



Thank you for participating in this unique fundraiser for Special Olympics Alaska. The organizers of the Polar Plunge are planning another successful event. To maximize your experience and safety, it is critical that you are prepared for the event. Please take the time to read the following tips as well as the frequently asked questions document.

THINGS TO KNOW and DO

- All plungers must wear shoes to plunge.
- Bring along dry clothes and **ADDITIONAL SHOES** to wear after your plunge.
- Bring at least one large towel for yourself. You will get your Polar Plunge towel after you plunge.
- Consider not wearing any jewelry
- Consider bringing a wool blanket for after your plunge.
- Don't forget hats, gloves, socks, scarves, etc. (Note, your hair will be wet as well.)
- Invite a friend to come along to watch, take pictures, and hold all your dry clothes and items.
- Handicapped parking will be available at Goose Lake.
- Wear a costume for fun.
- *There will be no parking at Goose Lake. Shuttles between UAA and Goose Lake will be provided. The pick-up location will be at the UAA Wendy Williamson Parking Lot.*
- Give yourself time to travel from the UAA Parking Lot to Goose Lake, check in, sign the release form, turn in your pledges, get your incentive, get your official plunge bracelet (authorizes you to Plunge) and enjoy some time with your friends before you go to "pre staging" and take the plunge. **(We recommend planning to board the shuttle 1 hour prior to your plunge time.)**
- *Don't worry if you are running late or are early to the plunge. You will plunge when you're ready.*

THINGS NOT TO DO

- Do NOT dive into plunge hole. This is a safety rule for all plungers that will be enforced by Special Olympics Alaska staff and the volunteer dive team.
- Do NOT run out of the water after your plunge. Though it may be hard not to, keep in mind everything is slippery. Be careful as you make your way to the changing tents or hot tubs.
- Absolutely no alcohol will be allowed in the Goose Lake plunge area. Anyone who appears to be inebriated will not be allowed to plunge and will be asked to leave the Goose Lake facility immediately.

WHAT TO BRING

- **All plungers MUST wear shoes to plunge.** You will be told you cannot plunge if you are not wearing shoes. We recommend tennis shoes, water shoes or sandals that strap to your feet. Don't forget another pair of dry shoes to wear after the plunge!
- Bring *at least* one towel to dry off and warm up with.
- Bring a plastic bag for your wet clothes.
- Bring hats, gloves, socks, scarves, etc.
- Bring a friend and a bag to hold your street clothes.

SAFETY FIRST

- (Medical support) and a volunteer dive team will be on site.
- Plungers can expect to lose their breath for a few seconds when they plunge.
- If you have questions about plunging with a medical condition, please consult your doctor.
- Hot tubs & warming fire pits will be available.
- An event tent is provided for changing before & after you plunge.
- Don't drink alcohol before taking the Plunge.
- We reserve the right to escort anyone who is under the influence out of the event.

MAKING THE MOST OF EVERYONE'S POLAR PLUNGE

- Costumes aren't required, but add to the festivities and experience.
- Remember... this is a family event. Plungers wearing inappropriate costumes or swim wear may be asked to change or leave. Please use your best judgment.
- Review the frequently asked questions document on the Special Olympics Alaska website.
- Post your accomplishment and recognize your donors on social media.
- Bask in the glory of your achievement!
- Freezin' for a Reason! You will have accomplished something extraordinary by supporting Special Olympics Alaska while having the time of your life.

Still have questions?

Please contact the Special Olympics Alaska Hotline at 907-222-7625 (ext. 605) or jessica@specialolympicalaska.org.

