



EVENT GUIDE



TABLE OF CONTENTS

- | | |
|-------------------------------|---------------------------|
| 1. EVENT SCHEDULE | 7. PLUNGE PROCEDURE CONT. |
| 2. CHECK-IN PROCEDURE | 8. PLUNGE DAY NOTES |
| 3. EVENT PARKING | 9. PLUNGE DAY ACTIVITIES |
| 4. EVENT SITE MAP | 10. LIVE SHOW |
| 5. FUNDRAISING AND INCENTIVES | 11. SOVT INFO |
| 6. PLUNGE PROCEDURE | 12. THANK YOU PARTNERS! |

FRIDAY, FEB. 9

4:00-7:00pm | Penguin Plunge Check-in *(strongly recommended)*

Windjammer Conference Center – 1076 Williston Road, South Burlington, VT

SATURDAY, FEB. 10

9:00-11:00am | LAST CALL Penguin Plunge Check-in

Foam Brewers – 112 Lake Street, Burlington, VT

10:00am | Cool Schools Plunge begins

Waterfront Boat Launch

11:00am | Burlington Community Plunge begins

Waterfront Boat Launch

10:00am - 2:00pm | Winter Village Open

Explore local vendors at Waterfront Park for warm food, beverages, and fun for the whole family!

**More information on Page 10*



All Plungers must check in for the event at one of the locations below. At check-in, SOVT will confirm that your event waiver has been signed and that you and/or your team has hit the fundraising minimum. At this time, you may also drop off any offline donations (cash, check, matching gift forms). Once waivers and minimums are confirmed, you will receive a wristband and a wave number along with your Plunge hat, goodie bag and any other incentives you qualify for. **Do NOT lose your wristband.** You will not be allowed access to the Plunge area without it!

Note: Plungers will be given their Plunge towel as they exit the water.

FRIDAY, FEB. 9 4:00-7:00PM (STRONGLY RECOMMENDED)

Windjammer Conference Center – 1076 Williston Road, South Burlington, VT
Conference Center entrance is located around the back of the building

SATURDAY, FEB. 10 9:00-11:00AM

Foam Brewers – 112 Lake Street, Burlington, VT
View event parking details on page 3 for parking recommendations

***Note:** A Plunger may check in a teammate as long as the teammate has a waiver signed and has reached the \$250 fundraising minimum.*

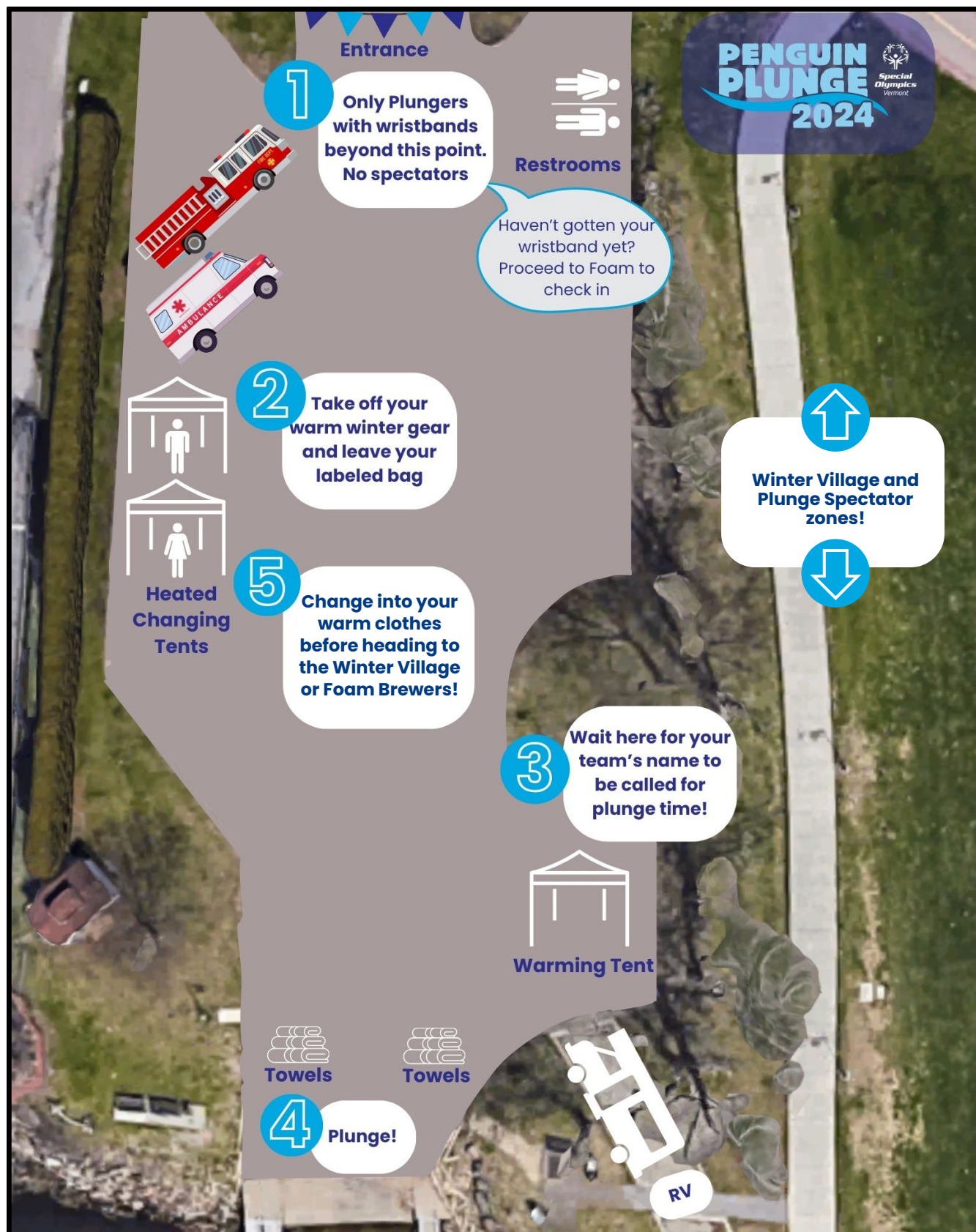
***Note:** Plungers who have raised \$1500+ and are attending the VIP Party can check in upon arrival at the party!*



EVENT PARKING

Below are some suggested parking areas. Please allow ample time to find a parking space and make your way to the Penguin Plunge Site. Participants and spectators are responsible for any fees associated with parking. Visit parkburlington.com for additional parking options.





Please note that only those with wristbands, media or volunteer credentials will be allowed in the Plunge area.

FUNDRAISING

- Online fundraising will remain open through the end of February.
- Offline donations can be dropped off at Special Olympics Vermont or turned in at check-in.
 - Offline donations must be accompanied by the [offline donation form](#). Checks should be made out to Special Olympics Vermont, with the Plungers name in the memo.

INCENTIVES

- Plungers who raise the \$250 fundraising minimum will receive a Plunge hat and Plunge bag at check-in. They will also receive a Plunge towel which will be distributed upon exiting the water.
- Incentives are cumulative i.e. if you raise \$750, you would get the \$250, \$500 and \$750 level prize. **In order to qualify, levels must be reached by the time you complete check-in.** All incentives, with the exception of the towel, will be picked up at check in!



PLUNGE PROCEDURE

1

At event check-in Plungers will be given a wristband and a wave number. Wave numbers indicate the order in which teams and individuals will Plunge. Be sure to let friends and family know which wave you are so they know when you are Plunging! Also be sure to discuss your meeting location post-Plunge.

2

Plungers should plan to arrive at the Waterfront Area **no later than 15 minutes before the start of the event** as the DJ will begin calling waves to the changing area about 10 minutes prior to the start time.

3

When you arrive, listen for the DJ to call your wave number to the Penguin Plunge Site to change (ex. "*Waves 1-5 are now invited to the Penguin Plunge Site*"). Plungers can access the Plunge Site at the rear of the Boat Launch parking lot. Please note that only those with wristbands, media or volunteer credentials will be allowed access to the Plunge site. It is strongly recommended that any valuables are left at home or with friends and family members spectating. This includes items such as non-essential glasses as they may fall off in the water and are nearly impossible to retrieve.

4

Plungers should come dressed in warm gear and bring a labeled bag with a change of clothes, socks and shoes. **There are individual changing stalls located in each tent should participants wish to change privately.**

5

Once in the tent, Plungers should take off their warm gear and leave everything in the tent that is not going into the water. Tables and chairs are provided to keep your items organized. Special Olympics Vermont is not responsible for lost or stolen items. **As a reminder – SHOES ARE REQUIRED for safety reasons.**



PLUNGE PROCEDURE

6

Once changed, Plungers will proceed into the warming/staging tent (directly across from the changing tents). Show your wristband to get tent access and locate the volunteer holding your wave number. You will wait here for your number to be called and can watch teams entering the water from a video screen located inside the tent.

7

The DJ will call your wave to the front of the tent and your designated volunteer will direct you accordingly. When your wave is called to Plunge, you will exit the tent led by your wave's volunteer. Walk or jump into the lake (no diving) and exit as soon as possible. An SOVT athlete will hand you a towel as you proceed back to your changing tent. **CAUTION: The boat ramp may be slippery.**

8

When you return to your tent, please change quickly to allow space for additional Plungers. **Be sure to collect all of your belongings before leaving the tent** – any items left behind will be donated or disposed of post-Plunge.

9

Meet up with your friends and family outside of the Plunge site & head to the Winter Village to enjoy free coffee, hot cocoa and donuts from Dunkin' and a free food item from Our House Bistro.

10

Cheer on the rest of the Plungers! Afterward, head over to Foam Brewers and grab a special Plunge Beer, or head up to Church Street Marketplace to redeem plunger-only deals and stop by Halvorson's from 2-6pm for the Frozen Foam Bar with music from Green Kettle Band!



PLUNGERS

- **Shoes are REQUIRED to plunge for safety purposes.** Sneakers, water-shoes, or secure sandals are highly recommended. Bring an extra pair of shoes to change into after you Plunge!
- **Photography is prohibited while inside the changing tent.**
- **This is an alcohol & smoke-free event.**
- **Masks and flotation devices are prohibited.**
- **Only waves that have been called will be allowed entrance into the changing tents.** Pay attention to your wave time, and listen for the DJ to call your wave to the tent.
- **Pack extra clothes and socks!** After plunging, you will want to change into warm, dry clothing!
- **Bring an extra towel!** Though you receive a towel upon exiting the water, an extra towel can be helpful to dry off completely.
- **Bring a plastic bag or separate bag for wet clothes and shoes!**

SPECTATORS AND VOLUNTEERS

- Those not plunging should plan to wear very warm clothes. Blankets, additional layers, hats, mittens, thick socks, warm shoes, and hand/toe warmers are highly recommended. Some say watching the Plunge is colder than entering the water!



WINTER VILLAGE

Explore the Winter Village at Waterfront Park where there will be local vendors with concessions available for purchase, games, activities, and more!

VENDORS

- Our House Bistro
*Plungers get a free food item!
- Dunkin'
*Stop by for free coffee, hot cocoa, & donuts!
- Only Cannoli
- Fluffy the Art Car
- Vermont Marshmallow
- Southern Smoke
- Mixed Up Nut Butter
- Jilib Jiblets
- WCAX
- WVMT

ACTIVITIES - Free!

- Kids crafts and activities provided by Mansfield Hall
- SOVT Scavenger Hunt with Prizes
- SOVT Health Promotion Table with Prizes
- Cornhole
- Curling provided by Dunkin'

KICK BACK AND CELEBRATE



Foam Brewers will be open at 9am with coffee and breakfast wraps available for purchase. They will also be showing the Plunge livestream! Stop in and try the special Plunge Beer, a chai porter, with \$1 of every sale to benefit Special Olympics Vermont!

Want to keep the fun going?

- Check out the Church Street Marketplace brochure in your Plunger bag for a list of stores offering discounts with your Plunger wristband!
- Head up to **Halvorson's Upstreet Cafe** for the Frozen Foam Bar from 2-6pm with music from Green Kettle Band!



WATCH THE LIVE SHOW!

We are so excited to have a live show, thanks to our amazing Media Partners! The show will be lead by our emcees **Kwame Dankwa** (95 Triple X), **Mary Cenci** (Star 92.9), **Elissa Borden** (WCAX), and **John McMahon** (WCAX) and **DJ Mike** (Supersounds)!

The Plunge will be available to live stream thanks to our friends at **Media Factory** and **WCAX**!

HOW TO WATCH

- **WCAX Platforms**

WCAX is excited to support Special Olympics Vermont and share the Penguin Plunge livestream in partnership with Media Factory to all of its website, mobile app, and connected TV app users! Just download the free WCAX app from the app store on your device (*just search 'WCAX' in the app stores on iOS, Android, Roku, or Amazon Fire*) and you will have access to the Penguin Plunge live show and the most local news free, 24/7.

- **Foam Brewers** will be playing the livestream during the Plunge!

- **Special Olympics Vermont website!** [Click here](#)



THANK YOU!



OUR MISSION

Special Olympics Vermont is part of a global movement that works year-round to foster inclusion and acceptance of people with intellectual disabilities by using the power of sport to showcase their gifts and abilities.

SOVT BY THE NUMBERS

2,900+ ATHLETES

10 STATEWIDE COMPETITIONS

580+ UNIFIED PARTNERS

60 UNIFIED CHAMPION SCHOOLS

296 COACHES

591 ANNUAL VOLUNTEERS

26 COMMUNITY PROGRAMS

26 OLYMPIC-STYLE SPORTS

KEY PROGRAMS

UNIFIED CHAMPION SCHOOLS

is a strategy for schools that intentionally promotes meaningful social inclusion by bringing together students with and without intellectual disabilities to create accepting school environments.



ATHLETE LEADERSHIP

positions us as an athlete led movement. Global Messengers are athletes who are trained in public speaking to serve as ambassadors to promote the mission of inclusion. Special Olympics Vermont has 50 Global Messengers who speak to community leaders around the state.



HEALTHY ATHLETES

is a global initiative to improve athlete health in Vermont. Athletes have access to free health screenings in five disciplines: dentistry, physical therapy, optometry, audiology and nutrition.



Funds raised through the Penguin Plunge provide life-changing experiences for a community of over 5,000 Vermonters!

Learn more or get involved at SPECIALOLYMPICSVERMONT.ORG

THANK YOU TO OUR PARTNERS!

PRESENTING PARTNER



PLATINUM PARTNERS



GOLD PARTNER



SILVER PARTNERS

Darn Tough Vermont
Mascoma Bank
Northfield Savings Bank
Our House Bistro
Vermont Federal Credit Union

BRONZE PARTNERS

Cabot Creamery Co-operative
Foam Brewers
Halvorson's Upstreet Cafe
National Life Group
UVM Health Network

MEDIA PARTNERS

