

## FOR OUR BEARS

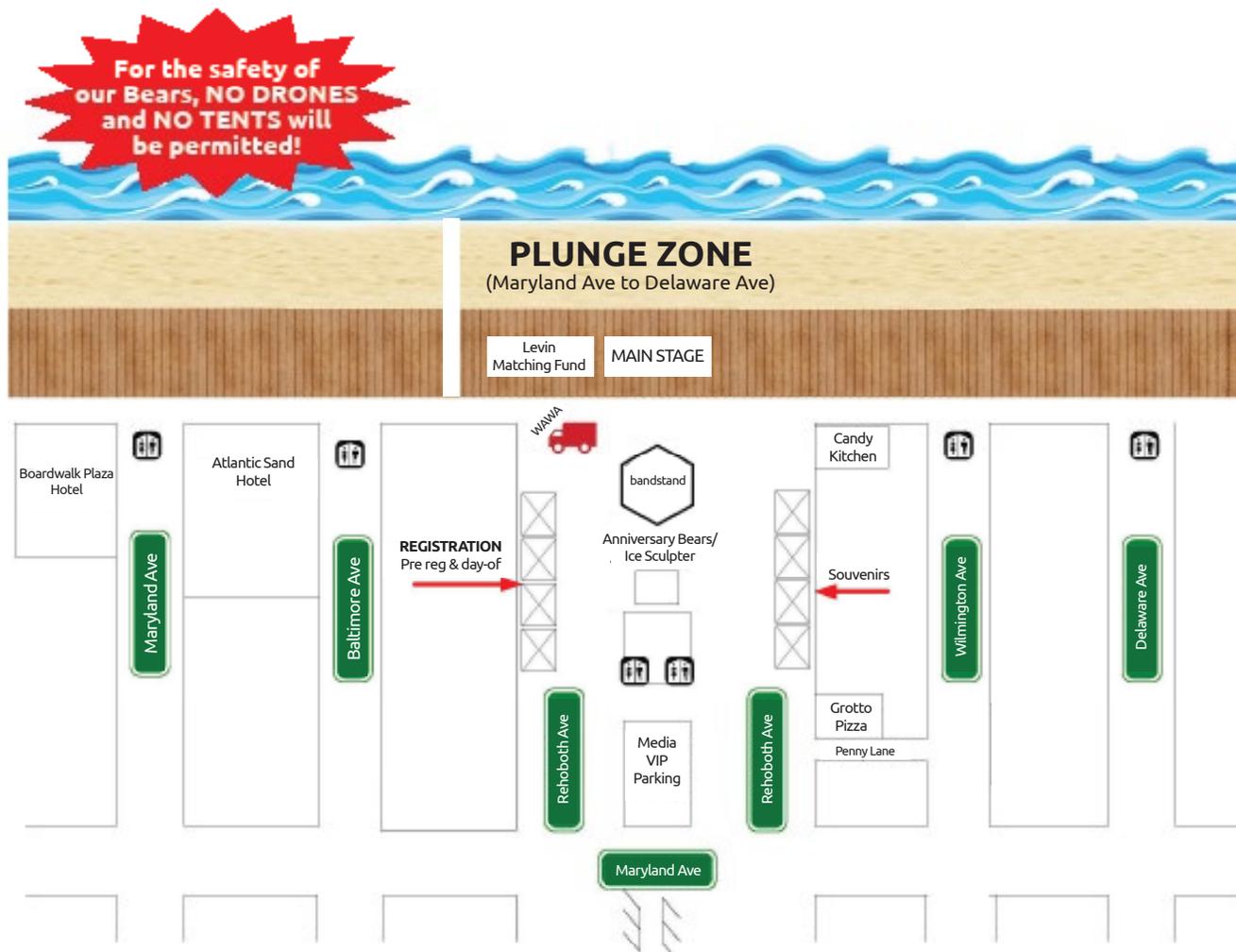


- **PLUNGE HUB:** Stay Connected and informed by scanning the QR code to download our exclusive Plunge App, or visit <https://sode.org/plunge-hub/>.
- **GRIN AND BEAR IT!** Photographers will be roaming throughout the weekend capturing all the Plunge memories. Links to the photo galleries will be placed on SODE's Plunge website ([www.plungeDE.org](http://www.plungeDE.org)) and photos can be downloaded for free.
- **The traditional Polar Bear group photo will be taken at 12:45 p.m. sharp - ON THE BEACH** - All bears will remain where they camp out - no need for everyone to squish together! Thank you to our photographers from the Cape Gazette! The photo will be available to download for free from our Plunge website at [www.plungeDE.org](http://www.plungeDE.org).
- **SOUVENIRS** (long-sleeve T-shirts, mugs, hats, sweatpants and sweatshirts, commemorative pins, blankets, and more!) will be on sale prior to the Plunge (during Early Check-in at the Convention Center) and at the Plunge on Sunday (look for the tents on the south side of Rehoboth Avenue near Candy Kitchen).
- **FREE** hot coffee and cocoa will be provided on-site - courtesy of **Wawa**.
- **BATHROOMS** are available near the Bandstand on Rehoboth Ave. as well as near the boardwalk on Wilmington Ave. and Delaware Ave. (one and two blocks south of Rehoboth Ave., respectively) and Baltimore Ave. and Maryland Ave. (one and two blocks north of Rehoboth Ave., respectively)
- **PLUNGE TIME** ... Polar Bears will be asked to **S P R E A D O U T** over several blocks for the actual Plunge. The Plunge will take place **promptly at 1:00 p.m.** The signal to enter the water will be a 10-second countdown and airhorns.
- All Saints' Episcopal Church has generously opened their doors for Bears to gather before and after the Plunge. *Stop by for hot chocolate, water, cookies, and use of their restrooms - 11:30 a.m. to 3:00 p.m. at 18 Olive Ave.*

## SAFETY INFORMATION

- **Please help us ensure a safe and fun Plunge by following the guidelines below:**
  - Follow directions from **safety personnel** on the beach.
  - **NO DRONES are allowed over the beach** and water per City of Rehoboth regulations.
  - **NO TENTS will be permitted on the beach.**
  - Spread out on the beach ... give yourself plenty of room.
  - Pay attention to the large red numbers (1 – 10) at the beach access points as an indicator of your location on the beach.
  - Please help us by keeping spectators on the boardwalk ... our Polar Bears need lots of room!
  - This is not a race! The Plunge takes place in "waves".
  - **Do not dive in!**
  - Do not go beyond the safety divers who are in the water.
  - Watch out for others around you.
  - Do not go near the Jetties.
  - Use the "buddy" system when plunging.
  - Remember ... the sand is like ice ... please keep your shoes on until the last possible moment and stand on towels before and after the plunge.

## MAP OF PLUNGE SITE



### DIRECTIONS TO LEAVE REHOBOTH (NORTHBOUND)

There are two ways to leave Rehoboth Beach:

- (1) If you are parked south of Rehoboth Ave. - take Second Street south toward Dewey Beach. After you cross Silver Lake Bridge make your first right onto Robinson Ave. Follow Robinson to Rt. 1 – turning right will take you north.
- (2) Follow Rehoboth Ave west to Rt. 1 north.

### DIRECTIONS TO LEAVE REHOBOTH (SOUTHBOUND)

- Take Rehoboth Ave west to State Rd. Turn left onto State Rd southbound follow (under the Rt.1 bridge) to the stop sign at Washington St. Make a left on Washington St to the stop sign at Rt. 1 south. Make a right onto Rt. 1 south.

### THANK YOU FOR YOUR SUPPORT

Special Olympics Delaware changes lives by promoting understanding, acceptance and inclusion between people with and without intellectual disabilities. Through year-round sports training, athletic competition and related programs conducted for thousands of children and adults with intellectual disabilities, the organization creates a model community that celebrates people's diverse gifts. Special Olympics Delaware builds sports skills, confidence, strength, motivation and self-esteem - not just for athletes, but for everyone involved.

