



### **What to Expect**

- At each plunge location, there will be separate men's and women's changing areas available. At many of the Polar Plunges, these changing rooms will be locker rooms with shower access.
- We do our best to keep our Plungers warm as long as possible. This means staying inside our heated staging/hospitality areas until it's your time to Plunge.
- We encourage your family and friends to come watch you plunge, but due to space constraints, we do not provide a heated viewing area for spectators. Make sure spectators dress warm!
- Trained EMTs are at each Plunge location for any required medical assistance.
- At pre-registration and day-of registration (check-in), Plunge volunteers will have access to all donations made online to your fundraising page. Any donations mailed into the State Office are also included in this total.
- Plungers are responsible for bringing all offline donations (cash, checks) to registration so that they can receive credit for those funds. (Checks should be made out to Special Olympics Idaho)

### **What to Bring**

- A towel to warm up and dry off with (due to the vast and unpredictable number of Plungers, we are unable to provide towels for drying off).
- It is suggested that all Plungers wear shoes to Plunge. We recommend old shoes, aquatic shoes, etc. You'll be standing outside on cold ground, and sometimes wait a moment for others to jump, so please wear a pair of shoes that you don't mind getting wet. Don't forget to bring a pair of dry shoes to wear afterwards!
- It's a good idea to bring a bag for dry clothes and your Plunge incentive as well as a plastic bag for your wet clothes after you've Plunged.
- Dry replacement clothes. After you're done Plunging, it's nice to have some warm and dry clothes for the journey home.
- Another Plunger. Recruit a friend, family member, co-worker or acquaintance and get them to take the Plunge with you. If they're too chicken, get them to sign up as a chicken! They get a t-shirt and can help you after you take the Plunge! It's always more fun with friends!

### **Day of Event Registration (Check-In) Tips**

- Ensure you have completed your fundraising efforts and have organized all your cash and checks. Online donations will be checked at the registration site.
- Team captains should meet with all team members and gather their completed waivers before going through day of event registration: Please ensure all team



members have registered online. (If not, participants will need to register themselves and sign a waiver on site.)

- Ensure team captains have all cash and check donations from every team member (checks can be written out to Special Olympics Idaho)
- Team Captain should know the desired incentive(s) and shirt size for every team member.
- Once you have claimed your incentive, we cannot adjust to a different item later. Please be sure you are finished with your fundraising efforts before checking in.
- All participants must check in prior to Plunging to turn in funds, receive their incentives and receive Plunger access materials to be allowed to the site.

### **Safety Tips**

- All Plungers must wear shoes. Secured footwear is preferred—no flip flops!
- Do NOT dive or flip into the water. This is a safety precaution for all Plungers that is strictly enforced by the Dive Team & EMT's on site.
- We advise you not to Plunge after drinking alcohol. Intoxicated people will not be permitted to Plunge.
- Wear a costume that's appropriate and non-discriminatory. Anyone wearing an offensive costume won't be allowed to Plunge. If you're unsure if your costume will be considered offensive, please contact us at [info@idso.org](mailto:info@idso.org) to inquire PRIOR to the event day.
- Leave valuables at home or with a spectator. Special Olympics Idaho is not responsible for items that are lost or stolen.
- Try not to run out of the water after your Plunge. Keep in mind that everything is wet and slippery. Be careful as you make your way to the warming and changing areas.

### **Miscellaneous Tips**

- Wear your Plunge costume under the outfit you wear to the event. This way, you don't have to worry about changing and can stay warm longer!
- Bring along warm clothes to wear after you Plunge that are easy to put on. The last thing you want to deal with when you're cold and wet are clumsy zippers and buttons!
- Carpool. In some cases, parking can be crowded, so help us out by coming as a group.
- Invite a friend to watch, take pictures and hold onto your dry stuff for you.