

The 2019 Polar Plunge



Frequently Asked Questions

What is the Polar Plunge?

The Polar Plunge refers to both the retreat weekend at Lutheran Island Camp, and to the actual jump at 2pm on Saturday of the weekend where participants jump into frozen East Battle Lake just off the shore of Lutheran Island Camp in a hole cut in the ice!

What happens at the retreat?

Groups get to spend Friday night and all of Saturday joining in all the fun and activities of most winter weekends at camp, broomball tournaments, sledding, carpetball, free time, and engaging Bible Studies in fellowship with all the other groups at the retreat, as well as getting to do the Polar Plunge in the lake! Groups that stay after supper on Saturday also get to take a trip over to Thumper Pong indoor water park.

Do we have to come to the retreat to participate in the jump?

You do not need to come to the retreat to participate in the jump.

If I come to the retreat do I have to jump?

No, many people come for just the retreat!

Is the jump safe?

Unless you have a heart condition or other underlying health issues (in which case you should consult a doctor before jumping), the plunge will give you a nice cold shock to your system but won't do any harm, and jumpers are out of the water and into the warmed changing rooms drying off in less than a minute! While we always have EMTs and an ambulance on site and standing by, we have never needed to use them and don't foresee needing them (but definitely will have them around every year just in case.)

Why should I jump?

The reason is different for everyone; some people just enjoy the thrill of it! Most people use it as a fundraiser for an event or cause that they wish to raise money for. People challenge their friends and family to raise a certain amount of money, and if they hit their goal they do the plunge! Others add a second level promising to jump in in a costume, or other fun things to challenge their community to help them raise more.

How can I sign up?

If you want to just come for the plunge itself, there is no prior sign up required! There are materials to help you fundraise on our website if you want to use the plunge as a fundraiser. If you want to come to the weekend retreat, call the Lutheran Island Camp office at 218-583-2905 or email licprogram@islandcamp.org