



POLAR PLUNGE.



FOR SPECIAL OLYMPICS ALASKA

Tips & Tricks

THINGS TO KNOW

- All plunges must wear shoes to plunge.
- Handicap-parking will be available at Goose Lake.
- Consider not wearing jewelry.
- We recommend wearing tennis shoes.
- Dress up in a costume for fun!

THINGS TO DO

- Bring a towel to dry off & a blanket.
- Bring an extra change of clothes, socks & shoes.
- Bring gloves, jacket, hat.
- Bring a plastic bag to carry your wet clothes.

THINGS NOT TO DO

- Do NOT dive into plunge hole. This is a safety rule for all plungers and will be enforced by Special Olympics Alaska Staff & Dive Team.
- Do NOT run out of the water after your plunge. It may be your first instinct, but keep in mind everything is slippery.
- Be careful as you make your way to the tents & 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 immediately.
- No smoking permitted in the Goose Lake plunge area.

SAFETY FIRST

- Medical support and 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 will be available for after your plunge.
- 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 of alcohol or drugs out of the event.

MAKE THE MOST OF IT!

- Costumes aren't required, but add to the fun & experience.
- Remember, this is a family event. Plungers wearing inappropriate costumes or swimwear may be asked to leave or change. Please use your best judgement.
- Review the frequently asked questions document on Special Olympics Alaska's website.
- Post your accomplishment and thank your donors on social media!
- Bask in the glory of your achievement, its not one to take lightly!
- Freezin' for a Reason! You will have accomplished something extraordinary by supporting Special Olympics Alaska.

FIRST TIME PLUNGER - DAY OF EVENT BREAKDOWN

The Polar Plunge is one the coolest things you will ever do! Please arrive 15-20 minutes early so you are able to check in, turn in any additional donations or if you are needing to change before your Plunge time. Once ready, you will take a pre-plunge photo before heading to the runway to take the Plunge! Once you get out of the water you will receive your towel, and you will be able to head to the hot tubs if you would like before going to the changing rooms.

You will have a dedicated Plunge time, this year we are allowing your family and friends to return and be spectators as you take the plunge! We will also be live-streaming the event for those who are not able to make it to Goose Lake or that live out of state. These links will be shared on / and playing on all of our social accounts the day of the event.

QUESTIONS?

Contact:

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Special Olympics
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