616

POLAR PLUNGE 2026 - SUPPORTING GENEVA FAMILY YMCA

PARTICIPANT REGISTRATION AND INDIVIDUAL WAIVER OF LIABILITY/ASSUMPTION OF RISK (ONE ENTRY PER PLUNGER, EVEN FOR TEAMS)

FIRST NAME: _____ LAST NAME: _____

TEAM NAME (IF ANY) : _____

STREET ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

EMAIL: _____ PHONE #: _____

EMERGENCY CONTACT NAME: _____

EMERGENCY CONTACT PHONE #: _____

EMERGENCY CONTACT RELATIONSHIP TO PARTICIPANT: _____

SHIRT SIZE: (PLEASE CIRCLE) SMALL MEDIUM LARGE XLARGE XXLARGE XXXLARGE

IMPORTANT: BY SIGNING BELOW, I ATTEST I AM A VOLUNTARY PARTICIPANT IN POLAR PLUNGE '26, AND AGREE TO THE TERMS OF THE WAIVER BELOW. I ALSO UNDERSTAND THAT INDIVIDUALS UNDER 18 MUST HAVE A PARENT OR LEGAL GUARDIAN SIGN ON THEIR BEHALF IN ORDER TO PARTICIPATE.

IN CONSIDERATION OF PARTICIPATING IN THE GENEVA FAMILY YMCA POLAR PLUNGE '26, I REPRESENT THAT I UNDERSTAND THE NATURE OF POLAR PLUNGE EVENTS AND THAT I AND/OR MY MINOR CHILD AM QUALIFIED, IN GOOD HEALTH, AND IN PROPER PHYSICAL CONDITION TO PARTICIPATE IN SUCH AN ACTIVITY. I ACKNOWLEDGE THAT IF I, AND/OR MY MINOR CHILD BELIEVE EVENT CONDITIONS ARE UNSAFE, I, AND/OR MY MINOR CHILD WILL IMMEDIATELY DISCONTINUE PARTICIPATION IN THE ACTIVITY.

I FULLY UNDERSTAND THAT THE GENEVA FAMILY YMCA POLAR PLUNGE '26 INVOLVES RISKS OF SERIOUS BODILY INJURY, INCLUDING VIRAL INFECTIONS, BACTERIAL INFECTIONS AND OTHER COMMUNICABLE DISEASE AND ILLNESSES, PERMANENT ISABILITY, PARALYSIS AND DEATH, WHICH MAY BE CAUSED BY MY OWN ACTIONS, OR INACTIONS THOSE OF OTHERS PARTICIPATING IN THE EVENT, THE CONDITIONS IN WHICH THE EVENT TAKES PLACE, OR THE NEGLIGENCE OF THE 'RELEASEE' SIGNED ABOVE; AND THAT THERE MAY BE OTHER RISKS EITHER NOT KNOWN TO ME OR NOT READILY FORESEEABLE AT THIS TIME; AND I FULLY ACCEPT AND ASSUME ALL SUCH RISKS AND ALL RESPONSIBILITY FOR LOSSES, COSTS, DAMAGES I AND/OR MY MINOR CHILD INCUR AS A RESULT OF MY AND/OR MY MINOR CHILD'S PARTICIPATION IN THE ACTIVITY. I UNDERSTAND THAT MULTIMEDIA RECORDINGS (E.G., PHOTOGRAPHS, VIDEO) WILL BE TAKEN AND THAT THEY MAY BE USED IN SUITABLE MEANS AS ADVERTISING OR PROMOTION OF CURRENT AND FUTURE EVENTS, INCLUDING BUT NOT LIMITED TO SOCIAL MEDIA CHANNELS.

I HEREBY RELEASE, DISCHARGE, AND COVENANT NOT TO SUE GENEVA FAMILY YMCA, ITS RESPECTIVE ADMINISTRATORS, DIRECTORS, AGENTS, OFFICERS, VOLUNTEERS, AND EMPLOYEES, OTHER PARTICIPANTS, ANY SPONSORS, ADVERTISERS, AND, IF APPLICABLE, OWNERS AND LESSORS OF PREMISES ON WHICH THE ACTIVITY TAKES PLACE, (EACH CONSIDERED ONE OF THE 'RELEASEES' HEREIN) FROM ALL LIABILITY, CLAIMS, DEMANDS, LOSSES, OR DAMAGES ON MY ACCOUNT CAUSED OR ALLEGED TO BE CAUSED IN WHOLE OR IN PART BY THE NEGLIGENCE OF THE 'RELEASEES' OR OTHERWISE, INCLUDING NEGLIGENT RESCUE OPERATIONS' AND I FURTHER AGREE THAT IF, DESPITE THIS RELEASE, WAIVER OF LIABILITY, AND ASSUMPTION OF RISK I, OR ANYONE ON MY AND/OR MY MINOR CHILD'S BEHALF, MAKES A CLAIM AGAINST ANY OF THE RELEASEES, I WILL INDEMNIFY, SAVE, AND HOLD HARMLESS EACH OF THE RELEASEES FROM ANY LOSS, LIABILITY, DAMAGE, OR COST WHICH ANY MAY INCUR AS THE RESULT OF SUCH CLAIM.

BY COMPLETING AND SIGNING THE 2026 REGISTRATION DOCUMENT, I AGREE THAT I HAVE READ THIS RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY AGREEMENT, AND PARENTAL CONSENT AGREEMENT, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT AND HAVE SIGNED IT FREELY AND WITHOUT ANY INDUCEMENT OR ASSURANCE OF ANY NATURE AND INTEND IT BE A COMPLETE AND UNCONDITIONAL RELEASE OF ALL LIABILITY TO THE GREATEST EXTENT ALLOWED BY LAW AND AGREE THAT IF ANY PORTION OF THIS AGREEMENT IS HELD TO BE INVALID THE BALANCE, NOTWITHSTANDING, SHALL CONTINUE IN FULL FORCE AND EFFECT. [END]

SIGNATURE (REQUIRED) _____ DATE: _____

THANK YOU FOR YOUR SUPPORT OF GENEVA FAMILY YMCA

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