

The Jack Beagan Memorial Polar Plunge

Individual 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.

Using the Online Pledge Platform

1. Register using our online pledge platform:
<https://www.gifttool.com/athon/AthonDetails?ID=1318&AID=4071>
2. Click "Register Now"
3. Select "Join as an Individual."
4. Enter your name along with your fundraising and participant goals.
5. Select the registration option saying you will participate in the Polar Plunge on March 7th at 2:00 pm.
6. If you choose to, get a head start on your fundraising by making a contribution toward your fundraising goal!
7. Continue through the checkout procedure.
8. Print off or save your registration information.
9. Customize your personal page.
10. Once registered, you will have your own pledge home page. There you can view your "To Do List," customize your fundraising page, and view your fundraising progress.
11. Next to the Home tab is a tab to edit your web page that potential donors will see and donate through.
12. On that same row of tabs, you can send emails to donors, and thank you letters using one of our pre-formatted templates or by starting an email from scratch. There you can also manage your address book where you can view, add, and delete addresses that your emails go out to.
13. Under the Record Pledges tab, you are able to record any pledges that you have taken in person in the form of cash or cheque.
14. Under Your Progress, you can keep track of donations raised.

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!

Taking the Plunge!

FIND YOUR FIT WITH RFR AND MAKE 2020 YOUR YEAR!

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 flight of stairs 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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