

# 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?** 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 Swimming Pool Services 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 entertainment tents are heated to approximately 70 degrees to keep things nice and toasty!

**What do I do with my towel, clothes and personal items while I Plunge?** Take your towel and clothes to the changing tents. You can leave them in there until you are done Plunging. Please leave any wallets, purses, watches or jewelry either with someone not plunging or in your car.

**Important - DO NOT** give your clothes or towel 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 Plunge teams come dressed in wacky, unique costumes and team themes! Enjoy the warmth of an entertainment tent, enjoy food, drinks, music and more!