



Marian Catholic Polar Plunger Toolkit

Thank you for "Being Cool for Our School" and taking the Plunge! Below you will find all the necessary information to help you prepare for your plunge.

OVERVIEW

What is a Polar Plunge?

A Polar Plunge is a winter event where participants enter a body of water despite the icy temperatures. This Polar Plunge is a fantastic opportunity to raise money and awareness for Marian Catholic High School. We encourage participants to collect pledges and then plunge into the chilly water of Mauch Chunk Lake in Jim Thorpe.

I Want to be a Plunger!

Great! Each participant must register, pay the entry fee of \$35, and sign two liability waivers. Registered participants will receive a Polar Plunge t-shirt. It is not mandatory, but we encourage you to collect pledges from family, friends, and businesses to sponsor your plunge.

I'm Too Chicken to Plunge

That's OK – you can still participate! Just register as a "Chicken" and collect pledges the same as a Polar Plunger. You'll get a t-shirt, too!

WHEN AND WHERE?

The Marian Catholic Polar Plunge takes place on Saturday, January 30, 2021 at the Mauch Chunk Lake Beach Area, Lentz Trail, Jim Thorpe PA. Registration is from 10-11:30am; the First Plunge begins at 12 Noon.

STUFF YOU NEED TO KNOW

Absolutely No Diving!

- The Polar Plunge is a family event; unfortunately, that does not extend to the furry members of your family. Pets are not permitted on the grounds of Mauch Chunk Lake.
- **No alcohol is permitted** on the grounds of Mauch Chunk Lake.
- All participants must **complete a registration form** and **sign two liability waivers**.
- To participate, you must be 18 years or older. No one under age 18 may plunge UNLESS they are a current Marian Catholic student.
- Current Marian Catholic students under the age of 18 MUST have a parent or guardian sign the liability waivers or they will not be permitted to plunge.
- All plunging must occur within the designated zone.
- A public restroom (port-a-john) is provided. We do not have use of the regular restroom facilities.
- The Polar Plunge will take place regardless of weather. Please dress accordingly.
- An enclosed, heated changing room with separate quarters for men and women is provided.
- Do not enter this event if you have certain health conditions like high blood pressure and/or heart conditions.

- Do not drink alcohol prior to this event. Alcohol accelerates hypothermia.
- Do not stay in the water for more than 15 minutes. Body heat is lost 25 times faster in water than in air.

PLUNGE ATTIRE

Participants must wear a swimsuit or other suitable clothing. No "skinny-dipping"! Costumes can be fun too. Sturdy footwear is required due to safety concerns and the fact that numb feet cannot feel objects in the water.

DIRECTIONS TO THE PLUNGE

From the north: Interstate 81 South to State Route 309 South through Tamaqua. Turn left on Owl Creek Road; go approximately 9.5 miles. Mauch Chunk Lake on right. (Note: Owl Creek Road becomes White Bear Drive; White Bear Drive becomes Lentz Trail.)

From the south: Interstate 476 North (PA Turnpike-Northeast Extension) towards Scranton. Take Exit 74 Mahoning Valley to Route 209 South. Continue on 209 South to Jim Thorpe. Turn left at traffic light onto Broadway. Continue for approximately 4 miles. Mauch Chunk Lake on left.

HELPFUL HINTS FOR PLUNGING

Wear your swimsuit under the clothes you wear to the event. Dress warmly in layers, and do not remove any clothing until swim time! Carefully choose the clothes you'll wear after you plunge. You'll be cold and possibly numb. Clothes that are loose-fitting (think sweats and hoodies), go on easily and quickly, and don't have a lot of buttons or zippers would work best.

Items to bring with you:

- Plastic bags for wet clothes
- A duffel bag filled with your post-plunge clothes
- Several towels
- A piece of cardboard or carpet remnant to stand on while changing out of wet clothes (the concrete floor is cold!)
- Water shoes or old sneakers to wear in the water
- Blanket
- Dry undergarments
- A hat, if you plan to go all the way in the water
- Camera / videocamera
- A "chicken" who is not plunging to hold your gear and take pictures



I'M GONNA DO IT! NOW WHAT? HOW TO GET STARTED... (Chickens should read this part, too)

STEP 1. REGISTRATION - 2 OPTIONS

Option 1: Pre-Registration

Email mchspolarplunge@gmail.com to request a registration form. When you receive your form, print out and complete.

Mail forms and fees to:

Kathy Goff
Attn: MCHS Polar Plunge
606 Lehigh St.
Jim Thorpe PA 18229

Option 2: Register Day of Plunge (Most people do this)

Come to the Registration Table between 10am-11:30am to complete forms and pay entry fee. Cash and checks accepted.

Please note, registration form, fee, and two liability waivers constitute a registration. If any of the items are missing, you will not be considered as "registered" and will not be permitted to plunge.

STEP 2. SOLICIT AND COLLECT PLEDGES (OPTIONAL BUT ENCOURAGED!)

Ask your family, friends, and businesses you frequent to consider sponsoring your plunge. All the information you need to be successful can be found later in this guide.

STEP 3. CHECK-IN AT THE EVENT

Even if you pre-registered, come to the Registration Table when you arrive at the Lake to complete the registration process and receive your Plunge t-shirt. Check-in begins at 10 AM and ends at 11:30 AM. Chickens should also register at this time.

FAQs

What if there is bad weather? Will you cancel the Plunge?

We will plunge regardless of weather, as long as it is safe for the plungers. If we are forced to cancel, we will send a mass email to registered participants and post it on our Facebook page. We will also attempt to send out text messages to registered participants.

What time should I be there?

If you are jumping, plan to arrive between 10am and 11:30am to allow time to get registered and pumped up!

What should I bring with me?

If you pre-registered, relax. We got your forms right here! If you plan to register at the Lake, you will need cash or a check made out to Men of Marian. Please see our "Helpful Hints for Plunging" section for a complete list of recommended items to bring along. Wearing a winter coat, hat, and boots is suggested. Oh, and bring your friends!

Where can I change clothes after the Plunge?

You will be able to change in an enclosed, heated building with separate quarters for men and women.

What kind of safety precautions do you have in place?

The Jim Thorpe Fire Department will have a presence on-site. This includes firemen trained for ice rescues. St. Luke's Miners Campus generously provides medical personnel. Two lifeguards and volunteers will monitor the Plunge Zone and assist plunger if needed.

Is there a Facebook page?

You betcha! Find us at **MCHS Polar Plunge**, and Like us! We'll post information and updates leading up to the Plunge. After the event, feel free to tag us in your photos.

Will there be food at the event?

Due to COVID, we are working out the details on serving food. Please check our Facebook page for updates.

Is there an entrance fee for spectators?

No, but donations are always accepted. All proceeds are applied towards the operating costs of Marian Catholic High School.

How far do I have to go in the water?

That is your decision depending on your comfort level.

There is no required plunge depth. Again, reminder: NO DIVING!

Where and when do I turn in any pledges/donations?

You may also bring any donations to the Plunge and turn them in when you check in. Please clearly mark all envelopes "Polar Plunge" and include your name. A Pledge form can be found at the end of this document to record all donations.

Is my registration fee or donation refundable?

Charitable contributions are non-refundable. The registration fee is considered a charitable contribution and is therefore nonrefundable.

Who do I contact if I have a question?

Choose from the following contact methods:

- Find our Facebook page **MCHS Polar Plunge** and post a message
- Email mchspolarplunge@gmail.com
- Call or text Kathy Goff, Plunge Coordinator, at 610-704-8037 or email chinacat@ptd.net.



Marian Catholic High School
166 Marian Avenue, Tamaqua, PA 18252-9789
PH (570) 467-3335 | FAX (570) 467-0186
www.mariancatholichs.org



8th Annual “Be Cool for Our School” Polar Plunge to Benefit Marian Catholic High School

On Saturday, January 30, I will be "freezin' for a reason" as I jump into the ice-cold water at Mauch Chunk Lake to support Marian Catholic High School. I need your help! I will do all the jumping, shivering, and freezing if you will sponsor me. Checks can be made payable to the Blue & Gold Club. I can collect your pledge, or you can mail it to Kathy Goff, Attn: MCHS Polar Plunge, 606 Lehigh St., Jim Thorpe PA 18229.

Please include my name on your check – that way I know who my “friends” are! To learn more about the Polar Plunge, or to see pictures from last year’s event, please visit Facebook and search “MCHS Polar Plunge.”

I am looking forward to Taking the Plunge!



Thank you for Being Cool for Our School!

Questions may be directed to Kathy Goff at 610-704-8037 or mchspolarplunge@gmail.com



Find us on Facebook! MCHS Polar Plunge