



TEAM?

TEAM NAME

Registration Form for the 21st ALMOST Annual Penguin Plunge

PLEASE PRINT CLEARLY. THANK YOU!

Last Name: _____ First Name: _____ Age: _____

Address: _____

City: _____ State: _____ ZIP: _____

Phone: _____

E-mail: _____

T-shirt Size: (Adult size XS, S, M, L, XL, XXL, XXXL) _____

I am a: ☐ First-Time Plunger ☐ Experienced Plunger

PLEASE NOTE: It is recommended that you receive medical clearance before participating in the plunge.

In consideration of accepting this entry, I, the undersigned, intending to be legally bound, hereby, for myself, my heirs, and executors, waive and release any and all rights and claims for losses and damages I may have against the sponsors of this event, the MA Department of Conservation and Recreation (DCR), town or state police, fire departments, and their representatives, successors and assigns, for any and all injuries suffered by me at said event.

Further, I hereby grant full permission to any and all of the foregoing to use photographs, videotapes, motion pictures, recordings or any other record of this event for any purposes whatsoever.

Signature of Plunger: _____

Signature of Parent/Guardian: _____

** If Plunger is 17 or younger **

PRE-REGISTER OPTIONS

MAIL this completed Registration to APCM, PO. Box 931, Westfield, MA 01086

OR Save & Email your registration form to: diane@ameliaparkmuseum.org

Or bring to park on Saturday, January 24th from 11:30am – 12:30 pm for a 1:00pm PLUNGE at Hampton Ponds State Park, Rt. 202, Westfield, MA