

Process of Jump:

Register and turn in your pledge money. If you are jumping with a team, make sure **ALL** of your team members are registered.

Fill out index card with what you would like the MC to announce before you jump. This card ensures you have registered, do not lose it!

Example: (Joe Smith or TEAM INSANITY raised \$1500. They are from Miami and came all the way to Bemidji for this insanity!)

Find parking on the ice or park downtown. Someone will direct you to the plunge area.

Change out of your warm clothes into your jumping clothes in the changing houses.

Leave your dry clothes in the changing houses or with someone in the crowd nearby. Do not place them on the floor because they will get wet.

Proceed to the Warming House and wait for the jump to begin at 12 p.m. When it's yours or your team's turn to jump, **hand your index card to the jump director** and they will hand it to the MC.

1... 2... 3... PLUNGE!! There will be safety divers in the lake during the plunge.

Proceed to the changing house. Please try to get dressed as quickly as possible and out of the changing area, this way it doesn't cause a delay in the jump. We know it's not easy but most of the volunteers have taken the Plunge and we understand.

Do NOT leave behind any of your belongings! You would not believe how many clothes we acquire every year. We do NOT save underwear. They will be thrown away. We will do our best to identify anything else and return it to you but please save us the trouble.

JUMP BEGINS promptly at 12 p.m., it goes quickly so **do not be late!!!**

Thank you for supporting the 15th Annual BRRRmidji Plunge! Proceeds from the event will go toward the Northwoods Habitat for Humanity and the Bemidji Community Food Shelf.