

PLUNGE 101



Special Olympics
Wisconsin

**POLAR
PLUNGE**

Freezin' For A Reason

SpecialOlympicsWisconsin.org

How many people do we need to form a Team? A team can be any size...a group of two friends, ten co-workers or 50 students from the local high school. Plunging as a team is a blast and is the most popular way to participate. To get registered as a team you must first decide who will be the Team Captain. The Team Captain is responsible for registering online first and setting up the team web page. The Team Captain will establish the team name and add a team photo or logo to the team web page. It is important to remember that after the Team Captain creates the team web page. EACH team member MUST still register individually and then select the team that he/she would like to join. EACH team member is responsible for raising a minimum of \$75 in pledges to receive the official Polar Plunge long sleeve T-shirt. If you have questions regarding how to handle a general donation made to your team (for example if your company donates \$500 to your Plunge team), please e-mail John at Jweichelt@specialolympicswisconsin.org. Team donations are okay and can be split up amongst team members.

Does each team member need to register or do we just register the team? Each team member **MUST** register and each must raise \$75 to receive the official Polar Plunge long sleeve T-shirt.

Do I have to Plunge on a team? No, Plunging by yourself is okay too!

Is there an age requirement to Plunge? No, there is no age requirement to Plunge. Plungers under 18 must have their waiver signed by a parent/guardian.

When do I turn in the donations I raised? Hold on to your donations until you Check-In either on the day of the Polar Plunge or when you attend an Early Check-In event the week of the Plunge. All money that you have raised online will be credited to you when you Check-In as well.

How deep is the water? There is a chance that the water will go over your head. Don't be surprised if the water "takes your breath away" for a second. Trained divers and EMTs will be in the water to assist you in safely getting to the stairs that will get you out of the water if necessary. As always, if you change your mind, you can always declare yourself a "Chicken" and cheer your teammates on from dry land.

Are there hot tubs? YES! Thanks to Bachmann's Pools & Spas we have several hot tubs for our Plungers to warm up in. The hot tubs are located just outside the Plunge hole. After soaking in hot tubs you will change in the heated changing area.

What do I do with my towel, clothes and personal items while I Plunge? Take your items with you down to the Plunge area.

Do I need to wear shoes while plunging? Yes!

What time will I Plunge? The Plunge is held from 10 a.m. to 3 p.m. We do not offer pre-arranged times unless you are a corporate partner, part of "Toss Your Boss," or become largest high school or UW team. All other Plunge times are given out at Early Check-In events on a first come, first serve basis. If you cannot make it to an Early Check-In event and simply show up at the Plunge on Feb. 18th, please do not expect to Plunge until after 1 p.m.