



# SUPER Plunge At Home Participant Guide

## At Home SUPER Plunge

This winter, Special Olympics Illinois is excited to provide our truly elite Plungers with the opportunity to support the athletes from the comfort of their own home! In a normal year, SUPER Plungers would take 24 icy dips into Lake Michigan to raise funds and awareness for the nearly 23,000 traditional athletes and 13,000 Young Athletes participating across Illinois. Due to the pandemic, we are asking our supporters to be creative in how they will #BeBoldGetCold in 2021!

## When is the SUPER Plunge?

The official SUPER Plunge will be Saturday, February 20 through Sunday, February 21. The Illinois Law Enforcement Torch Run will host a variety of virtual content and activities for SUPER Plungers during this 24 hour period. SUPER Plungers may opt to choose another 24 hour period to host their own SUPER Plunge efforts between February 20 and March 27.

## How Does It Work?

It's simple! Over a 24-hour period, each SUPER Plunger will #BeBoldGetCold 24 times wherever and however they would like. We encourage everyone to put their own creative spin on how they take their 24 plunges. Maybe that's splashing into your icy cold pool, jumping into the snow, or pouring icy water on yourself – it is all up to you.

## SUPER Plunge At Home Formats

- Breakout your blow up pool for an icy winter dip!
- Work with your local Fire Department and utilize one of their retainer pools as your Plunge Zone
- Dump 24 buckets of icy cold water on your head
- Secure a dunk tank from a local rental company or civic organization. Then raffle off the 24 slots to DUNK YOU to your donors!
- Let your kids soak you with the garden hose in the backyard!
- Do you have snow? How about jumping into a pile of snow every hour for 24 hours?

## SUPER Plunge Team Ideas

- Gather your SUPER Plunge team at your local PD or popular business and plunge into retainer pools from your local Fire Department. Utilize your department's social media during the 24-hours to engage your local community. Set-up a touchless drive-thru donation option for the public to support your efforts.
- Talk with your local school, hotel or gym that has a pool. See if they would be willing to turn off the "heater" in their pool to chill the water and allow you to take your SUPER Plunge at their facility.



# SUPER Plunge At Home Participant Guide

## Liability and Logistics

Plunge At Home participants are encouraged to be safe with their choices. Special Olympics Illinois utilizes a professional dive team in the water and emergency responders to ensure the safety of our participants at traditional Polar Plunges. Do not attempt to jump into a lake, river or any other open body of water for the Plunge At Home. Participants should not do anything that could physically harm themselves or others. Special Olympics Illinois is not responsible for any injuries that occur while participating in the Plunge At Home event.

The SUPER Plunge At Home is an official Illinois Law Enforcement Torch Run fundraiser and is covered by our special event insurance. SUPER Plunge At Home activities are covered by our General Liability Insurance as long as participants adhere to the following guidelines:

### Agree to Terms and Conditions:

- All participants over the age of 18 must register themselves online and agree to our Terms and Conditions. This will replace the traditional "event waiver" signed the day of the event.
- Participants under the age of 18 must be registered online by a parent/guardian OR a parent/guardian must sign and return this waiver to Special Olympics Illinois prior to participating in any SUPER Plunge At Home activities.

### Risk Management Recommendations

- Do not attempt to Plunge At Home into a lake, river or any other open body of water.
- Participants should not be under the influence of alcohol when they Plunge At Home.
- Make sure you do not Plunge At Home alone. Have plunge supporters nearby to assist in case of incident or accident.
- Diving or flipping into any pool or body of water is prohibited. This applies to plunges where participants run into a body of water, jump into a pool (shallow or deep) or jump into a deep body of water.
- Each participant must agree to Special Olympics Illinois release of liability waiver prior to participating in the event. For 2021, the release of liability is the Terms and Conditions agreed to during the online registration process. Participants under the age of 18 must have a parent or guardian agree to these terms and conditions during registration. Third party registrants must agree to these terms and conditions or sign a paper waiver prior to participating in the Plunge At Home event.
- Ensure your support person is capable and willing to contact emergency personnel if necessary.
- Develop a plan to ensure that you know that each participant who enters the water, safely exits the water.
- If the participants/volunteers/spectators have to walk on frozen water to get to the plunge site, have outside experts determine that the ice is thick enough for the weight of the participants, volunteers, spectators and any equipment needed for the event. One method is to work with local DNR or a similar entity to ensure the ice is safe for the event. Please remember to reevaluate the condition of the ice throughout the event.



# SUPER Plunge At Home Participant Guide

## Risk Management Recommendations (cont.)

- If hot tubs are going to be available following the plunge, please ensure the manufacturer's safety guidelines are visible and that participants are aware of such safety recommendations. Additionally, ensure that the chemical levels for the hot tub are in line with the manufacturer's recommendation and that any extra chemicals are stored in a secured location. Don't forget to reevaluate the chemical levels throughout the event.
- If participants will be "plunging" into a pool or if hot tubs are used, there needs to be a plan in place to ensure that the ladders, decks, etc. that are used to enter and exit the pool and/or hot tub do not become slippery or covered in ice during the event.
- If space heaters (or other heating devices) are going to be used at your event, ensure that the heaters are in a location where participants, volunteers and spectators are not able to stand over or too close to the heater as not to burn themselves.
- If wear costumes during the event, costumes need to be appropriate and non-discriminatory.

## Group Gatherings and Plunges

For groups or teams planning to Plunge At Home together, please ensure you are adhering to the most up to date CDH/IDPH COVID-19 guidelines regarding number of people in attendance, social distancing and contact tracing.

- Ensure participants and spectators are informed to stay home if they are sick or have any COVID symptoms or were exposed to someone with COVID
- Ensure everyone is reminded of the proper hygiene procedures (i.e. proper hand washing procedures, covering sneezes/coughs etc.)
- Maintain 6 feet physical distancing in and out of the water at all times
- Ensure everyone wears a mask when they are not in the water. Masks should not be worn in the water and children 2 years of age and younger should not wear masks.

## Media at Your Event

Special Olympics Illinois staff are working with our media partners to highlight and promote our Plunge At Home and SUPER Plunge At Home efforts statewide. If you are hosting a SUPER Plunge At Home Team event and are interested in inviting media, please contact [Jim Fitzpatrick](#) or [Alex McMillian](#) prior to any outreach. It is important that if any media is present at your event all guidelines above are being adhered to at all times but especially when media is present.

## Additional Resources

[Social Media Guide](#)

[Sample Donation Letter](#)

[SUPER Plunge Offline Donation Tracking Form](#)

[SUPER Plunge At Home Email Banner](#)

[SUPER Plunger Donor Receipts](#)

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## Contacts

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