



WHAT TO EXPECT

There are heated changing tents available for participants. Separate men's and women's changing areas are available, but spectators are not allowed access. If an individual needs to be accompanied for a certain reason, please explain to the law enforcement at the entrance of the tents to gain access.

Trained Dive Team and EMTs are at the Plunge area for assistance for those who aren't strong swimmers or if anyone needs assistance.

At pre-check-in and day-of check-in, Plunge volunteers will have access to all donations made online to your account. Any donations mailed in to the State Office are also included in this total.

Plungers are responsible for bringing all offline donations (cash, checks) to check-in so that they can receive credit for those funds.

WHAT TO BRING

A towel to dry off and warm up with.

Old shoes, aquatic shoes, etc. Don't forget to bring a pair of dry shoes to wear afterwards!

A duffel bag, backpack, garbage bag, etc. It's a good idea to bring a bag for dry clothes and your Plunge incentives as well as a plastic bag for your wet clothes after you've Plunged.

Dry replacement clothes. After you're done Plunging, it's nice to have some warm and dry clothes for the journey home.

Another Plunger. Recruit a friend, family member, co-worker or acquaintance and get them to take the Plunge with you. It's always more fun with friends!

CHECK IN TIPS

All participants must check in prior to Plunging to turn in funds, receive their incentives and receive Plunger access materials to be allowed to the site. Bring all donations with you when you come to check-in on Plunge day. Cash, charge and checks are accepted.

Arrive early to give yourself time to check-in and enjoy your time prior to Plunging. We will do our best to check you in as fast as possible.

SAFETY TIPS

Do NOT dive or flip into the water. This is a safety precaution for all Plungers that is strictly enforced by the Dive Team.

We advise you not to Plunge after drinking alcohol. Intoxicated people will not be permitted to Plunge.

Leave valuables at home or with a spectator. Special Olympics New Jersey is not responsible for items that are lost or stolen.

Try not to run out of the water after your Plunge. Keep in mind that everything is wet and slippery. Be careful as you make your way to the changing tents.

Bring along warm clothes to wear after you Plunge that are easy to put on. The last thing you want to deal with when you're cold and wet are clumsy zippers and buttons!

Carpool. Parking can be crowded, so help us out by coming as a group.