



Polar Plunge Tips...

Wear shoes when you Plunge

It is required that plungers wear shoes. We recommend tennis shoes, water shoes or sandals that strap to your feet, not flip flops please. This will keep your feet from freezing as you wait for your turn and some of our plunge locations do have rocky bottoms.

Safety first!

Each Plunge has EMS and a Dive Team on site to protect you. There are very few occasions where emergency help is needed, but it's always nice to have someone in and near the water to help. We do ask all plungers to help us keep the event safe by stressing that here is NO DIVING. With our plungers, plungers actually run, walk or jump into water that's only a depth of 3-4 ft, so diving is not permitted.

Bring a towel and change of clothes to help you warm up

Each plunge location has a heated tent or room to change in after you plunge. It's also nice to have a buddy with you to hold your towels or blankets so you can wrap up right away and then change.

Be organized at check in

The check in at the plunge is run by awesome volunteers! Please help to make check in easy on them, and you, by being organized. If you have not registered online, or were registered online by someone else, you will need to sign a waiver form at check in or bring a signed waiver with you (they can be found at www.sone.org). Also, it's helpful if you bring a print out of your FirstGiving page or can show the volunteers on your phone your most current fundraising totals. Finally, if you're plunging with a team, know your team name.

Make your Plunge unique with a creative costume

Costumes aren't required, but add to the festivities. You may even leave with a prize for best costume or team theme!

Remember... this is a family event

Plungers wearing inappropriate costumes or swim wear may be asked to leave. This is a family event with plungers of all ages. Please use your best judgment.

Bask in the glory of your achievement!

Not everyone has taken the plunge, you will have accomplished something extraordinary...supporting Special Olympics while having the time of your life.