



PLUNGER FIRST TIMER TIPS

DO

- * Do wear your plunge 'attire' under your clothes - then you don't have to change into them at the plunge.
- * Do choose your plunge 'attire' knowing that you will be cold and your fingers will possibly be numb, so loose-fitting and easy off clothes are best.
- * Do remember that you will be exiting the water quickly, so do not wear anything that may be heavy when wet. You may not be allowed to plunge.
- * Do bring a robe, blankets, towels or jacket to wear while waiting to plunge.
- * Do wear tennis or water shoes - the ground is freezing.
- * Do bring extra towels to dry off with and to stand on.
- * Do bring loose fitting clothing and shoes to change into after the plunge.
- * Do bring your pledge sheet and all pledges with you to the plunge. All money must be collected beforehand.
- * Do have a parent or guardian sign the waiver if you are under 18. Parent or guardian must accompany plunger under the age of 18.
- * Do bring a plastic bag for wet clothes.
- * Do PLUNGE WITH FRIENDS - it is more FUN!

DON'T

- * DO NOT plunge if you have any heart conditions or serious medical conditions. If unsure, consult with your doctor before taking the plunge.
- * ABSOLUTLY NO DIVING, CANNONBALLS OR SOMMERSUALTS!!!! The water is shallow. This is a safety regulation that will be enforced.
- * No wet suits or dry suits are allowed - that would be cheating! Only the divers in the water may wear dry suits.
- * Only get wet up to your neck. There is no pressure to fully submerge yourself.
- * Do not show up at the plunge right before the start time. You will need time to check-in and prepare for the plunge.
- * Do not drink alcohol prior to plunging. Alcohol does not warm you up, it accelerates hypothermia.
- * DON'T forget to SMILE - photographers are on hand to capture your moment of fame. All photos will be posted at www.somt.smugmug.com.