

PLUNGE 101



SpecialOlympicsWisconsin.org

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.

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? The Plunge will take place in the marina. You will run down the boat ramp into the water. At its highest point the depth of the water is approximately chest deep so you don't have to go all the way under if you don't want to, but we recommend full-body submersion! Dive teams from the Milwaukee Police and Fire departments will be in wet suits in the water to assist you and make your experience safe.

Are there hot tubs? No, but we do have heated changing areas. All of the entertainment tents are heated to keep things nice and toasty!

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 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. **Important! - DO NOT** give your personal items to someone who is NOT Plunging to hold onto for you. Once you enter the "Plungers Only Area", spectators will not be able to reach you to give you back your things.

Do I need to wear shoes while plunging? Yes!

What time will I Plunge? When you check-In at either an early check-In or on the day of the Plunge, you will choose from available "Plunge Times" which range from 12:00 - 2:00 p.m.

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 the large Entertainment Tent, food, drinks, music, games, raffles and more! Sign up for the Wing or Pie Eating Contest!