THE CRYSTAL DIP

Crystal Carnival TOWN of HOLYROOD Slide on down!

THE LUNG ASSOCIATION™ Newfoundland & Labrador

Date: Sunday, March 20, 2016 10:00am

Take the Plunge in support of The Lung Association

Participant Name:	Date of Birth:
Street Address:	
Town:	Postal Code:
Email Address	Phone:

Please submit your registration to the Town of Holyrood before you start to collect funds. Registrations can be emailed before Monday, February 29 to info@holyrood.ca If you have any questions please call 229-7252 ext. 204. Receipts only granted for donations of $25.00 and above. All cheques must be made payable to The Town of Holyrood.

Sponsor	Address	City	Postal Code	Amount $	Receipt Required?

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Information and Swimmers Tips

- The Dip will take place at Maloney's Beach in Holyrood (Marine Institute Parking Lot on North Side Road). Look for signage.
- We will be doing the dip exactly at 10:00am. Please ensure you are ready to take the dip on time
- Keep in mind our goal is to raise over $5,000.
- Feel free to dress up! We encourage any goofy wear for your journey to the Atlantic. We'll have a prize for the best dressed!
- You must have a minimum of $100.00 in donations to participate.
- All participants who take part will receive a Holyrood Crystal Dip T-Shirt!
- Wear suitable footwear. It will be rocky!
- Make sure you have dry clothing, extra towels, and blankets to warm yourself immediately after you take the plunge.
- Have a spotter on the land with all your equipment. Make sure you know their exact location for when you get out of the water.
- We will have two emergency crews on hand.
- More than one pledge sheet may be required! Print off as many as you like.
- Join us at the Star of the Sea for brunch and to receive your Crystal Dip Certificate at 11:15am.
- Follow the Town of Holyrood on Facebook. We'll be giving updates about the dip throughout the carnival. www.facebook.com/townofholyrood.
- The Town of Holyrood will have two warming stations on site for participants to enter after the dip.
- Please check Holyrood's facebook page before the event to make sure the dip is not cancelled and there has been no change of location.
- Please note, the map attached with the green flag is Maloney's Beach. This is located off of North Side Road.