

The Jack Beagan Memorial Polar Plunge

Plunge Instructions

Thanks for plunging for the Bayfield Rec Center! Individual plungers may register in advance using our online pledge platform or in-person on the day of the event. If you're looking to collect a higher number of pledges, we recommend registering early and taking advantage of the online pledge platform.

Pledges can be collected online or in person. In-person pledges can be cash or check and should be recorded on the Pledge Collection Form. **Please make checks payable to RFR.**

Individuals must raise a minimum of \$50 in order to take the plunge.

Joining as an Individual

1. Register using our online pledge platform:
 - a. <https://givebutter.com/dlkHGw>
2. Click "Join a Team"
3. Fill out the required fields to create an account.
4. Once created Select "Join an Existing Team"
5. Select "Bayfield Rec Center" as your Team if you are plunging as an individual or select your team if your team leader has set it up already. (If you are a Team Leader See Instructions for Starting a Team below)
6. Set your fundraising goal. Dream Big!
7. Tell us about why you're plunging
8. Join this Fundraiser.
9. Share your link with anyone you want to get fundraising.
 - a. Make sure to let them know what team you are on as well.

Starting a Team

1. Follow steps 1-3 as above
2. Then select "Create your own team"
3. Enter your team's name (remember to let the rest of your team know your group name so they can sign up under the right team)
4. Import a team logo or picture
5. Set your Fundraising goal. Dream Big!
6. Tell us about why you're plunging
7. Share your link with anyone you want to get fundraising
 - a. Tell everyone you send your link to what your team name is as well so they can find you easily.

Team Info

We will write a check to your non-profit or school group after the plunge takes place and all donations have been collected and turned in. The percentage of the amount raised that comes back to your group goes up as the amount you raise goes up:

- Up to \$2,499 - 50%
- \$2,500 - \$4,999 - 60%
- \$5,000+ - 70%

FIND YOUR FIT WITH RFR AND MAKE 2020 YOUR YEAR!

Waivers

All plungers must turn in a signed waiver before plunging. Waivers for plungers under 18 years of old must be signed by a parent or guardian. Waivers are available on our website and at the Bayfield Rec Center. We're also happy to email you one reach out to info@recreationandfitnessresources.org.

Taking the Plunge!

The action is at the Bayfield Lakeside Pavilion at **2 E Front St, Bayfield, WI 54814** in downtown Bayfield at the bottom of Rittenhouse Avenue near Memorial Park and the Bayfield Inn.

Sign in is from 12:00pm to 1:30pm. At Sign in, you'll let us know you are here, sign or turn in waivers, and turn in cash and check pledges. All plungers must sign in and all plungers must have a signed waiver turned in before plunging.

There will be large group changing rooms for men and women provided in the Pavilion.

Your plunge enjoyment is partially dependent on your preparation. Please make sure to eat and drink adequately on the big day. You should bring the following items with you:

- Whatever you are plunging in - **costumes are encouraged**, but not required.
- We strongly encourage you to wear some sort of footwear for the plunge itself.
- A towel
- A warm, cozy change of clothes. Don't forget a dry pair of shoes or boots!

The Polar Plunge starts at 2:00pm. We will send plungers out in groups to minimize time outside. You'll walk out of the Pavilion, down a short ladder onto the ice and to the hole. No diving is permitted, but you can step, leap, or cannonball into the hole! Most people will be able to touch the bottom and there will be a ladder on the far side of the hole to exit on. Coast Guard and Bayfield Fire Department members will be stationed in and around the hole to assist you, if necessary.

After your plunge, return to the Pavilion to change into dry clothes or head to the Bayfield Rec Center to warm up in the hot tub and sauna - all plunge participants will receive a complimentary Day Pass to the Rec Center!

Thanks again for plunging for the Bayfield Rec Center! It takes a community to keep the Rec Center running - we couldn't do this without you!

If you have any questions or need anything at all, don't hesitate to contact us!



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