

PLUNGE 101



Special Olympics
Wisconsin

**POLAR
PLUNGE**

Freezin' For A Reason

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 attend pre-registration or on-site registration. All money that you have raised online will be credited to you when you register. At either pre-registration or on-site registration you will receive your incentives, turn in your waiver and pick your plunge time.

How deep is the water? You will be Plunging into a hole that has been cut out of the ice. The depth of the water is approximately waist/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! There will be volunteers in wet suits in the water to assist you.

Are there hot tubs? YES! Thanks to The Pool People 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. All of the 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 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. **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 attend pre-registration or on-site registration, you will choose from available "Plunge Times" which range from 12:00 - 1:30 p.m.

What should I bring to the Plunge? First of all what you plan to plunge in, whether it is a silly costume or shorts and a T-shirt. Don't forget shoes and a towel. Bring some warm clothes to change into after you plunge and a bag to put your wet clothes in.

What is there to do at the Polar Plunge? The Polar Plunge offers something for everyone, including a full day of sight-seeing as you watch Polar Plunge teams come dressed in wacky, unique costumes and team themes! Enjoy food, drinks, live music by The Spicy Tie Band, and more inside the warmth of the main tent! Also sign up for the Chicken Wing Eating Contest.