



Plunge Checklist

*Whether you are joining us in Rehoboth Beach or virtually, we want to make sure you are ready for the **beary** best Plunge yet! Please review the tips below to ensure a safe, fun Plunge.*

IN PERSON

BEFORE THE PLUNGE

- Make sure that you – and your team members – have registered and reached the \$75 fundraising requirement, you have moved any necessary team money, and you have turned in any offline funds (or are ready to turn them in at check-in).
- PRO TIP: Take advantage of one of our early check-in opportunities so that all you have to do on Sunday is show up.
- Give yourself plenty of time to get settled into Rehoboth Beach on Sunday morning. Check www.plungede.org for more info on traffic and parking.

WHAT TO BRING

- Bring a robe – great for wearing while waiting to go in and great to slip on as you dry off.
- Keep your feet covered until the last possible moment and consider wearing water shoes or something on your feet into the water.
- Bring extra towels or a blanket to stand on – remember, the sand is like ice!
- Wear layers and loose-fitting clothes, which are easier to get into when your fingers are cold.

STAYING SAFE

- Spread out on the beach.
- Follow all directions from safety personnel.
- DO NOT dive into or enter the water head-first, swim past the divers, or go near the jetties.
- Plunge with a friend - use the buddy system.
- Tents and drones are NOT allowed on the beach per City of Rehoboth Beach.
- Pets are strongly discouraged on the beach for their own safety and the safety of the Bears.

VIRTUAL

BEFORE THE PLUNGE

- Make sure that you – and your team members – have registered and reached the \$75 fundraising requirement, you have moved any necessary team money, and you have turned in any offline funds (any add'l funds can be mailed to the Special Olympics Delaware office).
- Get creative and think through the logistics of your Plunge - pick your date and time, decide the method you will use to be bold and get cold.
- Line someone up to take photos and videos - maybe you can promote your towel holder to a photographer.

WHAT TO BRING

- Bring a robe and wear layers and loose-fitting clothes, which are easier to get into when your fingers are cold.
- Make sure you have any necessary supplies (pool, sprinkler, ice, water balloons, bucket) and/or props (costumes, backdrops, etc.).
- Think through your after-Plunge plans - Are you stepping right into a heated home? Do you have to get in a car? Bring extra towels or a blanket.

STAYING SAFE

- Please keep in mind the in-person Plunge is safe because we have a professional dive team in the water and a Safety Team of emergency responders on site.
- Do NOT attempt anything that could physically harm yourself or others.
- Special Olympics Delaware is not responsible for any injuries that occur while participating in the Virtual Plunge.