

## FIRST TIME JUMPER TIPS



### DO

- \* Do wear your jump 'attire' under your clothes - then you don't have to change into them at the jump.
- \* Do choose your jump 'attire' knowing that you will be cold and your fingers will possibly be numb, so loose-fitting and easy off clothes are best.
- \* Do remember that you will be exiting the water quickly, so do not wear anything that may be heavy when wet.
- \* Do bring a robe, blankets, towels or jacket to wear while waiting to jump.
- \* Do wear tennis or water shoes - the ground is freezing.
- \* Do bring extra towels to dry off with and to stand on.
- \* Do bring loose fitting clothing and shoes to change into after you jump.
- \* Do bring your pledge sheet and all pledges with you to the jump. All money must be collected beforehand.
- \* Do have a parent or guardian sign the waiver if you are under 18.
- \* Do bring a plastic bag for wet clothes.
- \* Do JUMP WITH FRIENDS - it is more FUN!

### DON'T

- \* DO NOT JUMP if you have any heart conditions or serious medical conditions. If unsure, consult with your doctor before taking the jump.
- \* ABSOLUTELY NO DIVING, CANNONBALLS OR SOMMERSUALTS!!!! The water is shallow. This is for your safety.
- \* Only get wet up to your neck. There is no pressure to fully submerge yourself.
- \* Do not show up at the jump right before the start time. You will need time to check-in and prepare for the jump.
- \* Do not drink alcohol prior to jumping. Alcohol does not warm you up, it accelerates hypothermia.

DON'T forget to SMILE - photographers are on hand to capture your moment of fame. Photos will be posted at [www.sowy.org](http://www.sowy.org) and our Facebook page.