



## Camp Yowochas Activity Guide

# POLAR DIP

Participating in a group Polar Dip is a great way to start off your day at Camp Yowochas. This activity, done before breakfast, involves participants first being briefed on how to claim their Polar Dipper status. Then, under the supervision of a Lifeguard, each brave participant runs into the water before wading or swimming all the way to our end of our swimming area and taking a dunk.

### PROGRAM SPECIFICS

- Up to 35 participants to 1 lifeguard
- Well suited for all ages
- Available April– October
- Our electric sauna is available immediately after to warm up



### SAFETY CONSIDERATIONS

Swimming is only permitted in daylight hours and when there is no ice present on the lake. Our water-front rules are reviewed and posted. Our beach is predominately sandy bottomed and cleared regularly of any rocks that wash in and the swimming area is well marked. Rescue equipment including a back board, first aid kit and reaching/throwing assists are available at waterfront.