

Be Cool.

TAKE THE **SUPER** PLUNGE.



**SUPER
PLUNGE** *Guide*

2024 LAW ENFORCEMENT TORCH RUN

SUPER PLUNGE



SPECIAL OLYMPICS ILLINOIS

WHAT IS THE SUPER PLUNGE?

The Law Enforcement Torch Run Super Plunge for Special Olympics Illinois is a great way for everyone – individuals, organizations, schools, and businesses – to support Special Olympics Illinois. All funds raised go to provide programming and events for thousands of athletes across the state.

But the SUPER PLUNGE? Well, that's for those who are really looking for a challenge – and who want to go that extra mile to build more inclusive communities. Those who choose to participate in the Super Plunge will be taking 24 icy dips.

In 2024, those interested in participating in the Super Plunge will Create Your Own Super Plunge and do it YOUR WAY as you take on the 24 icy dips in no longer than 24 hours.

Choose what works best for you and your team, just BE COOL and TAKE THE SUPER PLUNGE. Because you are supporting life-changing programming for athletes with intellectual disabilities across the state.

You can register today [here](#). To learn more about #PlungeIllinois, visit plungeillinois.com

NEED SOME IDEAS TO CREATE YOUR OWN PLUNGE

- 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 – you can even host it at your local police department or other local business.
- 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 your donors for a chance to dunk you or the team captain.
- Let your kids soak you with the garden hose – or give your local fire department a chance to get in on the action.
- 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.

PLUNGE SAFETY POLICY

Special Olympics Illinois first priority is always the safety and health of our athletes, volunteers, staff and supporters. For that reason, all of our Special Olympics Illinois-hosted events will be held within our local health and CDC event guidelines.

Create Your Own Super Plunge participants are encouraged to be safe with their plunge choices. During our hosted Polar Plunge events, Special Olympics Illinois utilizes professional dive teams in the water and emergency responders to ensure the safety of participants. Do not attempt to jump into a lake, river, or any other open body of water to Create Your Own Plunge.

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 Create Your Own Plunge option.

The Create Your Own Super Plunge is an official Illinois Law Enforcement Torch Run fundraiser and is covered by our special event insurance. Create Your Own Super Plunge 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 the event waiver to Special Olympics Illinois prior to participating in any Create Your Own Super Plunge activities.

Risk Management Recommendations

- Do not attempt to Plunge into a lake, river or any other open body of water.
- Participants should not be under the influence of alcohol when they Plunge.
- Make sure you do not Plunge 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 2024, 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 Create Your Own Super Plunge 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.
- 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 wearing costumes during the event, costumes need to be family friendly and non-discriminatory.

Media at Your Event

Special Olympics Illinois staff are working with our media partners to highlight and promote our Polar Plunge and Super Plunge efforts across the state. If you are hosting a Create Your Own Super Plunge event and are interested in inviting media, please contact [Vanessa Campos](#) or [Lora Schoenholtz](#) prior to any outreach. It is important that all guidelines above are being adhered to at all times but especially when media is present.

Contact

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