



Tips for a fun and successful Polar Plunge!

Tips for staying warm

- We do our best to keep our Plungers warm as long as possible. This means staying inside our heated changing/staging areas until it's time to Plunge!
- Bring a warm jacket and pants to wear over your costume that you can easily take off right before your plunge! The key is to stay warm longer.
- Wear a loose costume that is easily taken off after your plunge.
- Bring a warm change of clothes to change into after your plunge that is easy to put on. The last thing you want to deal with when you are cold and wet are clumsy zippers and buttons.

Award Winning tips

- At check in, we will have access to all donations made online to your account. Any donations mailed in to the Special Olympics Saskatchewan are also included in this total.
- Plungers are responsible for bringing all offline donations (cash, checks) to check-in so that they can receive credit for those funds.
- The Individual and Team that raises the highest dollar amount in pledges will be the recipients of the Golden Plunger Award!
- Wear your most creative costume! The Polar Bear Award will go to the best costume!

Check in tips

- Team captains may check in their team members if:
 - all team members have registered online (if not, participants will need to register themselves and sign a waiver on site)
 - they have all cash and check donations from every team member (checks can be written out to Special Olympics Saskatchewan)
 - they have desired incentive and size for every team member
- Once you have claimed your incentive, we cannot adjust to a different item at a later time. 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, and receive their incentives.
- At check in, we will have access to all donations made online to your account. Any donations mailed in to the Special Olympics Saskatchewan are also included in this total.



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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.
- 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.
- Leave valuables at home or with a spectator. Special Olympics Saskatchewan 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 changing tents.
- Trained Dive Team and EMS are at the Plunge for assistance for those who aren't strong swimmers or if anyone needs assistance.

What to bring

- A towel to dry off and warm up with
- Old shoes, aquatic shoes, etc. All Plungers must wear shoes to Plunge. You'll have to walk outside 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!
- A duffel bag, backpack, garbage bag, etc. 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.
- Leave valuables at home or with a spectator. Special Olympics Saskatchewan is not responsible for items that are lost or stolen.
- Banners or signs to show your Team Spirit
- Another Plunger. Recruit a friend, family member, co-worker or acquaintance and get them to take the Plunge with you. It's always more fun with friends!



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More Tips

- Carpool. Parking can be limited and/or crowded so help us out by coming as a group!
- Invite a friend/family member to come watch, cheer you on, take pictures and post on Social Media!
- There will be an area reserved for spectators - the more the merrier!
- Photographers will be on-site. Photos will be posted on the Special Olympics Saskatchewan Facebook page after the event! Show off those pearly whites!