



## Day of Expectations

**CONGRATULATIONS!** You've signed up for an unforgettable experience, both in and out of the water!

### Plunge Day Event Schedule

11:00 AM	Registration & Activities Open
1:00 PM	ALL plungers must be registered
1:00 – 1:30 PM	Costume Contest
1:30 PM	Plunge Program, Safety Briefing & Awards
2:00 PM	Plunge Time!

### I'm going to WIN the costume contest!

- Locate the costume contest tent on the beach.
- At registration, the Team Captain or individual plunger, will receive a Costume Contest Entry ticket. Hold onto this ticket. If you misplace it, locate the Costume Contest Tent and ask the volunteer for another.
- Fill out the necessary information.
- When you, as the Team Captain or an individual plunger, are ready to go in front of the judges, take the Entry Ticket to the volunteer at the Costume Contest Tent.
- Be sure to turn in your ticket between 1:00 PM and 1:30 PM. The Costume Contest will end promptly at 1:30 PM.

### When is it my turn to Plunge?

- Prior to registration - if you are on a team, designate a Team Captain. If you are an individual, you will act as your own Team Captain.
- At registration, the Team Captain will receive a Plunge Card. HOLD onto this card! If you misplace it, you can request another one from the DJ.
- Fill out the necessary information. HOLD onto this card.
- After the Plunge Program & Safety Briefing, your team will have the liberty of choosing the time you would like to plunge beginning at 2:00 PM.
- When your team is ready, turn your Plunge Card into the DJ.
  - If there is another team or other individual plungers you would like to plunge with, turn your Plunge Cards in together.
  - Please note, no more than 20 plungers can be in the Plunge Zone at one time.
    - For instance: If your team has 10 plungers and another team has 15 plungers, the two teams will not be allowed to plunge together.

- The DJ will make an announcement for your team(s) to gather at the Staging Tent located on the beach.
- After your team(s) of Plungers have all reported to the Staging Tent, a volunteer will direct you to the Plunge Zone.
- When the Safety Director gives clearance, it's time to Plunge!
- Plungers can be in the water for as short of time as you would like. However, plungers will be held to a maximum of 3 minutes of water time due to preventing health risk. Listen to the Safety Director when it is time to exit.

T-shirts are guaranteed on Plunge Day only to pre-registered participants who paid the minimum prior to the Plunge. If any additional Plunge merchandise is available after registration closes, it will be made available for purchase during the plunge.

The Plunge is a family event and the event committee reserves the right to remove any participant and/or spectator from the grounds for behavior that is deemed offensive to others. This includes public intoxication, lewd or inappropriate costumes, or otherwise disorderly conduct, among other things.

## Safety Guidelines

It is our goal to maintain the safety and health of all participants in this winter weather event. There are several guidelines which we **must** all adhere to:

1. No one may plunge without having signed a waiver on file and received a green wristband. ALL plungers must have their wrist band on at all times.
2. No more than 20 plungers can enter the Plunge Zone in the water at one time.
3. The next group of plungers cannot enter the Plunge Zone until the Safety Director gives clearance.
4. Plungers will remain in water no longer than 3 minutes to avoid onset of health concerns.
5. NO DIVING under any circumstances!
6. Depth of water goes to 6' max.
7. It is suggested that you wear shoes at all times while at the Polar Plunge, including in the Plunge Zone and water.
8. If lightening occurs, the plunge will be postponed until the lightening subsides.
9. If lightening continues for an extended period of time and deems the plunge to be unsafe, the plunge will be cancelled without being rescheduled.
10. If rain occurs, we will not postpone or cancel the event.
11. In the event of freezing conditions, the plunge may be modified to a "Pinky Plunge" where plungers will be allowed to dip a toe or pinky instead of full body submersion.
12. Please use your personal judgment as you know your bodies and health best, if you don't feel comfortable plunging or feel that you will be putting yourself at risk, please do not do so.
13. If you are feeling ill after the plunge, please locate the medical tent for assistance.

***We hope you have a freezin' good time!***

***Thank you for supporting Georgia's 23,078 Special Olympics athletes!***