



Say goodbye to 2021 and leap into 2022 at the annual ALARC Ice Dive! On January 1<sup>st</sup>, join in on the fun as divers take part in the New Year's Day tradition of diving into Lake Minnetonka at the Excelsior Docks in downtown Excelsior, MN. Proceeds of the event help support our Police, Fire, First Responders and the amazing men and women who serve in our Military.

Now in its 32<sup>nd</sup> year, the ALARC Ice Dive continues to grow! This year, we have had to make some changes to due to the COVID-19 virus. We are following the CDC guidelines regarding the virus:

- All registration for the event will be online and must be completed in advance. THERE WILL BE NO ON-SITE REGISTRATION. Online registration will be open until Midnight Central Standard Time on New Year's Eve.
- Registered divers should go directly to the Excelsior Docks at the designated time below based on Fish (Dive) Level
- There will be no changing areas available. Arrive ready to dive and remember to bring warm clothes like robes, sweats, dry shoes.
- Certificates of Completion will be emailed to you after the Ice Dive. If there is any problem with your certificate, please contact Harley Feldman for a an emailed PDF of your Certificate of Completion at [harleyfeldman@gmail.com](mailto:harleyfeldman@gmail.com).
- Online registration can be found at [2022 ALARC Ice Dive Registration](#)

What to bring:

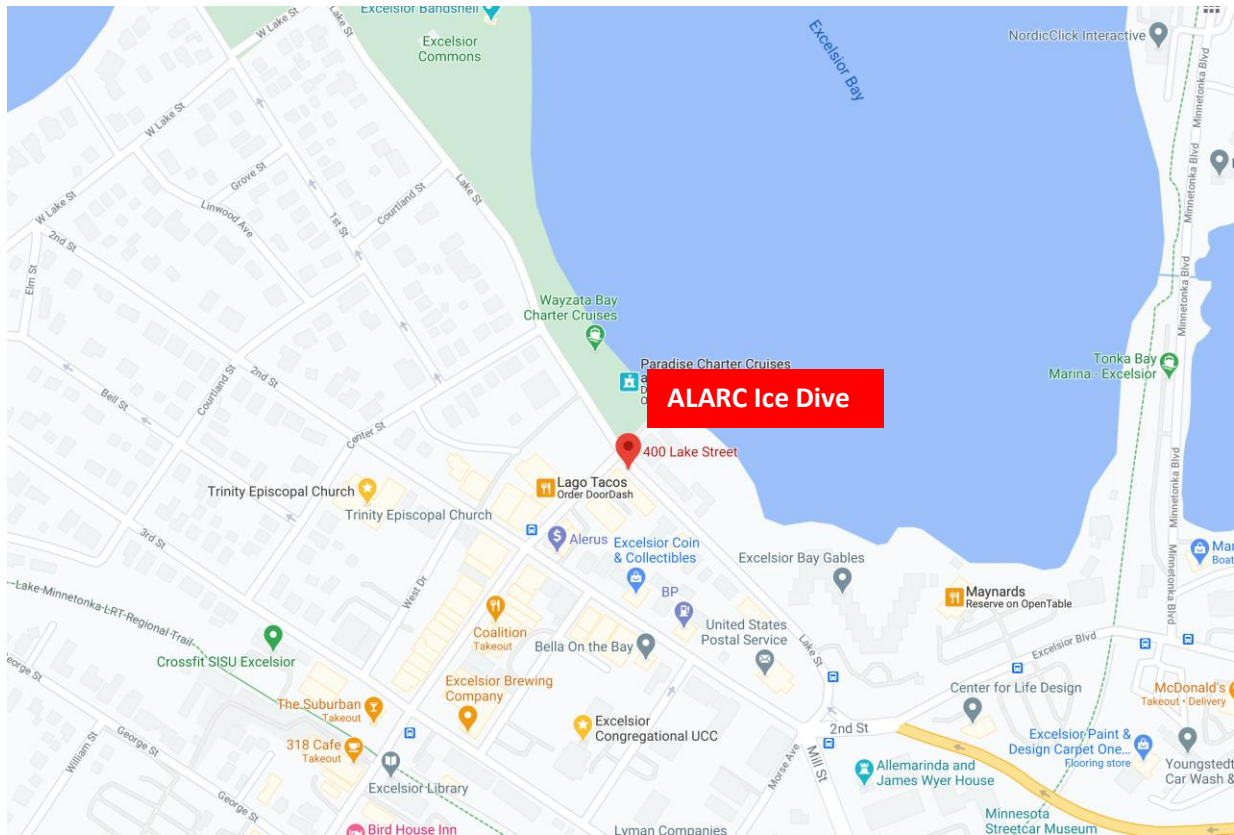
- Large towel
- Bathrobe or blanket
- Warm hat or hood and warm clothes to change into after your jump
- Old shoes for the dive, also a dry pair to wear on the way home
- Bag for your wet clothes.

What not to bring:

- Cameras, glasses, and other valuables 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, 400 Water 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.
- Please be mindful of your **DIVE TIME** to not arrive early and cause any congestion
- This is a "Drive Up, JUMP, and Drive-AWAY" event.



**When:**

- To reduce congestion at the dive hole, divers should arrive at Excelsior Docks at the suggested times below based on their Fish Level:
  - 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 NYE
  - 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 at Excelsior Docks prior to 10:00 am.

**Spectators:**

- There is a viewing area close to the Dive Hole 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. ALARC volunteers will be there to direct you. 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.
- Pick up your breakfast burrito
- 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.
- Your registration includes a breakfast burrito which can be picked up as you exit the Dive area
- 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 drive you so they can drop you off near the Docks. If you drive, there is plenty of free legal parking spots in downtown Excelsior.

#### Schedule for the day:

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

10:00 am – Event ends.

See you on January 1<sup>st</sup>!