



2012 Polar Bear Plunge – “Freezin’ for a Reason” Plungers First Timers and Guidelines



In order to help you successfully complete your plunge, we have compiled a list of things for you and/or your team to remember!

DO

- ✓ Wear your plunging suit under your clothing
- ✓ Wear loose-fitting, easy-on clothes – you will be taking them off and on
- ✓ Wear comfortable, easy-on shoes for the day
- ✓ Carpool or drive a van with your group. The parking lot only holds so many vehicles!
- ✓ Visit the merchandise tent, the John Wright Store for gifts and/or food and the entertainment area.

DO NOT

- ✓ DO NOT DIVE INTO THE WATER! – this is a safety regulation and will be enforced!!! Remember that a plunge is whatever you make it and want it to be. There is no pressure to fully submerge yourself into the water.
- ✓ DO NOT RUN INTO THE WATER! – there might be things in the water you cannot see. You could step on them or even trip on them.
- ✓ DO NOT be the first person in the water IF IT IS YOUR FIRST TIME! – remember there will be many people behind you and if you get into the water and decide you need to get out, it will be very difficult to do so at a quick pace.
- ✓ DO NOT worry about “missing” the 12:00pm plunge – everyone enters at his own pace. When the announcer signals 12:00pm, the first wave will go for the water. Please wait for your wave to be called. It is perfectly fine if you want to wait until the crowd thins out before you plunge!

THINGS TO BRING

- ✓ Plastic bag for your wet clothing
- ✓ A backpack or duffle bag to hold your belongings and items you purchase!
- ✓ A warm and fuzzy robe to keep you cozy before and after your plunge!
- ✓ Two towels – one to dry off with and one to stand on!
- ✓ A dry partner to hold your valuables or belongings while you are in the water
- ✓ River/Water shoes for going onto the water – RIVER/WATER SHOES ARE MANDATORY!
- ✓ Don’t forget clean, dry under garments for after your plunge!
- ✓ A waterproof camera to capture your plunge as close as possible. You don’t want to forget this!



THINGS TO REMEMBER

- ✓ RIVER/WATER SHOES/OLD SNEAKERS ARE MANDATORY! Flip-flops/shower shoes easily come off in the water.
- ✓ DO NOT STAY IN THE WATER LONGER THAN 3 MINUTES!
- ✓ Stay within the River Rescue secured area
- ✓ NO WET SUITS! – plungers are bold and brave!
- ✓ NO DIVING
- ✓ Plunge with a friend...it’s more fun!!!

