

We are so excited to host you on **Monday, January 1st!**

Please see below for more details:

What: 'Port Plunge

Where: Fairport Harbor Lakefront Park - 301 Huntington Beach Drive Fairport Harbor, Ohio 44077

When: Registration/Check-in start 11:15am, First Plunge - Noon

Registration/Check-in:

Upon arrival, please come to the pavilion on the west end of the beach (near the port-a-potty and restroom building). We will need you to check-in, pay (unless you have already), and complete a waiver. Waivers need to be completed by every person. **If the registrant is under 18, waivers need to be signed by a parent/guardian and parent/guardian must be present.** All plungers will receive a group number, please pay attention to the group you are placed in and listen to announcements on the megaphone. **We will have a fire down at the beach to warm up before and after. We will also have free hot beverages provided by Julbeans Coffee and Crepes and 2 slices of pizza provided by Regos Brickhouse Pizza for all registrants. We can not guarantee beverages and pizza for walk-up registrants. Any extra pizza slices can be purchased by registrants and watchers.** The restroom building is locked by the Metroparks. The only restroom is the port-a-potty in the parking lot.

The Plunge:

Due to a high volume of plungers, we have worked with our EMS to ensure everyone is safe who is plunging into the frigid lake. We will assign you a group at check-in. At noon, Group 1 will plunge into the water. Once all plungers safely make it back to the beach, we will announce for Group 2 to take the plunge.

Example:

11:59am - Group 1 is called to the shore

Noon - Group 1 is called to plunge, Group 2 heads to the shoreline

12:03 - Group 2 is called to plunge, Group 3 heads to the shoreline

***This is an example and times can change**

Currently we have 3 groups, but that can change. We ask that if you are the next group that you stay on the beach and close to the water for a seamless transition. Most plungers will be in and out of the water within seconds, so we do not expect groups to wait long on the beach.

Tips:

- Wear layers and loose-fitting clothes, which are easier to get into when your fingers are cold.
- Do NOT dive or flip into the water. We are at the beach, you can walk
- We advise you not to Plunge after drinking alcohol. Intoxicated people will not be permitted to Plunge.
- Leave valuables at home or with a spectator. We are not responsible for items that are lost or stolen.
- EMS are at the Plunge for assistance for those who aren't strong swimmers or if anyone needs assistance.

What to Bring:

- Bring a robe – great for wearing while waiting to go in and great to slip on as you dry off.
- Hat and gloves - Extremities always get coldest fastest!
- Keep your feet covered until the last possible moment and consider wearing water shoes or something on your feet into the water. You'll have to walk outside and sometimes wait a moment for others to jump, so please wear a pair of shoes that you don't mind getting wet. Don't forget to bring a pair of dry shoes to wear afterwards!
- Bring extra towels or a blanket to stand on – remember, the sand is like ice!

- A duffel bag, backpack, garbage bag, etc. It's a good idea to bring a bag for dry clothes, as well as a plastic bag for your wet clothes after you've Plunged.
- Dry replacement clothes. After you're done Plunging, it's nice to have some warm and dry clothes for the journey home.
- Another Plunger. Recruit a friend, family member, co-worker or acquaintance and get them to take the Plunge with you. It's always more fun with friends!