

✓ How to Prepare for a Virtual Polar Dip

Safety is the most important consideration. Cold plunges can be exhilarating, but they also pose risks if done incorrectly. Follow these steps to prepare and make your virtual dip safe, fun, and memorable.

1. Start Preparing Early

- Begin with short cold showers (10 seconds) and gradually increase the time to build tolerance.
- Practice steady breathing—avoid holding your breath. Focus on slow, deep breaths to stay calm.
- If possible, try an ice bath for short intervals, increasing gradually.

2. Choose a Safe Location

- Options include a backyard pool, bathtub, snowbank, or lake (if accessible and safe).
- Always have someone nearby or let someone know your plan for safety.

3. Gear Up

- Wear wet suit gloves and booties to keep hands and feet warm.
- A toque helps prevent heat loss from your head.
- Have **warm, loose-layered clothing** ready for after your dip.
- Keep **two towels** handy—one to dry off and one to stand on.

4. Limit Your Time

- Do not stay in cold water longer than **4 minutes**.
 - Listen to your body—get out immediately if you feel dizzy or numb.
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5. Make It Fun

- Add creativity! Costumes, props, or themed dips make your video stand out.
 - Record your plunge and upload it to your fundraising page before **February 28, 2026**.
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6. Health Precautions

- If you have heart conditions, respiratory issues, or other health concerns, **consult your doctor before participating**.
 - Avoid alcohol, cannabis, or any intoxicants before your dip.
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7. Aftercare

- Warm up immediately after your dip with dry clothes and a hot drink.
 - Avoid jumping straight into a hot shower—warm up gradually.
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Virtual Polar Dip Checklist

- ✓ Safe location chosen
- ✓ Buddy or safety plan in place
- ✓ Warm clothes and towels ready
- ✓ Video recording device prepared
- ✓ Fundraising page shared
- ✓ Costume or creative idea planned
- ✓ Read this guide before dipping

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