



Special Olympics
Pennsylvania



Polar Bear Plungers

First Timers' Tips

*So you've decided to take the Plunge? Congratulations!
You are in for a very rewarding and unique experience, both in and out of the water!*

Here a few tips to help you successfully navigate your very first Plunge

DO

- Wear your plunging suit under the clothes you wear to the event so you don't have to change into it just to change right back out of it!
- Choose your "Plunge Day" outfit (or post-Plunge gear) with this in mind... you will be cold and possibly numb, so loose-fitting, easy-on clothes without a lot of snaps, zippers or buttons are best. When your fingers and toes don't work so well, it's not so easy to get some of that stuff back on!
- Put your dry clothes in a plastic bag before you plunge. We will have tables at the plunge site to stash your clothes before plunging.
- Bring a loose pair of shoes to wear after the Plunge, something that will slip easily on and doesn't have tricky laces... think Crocs.
- Carpool, or even better, charter a bus with a whole group of friends.
- If you are a veteran, offer up some help to the Plunge rookies.

DO NOT

- Do NOT dive in. This is a safety regulation and will be enforced by the safety team! Beyond that, remember that a Plunge is whatever you want it to be, so there is no pressure to fully submerge yourself. We recommend you do not go into the water above your abdomen. The water is cold (it is February after all!) and will take your breath away.
- Do NOT run into the water. There might be things in the water you cannot see that you could step on or trip over.
- Do NOT be the first to go into the water if it is your first time. If you get in the water and decide you need out immediately, it may be difficult to do so quickly through the many people behind you.

THINGS TO BRING

- A plastic bag (first for dry clothes, then for wet clothes)
- A backpack to hold street clothes and your new plunge t-shirt!
- Two medium size towels: one to dry with and one to stand on
- A dry partner to hold your valuables while you are in the water
- River shoes (no flip flops) for going into the water: the sand is very cold on bare feet
- Clean dry under garments to wear after Plunging
- A disposable, waterproof camera that you can carry into the Plunge Zone with you. Even if your "handlers" can't get a close-up of you in the water, feel free to ask a fellow Plunger to capture your big moment on film.

