



Polar Plunge Risk Management Checklist

- Alcohol is not served or available before the plunge
- Participants informed alcohol consumption is discouraged
- Adequate staffing and law enforcement at entry points
- Only registered participants allowed in water
- Diving/flipping prohibited and communicated clearly
- All participants signed liability waivers
- Medical personnel on-site for entire event
- System in place to confirm safe exit of all participants
- Rescue divers present for natural water plunges
- Ice conditions verified and reassessed regularly
- Pool/hot tub entry points free of ice and not slippery
- Space heaters placed safely and monitored
- Safety covers used on heating devices
- Crisis response plan developed and shared
- Costume guidelines communicated