

Plunge 101



It's Polar Plunge Time!

So you have finally decided to take the plunge – Congratulations! In order to avoid cold feet, here are some things to expect and a few first timer tips:

FRIDAY NIGHT CHECK IN:

- Avoid long lines on Plunge day by checking in or registering for the Plunge on Friday night (where applicable).
- Turn in your donations, receive your long sleeve t-shirt, wristband for lunch, then just show up on Saturday and take the Plunge!
- Please refer to your Polar Plunge brochure or visit soiowa.org/plunge to find out if there is a Friday night Check-In in your area.

DAY OF THE PLUNGE:

- Arrive and be ready to register for the Plunge or check-in (if you're already registered on Firstgiving) about an hour before the plunge. Registration can get backed up, so come early to make sure you get through the line!
- If you've collected cash or check donations, bring those with you to turn in. Check-In volunteers will have a record of any money you've raised online.
- You will receive a wrist band that designates you are a plunger. This wristband will be used to eat lunch so KEEP IT ON!!
- Your team's name will be called when it is time to plunge. Be in your plunge clothes and ready in advance. Once the plunge begins, it goes very quickly!
- The plunge consists of running to a marked target in the water and then back. This target is waist to chest deep. Most plungers come out with only their bottom half wet, although some of our craziest plungers decide to take a plunge UNDER the water!
- Once you are done with the plunge, go directly to the changing area and get out of your wet clothes. Now it's time to cheer on the rest of the plungers!
- After the last plunge, join us at the post party for a free lunch, prize giveaways and a lot of fun with your fellow plungers!

THINGS TO BRING

- A plastic bag for wet clothes
- A backpack to hold a change of clothes & clean, dry clothes to wear after the Plunge
- A bath towel to dry with
- Shoes to wear while you plunge – the lake can be rocky on the bottom
- A friend to take pictures of you plunging and help you keep track of your belongings

DO.....

- Wear your plunging clothes under the clothes you wear to the event.
- Choose your plunge outfit or costume wisely –pick clothes you can get into and out of easily. Don't let this discourage you from a wild costume though – prizes are given away for being creative!
- Pick your plunge clothes knowing that they are going to get wet. Light weight clothing works best!
- Bring a pair of dry shoes and very warm comfortable clothes for after the plunge.

DON'T.....

- Don't be afraid! We have a professional dive team in the water with you and an ambulance with paramedics on hand in case you have questions or any concerns at all.
- Don't hesitate to ask any questions before the day of the plunge. The Special Olympics Iowa staff is always available to assist you. Please call Jeanette or Lindsay at 515-986-5520.
- Don't think your efforts are going unnoticed. Some of our Special Olympics Iowa athletes will be there to cheer you on and remind you exactly how much your support means!
- Don't be too timid to ask people to support you. The #1 reason people don't donate to your cause is because they were never asked!