

POLAR BEAR PLUNGE RULES:

1. Plungers **MUST** wear aqua socks or other shoes into the water.
 - a. Leggings are recommended to help prevent cuts created by thin ice or ice chunks.
2. Plungers are **NOT** allowed to go beyond the divers.
3. All plungers **MUST** have a wristband to enter changing rooms and the water.
4. Plungers **MUST WAIT** until they receive permission to run or enter the water.
5. Spectators need to stay behind the orange snow fencing.

SRSNLC-Waukegan Park District & The
City of Waukegan are
NOT RESPONSIBLE
for lost or stolen items.

***Lost items can be retrieved at the Belvidere Recreation Center on 412 S. Lewis Ave., Waukegan after January 3.