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2023 Penguin Plunge Event Guide

Saturday, February 4, 2023

Burlington Waterfront Park

Contents:

Event Schedule	Page 2-3
Incentive Pick-Up Procedure	Page 3
In Person Plunge Procedure	Page 4
Plunger Pro Tips	Page 5
Event Site Map	Page 6
Parking	Page 7



Event Schedule

Monday-Friday, January 30th – February 3rd

Penguin Plunge Check-in and Incentive Pick-up

- Monday, January 30th; 9:00am - 4:00pm
- Tuesday, January 31st; 9:00am - 4:00pm
- Wednesday, February 1st; 9:00am - 6:00pm
- Thursday, February 2nd; 9:00am - 4:00pm
- Friday, February 3rd; 9:00am – Noon

SOVT Office - 16 Gregory Dr, Suite 2, South Burlington, VT

*Team captains have been contacted with more information

Friday, February 3rd

5:00pm-7:00pm – Penguin Plunge VIP Party presented by Mascoma Bank

*This is a special event for Plungers that raise \$1,500 by January 25th and event sponsors. Invited Plungers can pick up their incentives at this event.

Saturday, February 4th

10:00am – Cool Schools Penguin Plunge Begins

Burlington Waterfront Boat Launch

11:30am – Burlington Penguin Plunge Begins

Burlington Waterfront Boat Launch

*Plungers will receive an email the week of the Plunge with their Plunge time





Event Schedule – Continued

Saturday, February 4th

10:00am - 2:00pm – Penguin Plunge Live Stream

Be sure you let your friends and family know your wave time so they can tune into the live stream! The live stream will be accessible on our [SOVT Website](#).



11:00am – Foam; 112 Lake Street

Our friends at Foam will be opening early at 11:00am for all Plungers! Gather your team before or after you Plunge to celebrate. Foam will be live streaming the event, The Shoppe Food Truck will be selling hot food to warm you up, DJ Rice Pilaf will be spinning some great tunes, and you can enjoy a Plunge stout with proceeds benefitting SOVT!

Church Street Marketplace

Be sure to check out your plunger bag for a list of businesses on Church Street that are offering specials and discounts for plungers!

Incentive Pick-Up Procedure

Team captains have received an email with information about incentive pickup for their team. We are asking team captains to come by the SOVT Office (16 Gregory Drive, Suite 2, South Burlington, VT) the week leading up to the plunge (January 30th - February 3rd) to pick up incentives and wristbands for their entire team.

Plungers who have raised \$1,500 or more can pick up their incentives at the Penguin Plunge VIP Party on Friday, February 3rd.



In Person Plunge Procedure

- Individuals will plunge at specifically assigned wave times between 10:00am – 2:00pm on Saturday, February 4th. Please arrive no earlier than 15 minutes before your plunge time. Each wave will have up to 25 people. Teams with more than 25 people will make up multiple groups within the same wave.
- We are asking that everyone comes dressed prepared to plunge (including shoes!) underneath their outerwear, with a change of clothes and shoes for after plunging.
- **Please see the Event Site Map (page 6)** for a visual step-by-step guide to being on site. We are thankful that COVID protocols have eased, and we are able to provide a warming tent on-deck this year.
 - **Step 1: Wristbands and waivers:** You should get your wristband from your team captain prior to entering the Plunge area. You must have a wristband to enter. If you are not able to get your wristband ahead of time, you can go to the check in tent at the top of the boat launch. **Wristbands are non-transferrable!** Only Plungers who sign the waiver and raise \$250 may receive a wristband.
 - **Step 2:** After receiving your wristband, proceed to the changing tent to take off your winter gear, down to your plunge outfit. Store your gear and change of clothes in a bag and place on the tables inside the changing tent.
 - **Step 3:** Walk over to the warming tent to wait for your plunge time. Please note: the tent company does their best to heat these tents, but they are vinyl tents with no floor in freezing temps. Prepare to be 'warm-ish'.
 - **Post-plunge:** Special Olympics athletes will be handing out the signature Penguin Plunge towels when you come out of the water. Grab your towel and head to the heated changing tents for a **quick change**. Remember, you have lots of people coming and going from this tent so you will want to be quick about getting changed and exiting the tent.
 - **Exiting:** After changing, gather your belongings and head out of the plunge area. Grab some complimentary hot chocolate (provided by Mansfield Hall) or coffee (provided by Starbucks) before heading out. Make your way back to your cars or head to Foam Brewery up the street. Foam will be live streaming the event, The Shoppe Food Truck will be selling hot food to warm you up, DJ Rice Pilaf will be spinning some great tunes, and you can enjoy a Plunge stout with proceeds benefitting SOVT!



Plunge Pro Tips

Come ready to Plunge with your plunge outfit on under your warm winter gear. Remember, no masks or inflatables are allowed, and floatation devices are prohibited.

Have your plunger bag packed and ready with the following items if you'd like:

- An easily recognizable bag: Keep your change of clothes and shoes in a bag that you will recognize quickly. It will save time when you are cold and wet and ready to put on your warm gear.
- **Extra Footwear:** Shoes are **REQUIRED** to Plunge as rocks, salt, ice, etc. could injure your feet during the Plunge. Be sure to bring two pairs of shoes, one pair for the water and one for dry land.
- **Extra Socks:** These are essential to keeping warm post-plunge. Don't forget that you'll need a pair to change into!
- **Plenty of Warm, Dry, Clothes:** Post-Plunge you'll want your winter gear – be sure to bring a change of underwear as well as a jacket, sweatshirt, pants, mittens, and a hat to keep yourself warm.
- **Extra Towel:** Though we provide a towel upon water exit, many recommend bringing extra towels to ensure that you are dry before exiting the changing tent.
- **Plastic Bag:** Put your wet clothes in this bag after your Plunge to keep everything else dry. Don't forget to take these out when you get home!
- Please note that there is no lost & found after this event. Any items left behind will be donated or discarded. Please keep track of your belongings and check that you have everything before exiting the changing tents.
- Give any valuables, including non-essential eyewear, to friends and family before you hit the water. Though security is on site, Special Olympics Vermont is not responsible for lost or stolen items.
- The Penguin Plunge is a family friendly and alcohol-free event. No smoking and no photography permitted in the changing tents.
- **Spectators & 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! Only Plungers will be allowed in the designated plunge area. Spectators are asked to watch from the Waterfont Park area. To enter the plunge area, you must have a wristband which indicates you have signed the Penguin Plunge waiver.

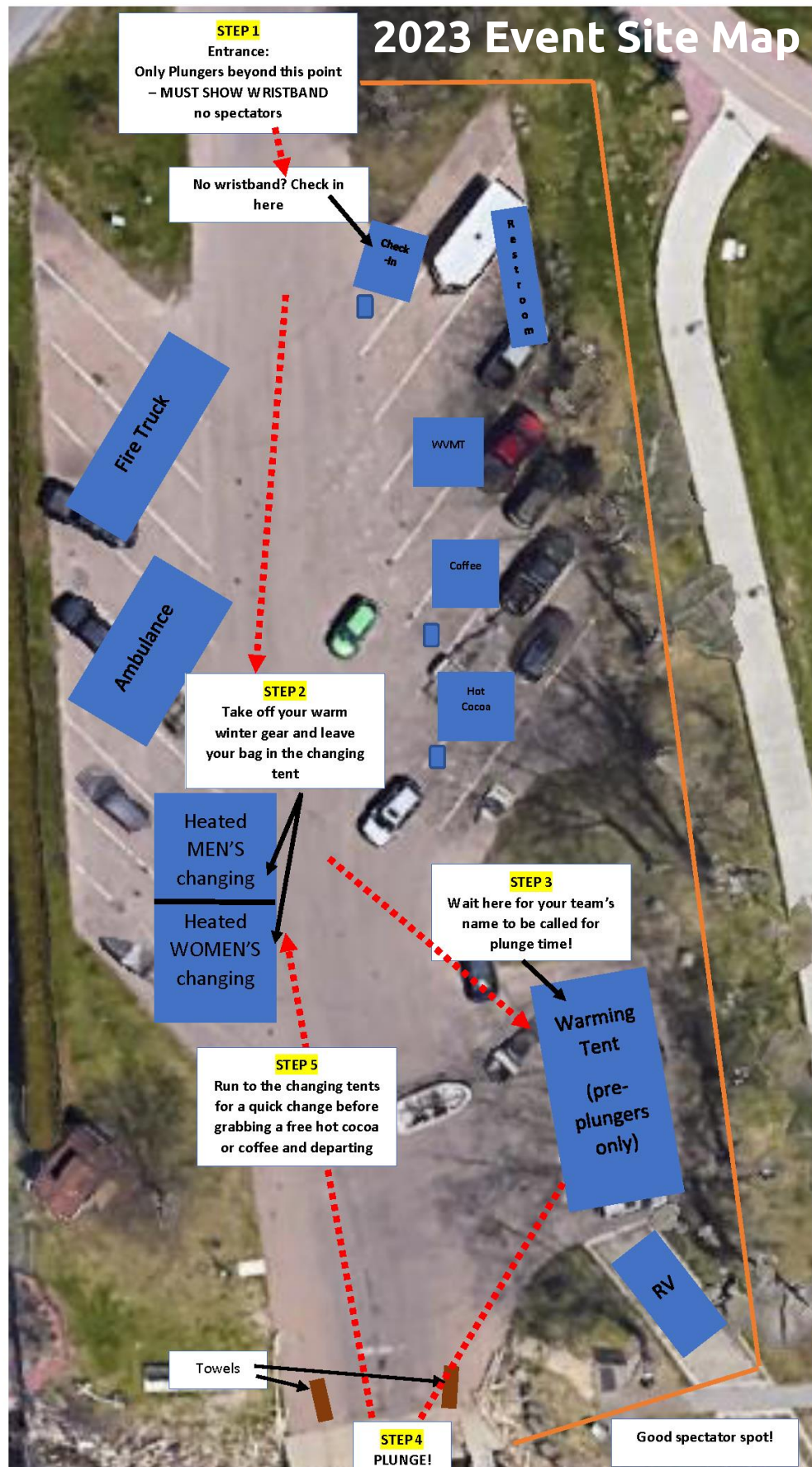
Still Have Questions? Contact the Special Olympics Vermont Team at events@vtso.org.



PENGUIN PLUNGE



Special
Olympics
Vermont



Event Parking

Parking at Burlington Waterfront is extremely limited. It is recommended that Plungers, Waddlers, and spectators park in one of the following locations:

- Pease Lot: 4 College St – pay by the hour
 - Lake Street Lot – pay by the hour
- Street parking: when available, there is parking on Lake St and College St and is paid by the hour
- Handicap parking: We will have 3 spots reserved in the small lot at the end of Penny Lane (near the boat launch)

Participants and spectators are responsible for any fees associated with parking.

