

THE CRYSTAL DIP



Information and Swimmers Tips



- The Dip will take place at the Holyrood Main Beach at the parking section of the boardwalk. Look for signage.
- **Parking for all dippers will take place at the Holyrood Festival Grounds site.** Signage will be in place. A School bus will be going from the parking lot to the dipping site every 5 minutes between 9:30am and 9:50am. The bus will bring you back to the parking lot after the event.
- We will be doing the dip exactly at 10:00am. Please ensure you are ready to take the dip on time.
- All cheques must be made out to The Town of Holyrood. E-transfers are also accepted at info@holyrood.ca.
- **Online Donations can be made at: <https://youngadultcancer.akaraisin.com/TheCrystalDip>**
- 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 \$50.00 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. More can be found at www.CrystalCarnival.ca
- Join us at the Star of the Sea for brunch and to receive your Crystal Dip Certificate at 11:00am.
- 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 and website before the event to make sure the dip is not cancelled and there has been no change of location.

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CRYSTAL DIP REGISTRATION FORM

Name:	
Address 1:	
Address 2:	
Town:	Postal Code
Email Address:	
Phone	Cell:
DOB:	Age:
Shirt Size:	
Do you have your Pledge Sheets?	YES NO
*Please forward your registration to Steve.Martin@holyrood.ca	
<p>Waiver: The Town of Holyrood intends to hold The Crystal Dip on Sunday, February 24 2019. I, along with others, will be provided with the opportunity to participate in the event, which will include entering into and/or swimming in the Atlantic Ocean. I acknowledge and understand the health risks associated with entering the Holyrood Harbour as the temperature of the North Atlantic water and the surrounding environment will have potential to reach exorbitant temperatures. I acknowledge and understand that I should consult my physician prior to engaging in this event. I understand and acknowledge that individuals who are or may become pregnant, have poor cardiac functioning, are in poor health, are under the influence of drugs or alcohol, and suffer from seizures should not participate. I acknowledge and understand such risks and voluntarily assume all risks associated in any way with participation of the Dip. By signing this form, I acknowledge and understand that I have read and understood the above waiver.</p>	
Signature: Parent/Guardian if under 18)	Date