

# 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 the Early Check-In event the night before 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 the Early Check-In or on the day of the Plunge, you will choose from available "Plunge Times" which range from 12:15 - approx. 2:45 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, IPI Photography will be at the Plunge taking photos. You can still bring your own entourage of photographers since there are so many great photo opportunities during the Plunge!

**What is there to do at the Polar Plunge?** There's so much to do! The Polar Plunge is a part of the city of Whitewater's annual Freeze Fest! 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 poolside. You can also enjoy the warmth of our heated tents - we'll have concessions and souvenirs available for purchase, games, vendors and more! For more info about Freeze Fest, please visit: [www.whitewater-wi.gov](http://www.whitewater-wi.gov).