

# PLUNGE 101



**How many people do we need to form a team?** All you need is two people and you have yourself a team!

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

**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.

**When do I turn in the donations I raised?** Hold on to your donations until you register either on the day of the Polar Plunge or at the pre-registration event the week of the Plunge. All money that you have raised online will be credited to you when you register as well.

**What am I Plunging into?** The Plunge takes place in a quarry. Due to the extreme gradient, there will be a steel platform that will keep you from going under the ice. The water depth will be 5 to 6 feet deep. To ensure everyone's safety, you must wear shoes to Plunge and remember, **NO DIVING!!!!**

**What can I expect when I Plunge?** 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. As always, if you change your mind, you can always declare yourself a "Chicken" and cheer your teammates on from dry land!

**What do I do with my towel, clothes and personal items while I Plunge?** Take your items with you down to the Plunge area. There will be laundry baskets down at the Plunge hole for you to put your items into while you Plunge. Volunteers will watch your items and give them back to you as you come out of the water.

**Do I need to wear shoes while plunging?** Yes!

**What time will I Plunge?** When you register at pre-registration or on the day of the Plunge, you will choose from available "Plunge Times." Plunging will begin at noon.

**What is there to do at the Polar Plunge?** The Polar Plunge offers something for everyone, including a full day of sight-seeing as hundreds of Polar Plungers come dressed in wacky, unique costumes and team themes! Enjoy the warmth of indoor volleyball courts, watch the Plunge from the indoor big screen, enjoy food, drinks, music, raffles, souvenirs, games and more! Be sure to sign up ahead of time for the Blazin' Hot Wing Contest!

**Where should I park?** Early birds get the worm; there is limited parking at The Watering Hole and nearby businesses. However, it is recommended that you take a FREE shuttle bus from Green Bay Community Church. Busses run from 9 a.m. - 4 p.m.

**Where can I get more information?** Check out our website, our Facebook page, or contact Kathy at (920) 497-2422 or [kwalker@specialolympicswisconsin.org](mailto:kwalker@specialolympicswisconsin.org).