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## **2022 Penguin Plunge Event Guide**

Saturday, Mar 26, 12:00 PM

Manchester Parks and Recreation

340 Rec Park Rd, Manchester, VT 05255

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## Check-In

All plungers must head over to the SOVT Tent to check in. Don't forget to bring your signed waivers and any donations you have received!

You'll receive a wristband and your goody bag with a plunge hat in a color of your choice!

## Incentives



### **\$250 Incentive Level**

Raise \$250 and receive your choice of a Skida neck warmer or headband!

### **\$500 Incentive Level**

Raise \$500 and earn a pair of Darn Tough Socks!



## Fundraising

Any last-minute donations should be brought to the event and handed in at the Check-In Tent. Fundraising pages will stay open until March 31st.



## In Person Plunge Procedure

- We are asking that everyone comes prepared to plunge, with your plunge wear under your outerwear.
- Bring a change of clothes and shoes for after plunging, if they'd like.
- Wait for your Team Name to be called.
- When your Team Name is called, plungers will leave bags at the SOVT table, walk under the arch and head toward the fire trucks – all plungers must wear shoes.
- After running through the water, Plungers will head back to SOVT table to pick up their bags and head over to the restrooms at the Parkhouse to change.
- After changing, enjoy the Dunkin' Go Bold with Cold Tour, food from Hound Dogs food truck, and music from the DJ!

***\*\*COVID protocol - All participants must be masked to use the Parkhouse/Restrooms.\*\****



## Preparing for the Plunge – What to Wear, Bring & Pack

### Make sure to bring the following items to the Plunge:

- Any **donations** you have to turn in.
- A **signed waiver** if you haven't done so already. If you are under 18 years of age, a parent or guardian will also have to sign the waiver.
- A small bag packed with the following items:
  - **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 plunge and one to change into afterwards.
  - **Extra Socks:** These are essential to keeping warm post-plunge. Don't forget that you'll need a pair to change into!
  - **Warm, Dry, Clothes:** 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, many recommend bringing extra towels to ensure that you are dry post-plunge.
  - **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!
- Bring lots of **energy and excitement!**

### Waddlers, Spectators & Volunteers:

Those not Plunging should plan to wear warm clothes. Additional layers, hats, mittens, thick socks, and warm shoes are highly recommended.



## Plunger Pro Tips

- Plungers **MUST** wear shoes. Sneakers, water shoes, or secure sandals are highly recommended. Also, be sure to bring an extra pair for post-Plunge!
- Only Plungers and Waddlers with wrist bands or credentials will be allowed inside the Plunge area.
- Bring lots of warm, dry clothes to change into with extra layers including socks and shoes. Having more clothes is better than less!
- Give any valuables, including non-essential eyewear, to friends and family before taking the Plunge. Special Olympics Vermont is not responsible for lost or stolen items.
- Be sure to take all your items with you upon leaving the restrooms.
- The Penguin Plunge is a family friendly and alcohol-free event. Additionally, no smoking or photography is permitted in the changing areas.

## 2022 Event Site Map & Parking

Plungers are encouraged to carpool to the site! It is recommended that Plungers and spectators park in one of the designated parking areas:

- Lot south of the Parkhouse
- Lot south of Applejack Stadium
- Handicap parking: We will have 2 spots available across from the Parkhouse.



**QUESTIONS? Contact the Special Olympics Vermont Team at [events@vtso.org](mailto:events@vtso.org).**