



# PLUNGE RULES..

1. **NO ALCOHOL PERMITTED!**
2. You must register to participate in the Plunge and sign a Plunge Waiver.
3. You must have a Plunge Official Bracelet.
4. Do NOT stay in the water longer than 3 minutes.
5. Stay within the River Rescue secured area while in the water at all times.
6. Always follow the directions of River Rescue.
7. **NO DIVING!!!** - Absolutely NO entering the water head first.
8. **NO WET SUITS..**they are only for River Rescue...Plungers say  
**“IT’S NICE IN THE ICE”**
- 9 Please no pushing and shoving, we have plenty of time for everyone to take the plunge.
10. **SAFETY FIRST!!**