

2017 5th ANNUAL FROZEN FRENZY

“FRIENDS FREEZING FOR FUN”

FROZEN FRENZY RULES

- 1. SAFETY FIRST!**
- 2. You must register to participate in the Frozen Frenzy**
- 3. You must sign a Frozen Frenzy Release and Waiver Form**
- 4. You must have a Frozen Frenzy bracelet**
- 5. All Dippers should wear water shoes/old sneakers**
- 6. Always follow the direction of the Diver Team**
- 7. Stay in the Diver Team secured area while in the water at all times**
- 8. You do not have to fully submerge**
- 9. No Diving or going head first in any way**
- 10. Do not stay in the water longer than 3 minutes**
- 11. No Alcohol Permitted**

TIPS

- 1. Wear your bathing suit under your clothing**
- 2. Wear loose fitting easy off - easy on clothes**
- 3. Bring a backpack or duffle bag to hold all your belongings**
- 4. Bring a friend to hold your belongings**
- 5. Bring a plastic bag for your wet clothes**
- 6. Bring large towels and/or blankets to wrap up in afterwards**

You are helping to raise money for the PATH VALLEY OUTREACH.

We thank you for your support.

Enjoy your experience!

We hope to see you again next year for the 6th Annual Frozen Frenzy!