

# ***2019 7<sup>th</sup> 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 8th Annual Frozen Frenzy!**