



## Disclaimer of Liability & Waiver Form

The Herring Cove Polar Bear Dip would like to remind all jumpers, spectators and volunteers that the Polar Bear Dip organizers assume no responsibility for the following:

- Lost/stolen articles, injury or any other accidental or intentional damages.

**There are health risks associated with jumping into Herring Cove:**

- The water temperature is extremely cold
- The air temperature is extremely cold
- Do not jump if you are: pregnant, in ill health or intoxicated

The Herring Cove Polar Bear Dip Committee, Feed Nova Scotia and their associates are not responsible for injuries or damages suffered by me or my property as a result of this event.

I understand that participation in any capacity is at my own risk!

Full Name (Print): \_\_\_\_\_

Signature: \_\_\_\_\_

Date: \_\_\_\_\_