

# PLUNGE.

# 101



**How many people do we need to form a Team?** All you need is two people & 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. Plus, each team member **MUST** sign a waiver. If kids under age 18 are plunging a parent or guardian **MUST** sign a waiver as well.

**Is there an age requirement to Plunge?** No, there is no age requirement to Plunge, but Plungers under age 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 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.

**What kind of concessions will there be at the Plunge?** Thanks to Elk Point Resort food will be served on the ice, including burgers, hotdogs, hot chocolate and coffee courtesy of Caribou Coffee. All money raised from concessions stays in the local Special Olympics region.

**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 changing tents/cabins near the Plunge Hole for you to put your items into while you Plunge. Volunteers will watch your items while you jump. **Important! - DO NOT** give your personal items to someone who is NOT Plunging to hold onto for you because once you enter the "Plungers Only Area", spectators will not be able to reach you to give back your things.

**Do I need to wear shoes while plunging?** Yes, preferably something with a tie or strap.

**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 pm-2:00 pm.

**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 the souvenir tent, enjoy food, hot drinks, music.

**What about souvenirs?** We will have great souvenirs for sale in the registration tent, as well as photos to purchase after the event from IPI Photography.