

# PLUNGE 101



SpecialOlympicsWisconsin.org

**How many people do we need to form a Team?** All you need is two people & you to make a team!

**Do I have to Plunge on a Team?** No, Plunging by yourself is okay too! We have a sign up for plunger to go together as a group.

**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 Event Check-In site 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 running into the water. The depth of the water will approximately go 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! 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 areas.

**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 tables down at the Plunge Hole for you to put your items into while you Plunge. Volunteers will watch your items and you will pick them up 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, it is highly recommended. Flip flops do not work very well. A shoe that straps around your foot works the best.

**What time will I Plunge?** When you check-in at either an Early Event Check-In site or on the day of the Plunge, you will choose from available "Plunge Times" which range from 12:15 -3:00 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 the large tent, enjoy concessions, browse through souvenirs, children's games and more! Sign up for the Wing Eating Contest or the 5k Polar Dash Fun Run/Walk!

# What to Expect at the Plunge



## YOUR “PLUNGE TIME”

When you Check-In for the Polar Plunge you will choose from available Plunge Times for your team. Timeslots begin at 12:15 p.m. and go through 3:00 p.m. It is important to remember that your “Plunge Time” is the **approximate time** that you will Plunge, and we may be running a bit ahead or behind schedule. Your team should report to the “Polar Plunge On-Deck Area” which is contained by barricades approximately 10 minutes before your Plunge Time.

## HANG ON TO YOUR TOWEL & DRY CLOTHES

It is **extremely important** that you take your towel & dry clothes with you down to the Plunge Area. **DO NOT** give your items to a spectator to hold onto or you will not be able to get them back after Plunging due to the barricades. There will be tables down at the Plunge Hole for you to put your items into while you Plunge and volunteers to watch them for you.

## TAKING THE PLUNGE

Consider wearing a warm jacket, robe, blanket or wind pants to keep you warm as you wait in line to Plunge. As you move closer down the line to the Plunge Hole you can put your belongings on one of the tables. Remember that you **MUST** wear **SHOES** when Plunging.



You will be plunging into a hole that has been cut out of the ice. The depth of the water is approximately 3-4ft. deep so you don't have to go all the way under, but for the full experience we do recommend a full body submersion! There will be volunteers in wet suits in the water to assist you. We provide heated changing areas for you before and after you Plunge. Hot tubs will also be provided for warming up after your team plunges.

## COSTUMES & FUNDRAISING AWARDS

Part of the fun of the Polar Plunge is seeing all the costumes and coming up with your own team theme, costume or t-shirts. Here are some favorites from past years: Wizard of Oz, The Globetrotters, The Village People, Cat in the Hat, Fruit of the Loom, sports teams, and superheroes. Prizes are given out for Best Team Costume as well as for Best Individual Costume. Additional prizes are given to Top Male & Female Fundraisers, Top “Too Chicken” Fundraiser, as well as oldest and youngest plungers.

## PHOTOS

Don't worry about photos on the day of the Plunge. The La Crosse Area Camera Club will be onsite taking multiple photos of each Plunger and Team as you take the Plunge. Photos can be viewed online at [SpecialOlympicsWisconsin.org](http://SpecialOlympicsWisconsin.org) after the event.