



Tips & Tricks

THINGS TO KNOW

- All participants must wear shoes to plunge. (We recommend tennis shoes)
- Handicap-parking will be available at Goose Lake.
- Consider *not* wearing jewelry.
- 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.

SAFETY FIRST

- 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 intoxicated will not be allowed to plunge and will be asked to leave immediately.
- No smoking permitted in the Goose Lake plunge area.
- Medical support and volunteer dive team will be on site.
- Please be aware that due to the shock of cold water, you can expect to lose your breath for a few seconds when plunging.
- If you have questions about plunging with a medical condition, please consult your doctor.
- Hot tubs will be available 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.
- Inflatable costumes and morph suits are not recommended due to safety concerns. They can make it harder to move in the water and may increase risk. All participants sign a waiver accepting personal responsibility, so if you decide to move forward with a costume like this, we just encourage you to use caution and good judgment.

MAKE THE MOST OF IT!

- Costumes aren't required, but it can 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 judgment.
- Review the frequently asked questions document on Special Olympics Alaska's website.
- Post your plunge and thank your donors on social media!
- Bask in the glory of your achievement, its not one to take lightly!

FIRST TIME PLUNGER - DAY OF EVENT BREAKDOWN

The Polar Plunge is one the coolest things you will ever do! Please arrive at the UAA Parking Garage 30-45 minutes early so you can catch the shuttle to the lake. Once at the lake, you will head to the registration tent to check in and turn in any additional donations. You will get your bracelet at registration, which will give you access to the Plunge tent. Here, you will be able 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 head to the hot tubs before going back to the changing rooms. You will have a dedicated Plunge time! 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?

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