

Polar Plunge Tips

Thank you for supporting Special Olympics Alaska through this unique fundraiser. Jumping into frigid waters of Alaska in the winter is not something people do every day, so here are some tips for your first plunge experience.

Things to consider:

- Pre-register at the Special Olympics Alaska Athletes Training Center and Campus the week prior to the event to save time and secure your plunge time. We will contact you via email with dates and times to pre-register.
- Plungers must wear shoes when they plunge.
- Bring along dry clothes and shoes to wear after your plunge.
- Invite a friend to come along to watch, take pictures, and hold your bag and all of your dry belongings.
- Wear a costume for fun. Please ensure costumes are appropriate and in the spirit of the event.
- Teams are welcome and encouraged.

Plunging:

- Do NOT dive into plunge hole. This is a safety rule for all Plungers that will be enforced by the dive team.
- Do NOT run once you are out of the water after your jump. Though it may be hard not to, keep in mind everything is slippery and can be unsafe. Be careful as you make your way to the hot tubs and changing facility.
- EMTs and a Dive Team will be on site.
- Plungers can expect to lose their breath for a few seconds.
- The Plunge event tent is heated and you will have a heated facility for changing after you Plunge. Hot Tubs & warming fire pits will be available for immediate warmth.
- If you have a medical condition or any concerns regarding plunging, please consult your doctor.
- Alcohol will not be allowed at the Polar Plunge.
- Special Olympics Alaska reserves the right to deny the participation of any Plunger.

What to bring:

- All Plungers must wear shoes to Plunge. We recommend tennis shoes, water shoes or sandals that strap to your feet. That way you keep your feet from freezing as you wait for your turn and you won't lose your shoes in the water. Don't forget another pair of dry shoes to wear after the Plunge!
- Bring
 - At least one towel.
 - Shoes to plunge and shoes to wear after you plunge.
 - A plastic bag for your wet clothes.
 - A bag to hold your dry clothes and your new Plunge Incentive.

Still have questions?

- Please contact 907-222-7625 ext 609 or events@specialolympicsalaska.org