

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, but we can tell you that children over the age of 10 have the most fun. 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.

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 12:15 - approx. 3:00 p.m.

How deep is the water? You will be plunging into a large Plunge Pool. The depth of the water is approximately 4.5 feet. deep, so you don't have to go all the way under if you don't want to, but we recommend full-body submersion! There will be volunteers in wet suits in the pool to assist you.

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 near the Plunge pool 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, this is for your safety! No shoes=No Plunging.

Is there a photographer at The Plunge? Yes, Estudio La Storia will be taking photos. (Images will be posted online & they'll be available for purchase, with 100% of proceeds to Special Olympics Wisconsin's Southeastern Region.) You can still bring your own entourage of photographers since there are so many great photo opportunities during the Plunge! We'll even have a preferred Plunge photo stand near the Plunge pool.

What is there to do at the Polar Plunge? There's so much to do! Our family-friendly Polar Plunge offers something for everyone, including a full day of sight-seeing as hundreds of Polar Plunge teams come dressed in wacky, unique costumes and team themes! You can be "Freezin' for a Reason" as you watch the Plunge from the bleachers surrounding our pool. You can enjoy the warmth and hospitality of The *Legendary* Brat Stop - food, drinks, kid's games, raffles, shopping, live music by The Kingfish, dancing and more! Be sure to sign up for the Wing Eating Contest or the Brat Eating Contest!