Kiwanis Polar Dip – FAQ
Lake Anne Village Center, Reston, VA

Q: **Where is the Kiwanis Polar Dip held?**
A: The Kiwanis Polar Dip is held at Lake Anne Village Center, located at 1609 Washington Plaza, Reston, VA 20190

Q: **Where should I park?**
A: There is a parking lot at Lake Anne Village Center. If the lot fills up, overflow parking is along North Shore Drive, or across Baron Cameron Avenue at Brown's Chapel Park (use caution crossing Baron Cameron Ave.).

Q: **Where do I go when I arrive?**
A: After parking, walk towards the lake. Proceed to the Reston Community Center to the registration area.

Q: **What time does the event start?**
A: Registration will start at 12:30PM. The Polar Dip will start at 2:00 PM.

Q: **When should I arrive?**
A: Plan to arrive early to get through the registration lines before the event starts, the earlier the better to avoid long lines. Come early and have lunch at one of the many restaurants at Lake Anne.

Q: **Do I have to register on-line?**
A: Registering on-line helps us to know how many people to expect for planning purposes, and ordering shirts. It is also easier to fundraise using the website as friends/family can sponsor you from anywhere. There will be three waivers to sign at the event, one for Kiwanis and two for Reston Association (RA). Per our insurance policy, the waivers must be signed in person at the event. A parent or legal guardian must sign for anyone under the age of 18.

Q: **Can I register at the event?**

A: Yes, you can register at the event. There will be three waivers to sign, one for Kiwanis and two for Reston Association (RA). Per our insurance policy, the waivers must be signed in person at the event. A parent or legal guardian must sign for anyone under the age of 18.

Q: **How do I turn in any donations I received (cash/checks)?**
A: Bring any donations you receive with you to registration. All checks should be made payable to "Kiwanis Foundation of McLean" and are 100% tax deductible. Being able to tell the folks at registration if your checks/cash are included in your on-line fundraising or not will be helpful to us for tallying the totals of the day.

Q: **How much does it cost to participate?**
A: Participants are asked to raise/donate a minimum of $100 to receive an event t-shirt.

Q: **Can I pay by credit card?**
A: Yes, credit cards will be accepted.

Q: **When does the event end?**
A: The length of the event depends on the number of participants. Based on previous years, we expect the event to end between 3:00-3:30 PM.

Q: **What should I wear to participate?**
A: You can wear anything you would like except wet suits. Remember we are a family-friendly event. Crazy costumes are popular, but many people jump in bathing suits, or shorts and t-shirts. NOTE: heavy wet fabrics are more challenging to climb up the ladders with.

Q: **Should I wear some kind of shoe?**
A: Yes, we recommend wearing some kind of water shoe as we cannot guarantee what may be at the bottom of the lake. Flip flops or heels do not work well and should be avoided.

Q: **What else should I bring with me?**
A: A towel to dry off, and warm clothes to change in to.

Q: **Is there a place to change before/after the event?**
A: There are public restrooms located in the Reston Community Center (where registration takes place).

Q: **What is the order of jumping?**
A: There will be a line of participants on a first-come basis. You can decide to jump towards the beginning or towards the end. If for some reason you have a time constraint and need to jump at the beginning, let us know, and we will try to accommodate your schedule so that you can participate.

Q: **How many people can jump at a time?**
A: For safety reasons, we can only have 5 people maximum jump at a time.

Q: **Do I have to be part of a team, or can I jump by myself?**
A: You do not need to have a team. You can jump by yourself if that is your preference, or we can pair you up with someone else also jumping alone to keep things moving along.

Q: **Where will we be jumping from?**
A: You will be jumping from a floating dock.

Q: **How do we get out of the water?**
A: There will be ~3 ladders right there to climb out.

Q: **How deep is the lake?**
A: The water where you will be jumping is about 6-7 feet deep.

Q: **Is diving allowed?**
A: No, there is absolutely **NO DIVING** for obvious safety reasons. Also please refrain from doing back flips off the dock for safety reasons.

Q: **How cold will the water be?**
A: In the previous years the water has ranged from 32 to 42 degrees. The air temperature makes all the difference when you get out.

Q: **What if I can't swim?**
A: You can still participate if you want to. There will be Fairfax County Cold Water Dive Team members in the water to assist anyone that needs it. They will also have a life ring with them. Just alert them ahead of time that you need their assistance, and they will be happy to help you get to the ladders.

Q: **Will there be emergency personnel there if needed?**
A: There will be Fairfax County Cold Water Dive Team personnel at the event. At least one will be on the dock, and the rest will be in the water. There will also be police and fire personnel on site. (Note: In all our previous years we have never had a need for them.)

Q: **Will the event still go on if the lake is frozen?**
A: Absolutely! That just makes it more fun! If the lake is frozen over, the Cold Water Dive Team will either break the ice up right before the event begins, or if the ice is on the thicker side, they will likely break the ice up the day before.

Q: **Will the event be canceled due to weather?**
A: Light rain or snow will not cancel the event. In the event of severe weather, we could make the decision to cancel/postpone the event for everyone's safety. If the weather is in question the morning of the event, please check our Facebook event (Kiwanis Polar Dip) for any cancellation announcements.

Q: **Are spectators welcome?**
A: Absolutely! The more, the better! The Plaza area will be filled with spectators, so come early to get a good viewing spot and cheer on our jumpers as they brave the freezing water!

Q: **Will there be a photographer on site?**
A: Yes, we have an official event photographer who will get shots of each group as they jump. Those photos will be posted on a website for viewing and downloading free of charge. The link will be posted on our Facebook page as soon as it is ready, within a couple days after the event.

Q: **Is there any place to eat at Lake Anne?**
A: There are many wonderful restaurants at Lake Anne to choose from. Plan to come early or stay late to grab a bite and warm up.

Q: **Anything else I should know?**
A: You will have a blast, and know that while you are doing so you will be helping some very special children and their families.

NOTICE: The Reston Association does not maintain the water quality of Lake Anne to swimming standards.

IMPORTANT: Contrary to what some believe, alcohol does not make the water less cold. For your safety, please refrain from heavy drinking before the event. Save it for after you jump to celebrate your success!