



## “First Timers’ Tips”

*So you’ve decided to grin and bear it and take the Plunge?! Congratulations – you have signed up for an unforgettable experience, both in and out of the water! In order to help you successfully navigate your very first Jump, we have asked a veteran Jumper to offer some words of wisdom:*

### **DO**

- ✓ Wear your jumping suit under the clothes you wear to the event – then you don’t have to change into it just to change right back out of it!
- ✓ Include a pair of tennis shoes or sandals in your jumping gear. Wool socks help too!
- ✓ Choose your “Jump Day” outfit (or post-Jump gear) with this in mind – you will be cold and possibly numb, so loose-fitting, easy-on clothes without a lot of snaps, zippers or buttons are best. When your fingers and toes don’t work so well, it’s not so easy to get some of that stuff back on!
- ✓ Bring a loose pair of shoes to wear after the Jump – something that will slip easily on and doesn’t have tricky laces (think water shoes or Crocs).
- ✓ Carpool with a group of friends (Laramie & Sheridan/Bufalo locations). The park only holds so many cars.
- ✓ If you are a veteran offer up some help to the Jump rookies – first-timers are easy to spot! I remember having a helper the first time I went.

### **DO NOT**

- ✓ Do NOT dive in – this is a safety regulation and will be enforced by the safety team!!! Beyond that, remember that a Jump is whatever you want it to be, so there is no pressure to fully submerge yourself. I recommend you do not go into the water above your abdomen. The water is cold (it is winter after all!) and will take your breath away.
- ✓ Do NOT run into the water, there might be things in the water you can not see. You might step on them or kick them and trip.
- ✓ Do not be the first to go into the water if it is your first time. Remember there will be many people behind you and if you get in there and decide you do need out immediately, it will be very difficult to do so quickly.

### **THINGS TO BRING**

- ✓ A plastic bag for wet clothes and shoes.
- ✓ A backpack to hold street clothes and your new T-shirt!
- ✓ Two medium size towels one to dry with and one to stand on.
- ✓ A dry partner to hold your valuables while you are in the water.
- ✓ River shoes for going into the water.
- ✓ Clean dry under garments to wear after the Jump.
- ✓ A disposable, waterproof camera that you can carry into the Jump Zone with you...even if your “handlers” can’t get a close-up of you in the water, feel free to ask a fellow Jumper to capture your big moment on film!

***Most of all have a great time and thank you for supporting Special Olympics Wyoming!***