

ALARC

FITNESS + FRIENDS

Jump into 2021 at the ALARC Ice Dive! On January 1st, join in on the fun as divers take part in the New Year's tradition at the Excelsior Docks on Lake Minnetonka in Excelsior, MN. Proceeds of the event help support South Lake Minnetonka Police and Fire Departments and the Wounded Warrior Project.

Now in its 31st year, the ALARC Ice Dive continues to grow! This year, we have had to make some changes due to the COVID-19 virus. We are following the CDC guidelines regarding the virus:

- All registration for the event will occur online. THERE WILL BE NO ON-SITE REGISTRATION. Online registration will be open until Midnight Central Standard Time on New Year's Eve.
- Certificates of Completion will be emailed to the divers after the event.
- Online registration can be found at [ALARC Ice Dive Registration](#) .
- Divers will be receiving our COVID-19 Preparedness Plan prior to the event via email which has been reviewed by the City of Excelsior and the State of Minnesota's Attorney General's Office. Please read and observe before coming to the event.

What to bring:

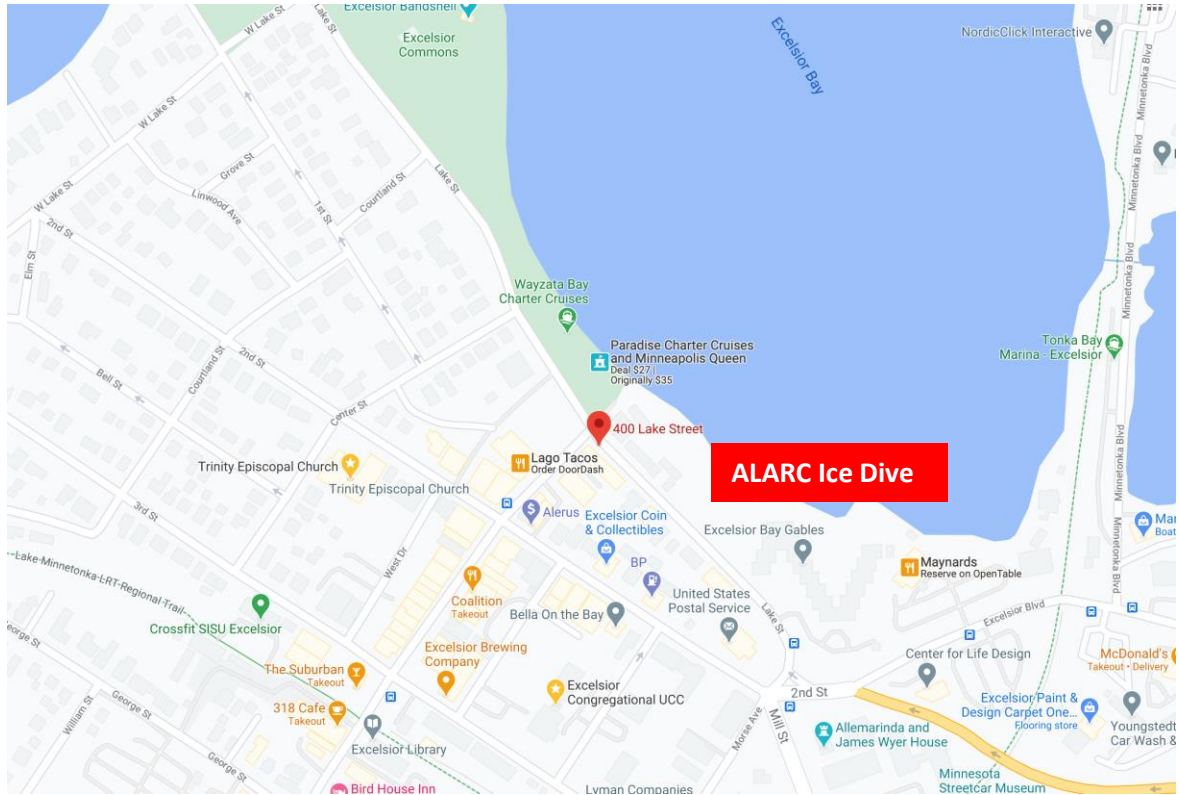
- Large towel
- Bathrobe
- Old shoes for the dive, also a dry pair to wear on the way home.

What not to bring:

- Cameras or glasses to the Dive hole. We will have a professional photographer who will be taking great pictures. They will be available for sale for a small fee.

Where to go:

- Excelsior Docks, 390 Lake Street in Excelsior, MN (map below)
- It would be best if someone drives you to the event and takes you home
- If you do not have a driver, please park in any open spot where allowed near the docks.



When:

- Divers should come to the event at the suggested times below based on their Fish Level:

Dive Times:

8:30 – 8:45 Polar Bears, Orcas, Sharks

8:45 – 9:00 Barracudas

9:00 – 9:15 Muskies, Northerns, Walleyes

9:15 – 9:45 Minnows, Guppies, First time divers

9:45 – 10:00 Divers that overslept, are habitually late, got lost, or partied too late on New Year's Eve

10:00 - Last dive

- If your group has mixed Fish Level divers, please show up as a group at the time of the most senior level
- Pre-registered divers must arrive by 10:00 am.

Spectators:

- There is a limited viewing area close to the hole in the ice so you can see your diver(s) jump into the New Year!

Dive Process:

- When you reach the dive hole, the line should be short. Please social distance to 6 feet
- Local firefighters and EMT's are there to assist you to the other end of the hole.
- Exit the water, and a volunteer will hand you your towel or bathrobe.
- Walk back to your driver or car.

A few things to remember:

- To minimize congestion and waiting time, please arrive at Excelsior Docks at the times indicated above.
- You must wear shoes while diving. Flip-flops are not allowed. Bring an extra pair to wear home.
- There are no designated changing areas, so we recommend sweatpants and warm clothes.

Frequently Asked Questions:

- What time should I get there?
 - o The times to arrive are listed above by Fish Level you have achieved
 - o You are expected to exit your vehicle, head to the Dive Hole, execute your dive, stay 6 feet from other divers and exit the Dive Hole when you are done.
- What should I bring?
 - o Wear a swimsuit and old shoes, bring a large towel and an extra pair of shoes. Wear warm clothes. Note that we are not responsible for lost or stolen items.
- Where do I park?
 - o Try to have someone bring you. If you drive, there are several legal parking spots on downtown Excelsior.
- Do I get breakfast?
 - o No. Sorry, due to COVID-19 precautions, we will not be providing our famous Breakfast Burritos this year.

Schedule for the day:

8:30 am – Dive begins with Polar Bears, Orcas, Sharks, etc...

10:00 am – Event ends.

See you on January 1st!