



PLUNGER TIPS AND POLICES

In order to prepare you for your Plunge, we have put together tips from previous Plungers to get you started.

Things to Do & Bring

- All plungers must raise a minimum of \$50 per person/team member to participate.
- All plungers must check-in by 2:30 p.m. on Saturday, February 3rd to be able to participate and turn in all money collected.
- You have up until the time you check in to raise your funds.
- Set up an online fundraising page on our fundraising site.
- Recruit friends, family members, and co-workers to take the Plunge with you. It's always more fun with friends!
- Bring your signed **Waiver Form**.
- Costumes are encouraged, but please wear ones that are appropriate for this family-friendly event and are non-discriminatory.
- Costume judging will take place this year in the Plunge Registration area. Winners will be announced at 2:30 p.m. on the main stage.
- Carpool! Parking will be crowded. So, help us out by coming as a group.
- Come early to enjoy all of the fun activities. Gates will open you at 10:30 a.m.
- This event features a People's Choice contest where anyone can pay \$5 and get to taste-test the chili of all participating chili teams. Vote on your favorite one!!
- The Polar Bear Plunge & Chili Cook-Off will go on RAIN, SLEET, SNOW, or SHINE!
- If there are any last-minute weather issues or other announcements, all Plungers will be sent updates to the email address associated with their accounts. Updates will also be posted on our Facebook page (Special Olympics of Greater Memphis) and our website (specialolympicsmem.org).

Taking the Plunge

- All Plungers **MUST** wear shoes to Plunge. Shoes should strap on to your feet so they do not come off.
- **NO** diving is allowed into the water.
- Only 5 Plungers will be allowed to Plunge at one time due to safety regulations.
- Do not run out of the water after you Plunge. Keep in mind that everything is wet and slippery.
- Make sure to bring a towel with which to dry off and stay warm.
- After you Plunge, it is nice to have some warm dry clothes to change into.
- All awards will be announced after the Plunge except for the costume contest which will be announced at 2:30 p.m.