



# 49TH ANNUAL PENGUIN PLUNGE

## JANUARY 1ST, 2025

### SCARBOROUGH STATE BEACH



## FREQUENTLY ASKED QUESTIONS

### What is the Penguin Plunge?

- Special Olympics Rhode Island will host its 49<sup>th</sup> Annual Penguin Plunge on Wednesday, January 1, 2025, at Scarborough State Beach in Narragansett, RI.
- This invigorating event is the longest-running charity-led plunge in Rhode Island and benefits Special Olympics Rhode Island.
- Since moving from Jamestown to Narragansett in 2012, the event draws more than 700 participants annually, with 300-400 spectators cheering them on.
- **Pre-Registration is strongly encouraged**, though on-site registration will be available until 11:30 a.m. on the day of the plunge.
- **Event Schedule:**
  - Registration: Opens at 10 a.m. (Registration Tent near pavilion entrance)
  - Main Plunge: 12:00 noon
  - Family-Friendly Plunge: 12:15 p.m.
- **Registration Link:** [give.specialolympicsri.org/qe/2025pp](https://give.specialolympicsri.org/qe/2025pp)

### Is there a fee to participate?

- Yes, there is a \$25 participation fee.
- We also encourage participants to raise or donate additional funds to support Special Olympics Rhode Island athletes.

### Where do the funds go?

- Proceeds directly support Special Olympics Rhode Island's mission to provide year-round sports training, athletic competitions, and leadership programs for over 3,500 children and adults with intellectual disabilities.
- Programs are offered at no cost to athletes or their families, thanks to events like the Penguin Plunge.

### Are there incentives for fundraising?

- Yes! Pre-registered participants who raise \$50 or more are eligible for exclusive Penguin Plunge-branded incentives (e.g., t-shirt, long-sleeved shirt, winter hat, hoodie).
- Incentives are distributed based on the amount raised: the more you raise, the more you earn!
- Visit the campaign page for a full list of incentives.

- Note:
  - Pre-registered participants are guaranteed incentives.
  - Day-of registrants who meet fundraising thresholds may receive incentives while supplies last.

## How can I make the most of my Penguin Plunge experience?

- **Pre-register: (Pre-registration closes on Monday, December 30, at 12:00 noon)**
  - Pre-registering ensures a smoother, more enjoyable experience on the day of the Penguin Plunge.
  - By signing up in advance, you'll save valuable time by skipping longer lines, giving you a stress-free check-in process.
  - Plus, pre-registering allows you to create a personalized fundraising page that you can easily share with family and friends to maximize your impact.
- **Arrive early:**
  - Ensure ample time for parking, check-in, and collecting incentives.
- **Plan your plunge:**
  - Choose the Main Plunge at 12:00 p.m. for a dynamic, energetic experience.
  - Choose the Family-Friendly Plunge at 12:15 p.m. for a quieter, smaller-scale experience.

## What should I bring?

- Towel (and ideally, someone to be your "Towel Holder")
- Swim shoes or old sneakers
- Dry clothing for after the plunge
- Plastic bag for wet clothes
- Checks/cash from any fundraising you did
- Money for merchandise purchases (cash, check or credit card)
- Friends and family to cheer you on!

## What should I expect on Plunge Day?

- A festive atmosphere with a DJ, music, and participants in creative plunge costumes.
- Longtime participants and top fundraisers wear red bow ties as "Penguin Plunge Excelsiors."
- Traffic as you approach Beach Parking Lot: Follow directions from law enforcement and volunteers.
- Parking: Free, but donations are welcomed by athletes collecting in the lot.
- Waiver & Wristband:
  - Pre-registrants need only check in for their wristband and incentives.
  - Day-of registrants must sign a waiver, pay the fee, and collect a wristband.
- Bathrooms: Pavilion facilities are closed; Port-a-Johns are available near the parking lot.
- Lost & Found: High-value items such as phones and watches that are turned in can be retrieved at the Lost & Found located on the pavilion near the DJ. Please note that we are not responsible for any clothing or personal items left behind.
- Prohibited: Alcohol is not permitted on state property.

## What happens on the beach?

- Only participants with wristbands may access the designated plunge area.
- Spectators are welcome to view from the pavilion.
- An exciting athlete-led countdown kicks off the plunge.
- Medical professionals will be on-site for emergencies.

## Is there any place to change out of wet clothes after the plunge?

- Unfortunately, there are no designated changing facilities available. The pavilion is closed for the winter, and no changing tents are provided.
- Many plungers choose to head back to their car to change into dry clothes while the car warms up. Be sure to bring a towel and a plastic bag for your wet items to make the process easier!

## What happens after the plunge?

- Continue fundraising! The campaign remains open until January 31, 2025, for additional donations or matching gifts.
- For matching gift assistance, contact Robin DeRobbio at (401) 349-4900 ext. 319.
- If you completed an "Incentives Owed" form, you'll receive an email when items are ready for pickup at the Special Olympics Rhode Island office.

## Thank You!

Your participation in the Penguin Plunge helps make a difference in the lives of our athletes. Together, we're creating opportunities and building an inclusive community.