



POLAR PLUNGE
FOR SPECIAL OLYMPICS ARKANSAS

Polar Plunge 2022 COVID Safety Plan

Thank you for supporting our athletes through the 2022 Polar Plunge Season. We are excited to host fun and safe events across the state!

Please note: If you have been diagnosed with COVID-19, Exposed to COVID-19 in the seven days prior to the Polar Plunge, or you are experiencing fever, cough or shortness of breath you should not attend the in person event. We do however, encourage you to participate from home through our [virtual plunge!](#)

If you will be attending the event in person here are some safety measures and protocols you can expect:

Instead of large groups congregating and plunging at once, we have restructured the event so that each team will have a personalized polar plunge experience in a controlled and safe environment. For some venues there will be a registration cap. Where there is no cap there will be registration time slots to manage entrance numbers. Communication will be given provided to you about your specific plunge location.

- All spectators and volunteers will be required to wear masks. Plungers will be asked to wear masks up until plunge time.
- Signage will be up throughout the venue with social distancing and safety reminders. Emcees will be making announcements throughout the event.
- All attendees will be encouraged to avoid gathering in a small space.
- Polar Plunge times will be assigned by team and be compliant with the CDC event and the Arkansas Department of Health guidelines.
- The event will be in an open air environment.
- The Incentive and registration sections will have adequate space and social distancing reminders.
- Hand sanitizer will be available at each registration station.

Registration Process upon arrival

- Bring with you your polar plunge waiver. ([See plunge checklist for easy check in process](#))
- A volunteer, wearing a mask, will check in each participant and verify their registration
 - You will complete a brief Covid-19 Survey and your waiver if you haven't already completed this upon arrival.
 - Temperature will be taken.
- Once registration is complete for you. Proceed to an open space.
- Bathrooms – Only the allotted number of people will be allowed in the bathroom at a time. Both indoor and port-a-potties (depending on location).
- Changing tents/areas: One plunge team at a time will be in the changing tents. Areas will be large enough to ensure proper social distancing. This will be evaluated by location and may not be offered at some venues in 2022.

- As always: Divers will be in the water and EMS on hand for each plunge. Safety Plan provide for each location.

The Plunge:

- Details about Plunge parade and spacing will be provided upon arrival
- At large locations each Polar Plunge Team will be assigned a Plunge time.
- No more than 50 people (potentially lower or higher based on current guidance) will be assigned at once.

This personalized approach will not only allow for proper social distancing but also ensure the safety of all attendees!

** Numbers in each plunge time will be dictated and adjusted based on current Guidelines per Arkansas Department of Health.