
STORMRIDGE® RECOVERY AND SUPPORT

ATTORNEY LEGAL REVIEW REQUEST • POLAR BEAR PLUNGE 2028

Subject: Request for Legal Review — StormRidge Polar Bear Plunge 2028 Participant Release

Hello,

I am organizing the StormRidge Polar Bear Plunge 2028 in Virginia and would like your assistance preparing a legally appropriate participant liability release, risk acknowledgment, medical information, and emergency authorization form.

I have attached a preliminary draft to provide background on the event, anticipated cold-water risks, participant responsibilities, emergency procedures, and the protections I would like to establish for StormRidge Recovery and Support.

My goal is to protect StormRidge Recovery and Support, its owner, event staff, volunteers, and any applicable event partners to the fullest extent permitted under Virginia law. I understand that no document can guarantee immunity from every claim or lawsuit.

Please review the draft and advise on appropriate liability-release language, assumption of risk, negligence provisions to the extent legally enforceable, participant eligibility, emergency authorization, insurance requirements, and any additional documentation or procedures needed for a cold-water plunge event.

I would also appreciate your advice regarding venue agreements, volunteer protections, and whether separate documents are appropriate for sponsors, contractors, or other event partners.

Please let me know your fee for reviewing this draft and preparing the final documents.

Thank you,

Tommy L. Coomer

Founder, StormRidge Recovery and Support

stormridgerecovery@outlook.com

1-540-804-0308

ATTACHMENT CHECKLIST

■ Preliminary participant risk acknowledgment, medical information & emergency authorization draft attached

■ Any known event details or venue information (if available)

StormRidge Recovery and Support • "Recovery Is a Mountain Worth the Climb.™"