



A New BEGINNING

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Polar plunge survival guide

(Continued from page 16)

- **Make it a brief stint.** Only stay in the water for a few minutes. Doctors say that cold water incapacitation can begin within five minutes of entering the water. Hypothermia requires being immersed for 30 minutes or more to set in.

- **Bring along warm clothes.** You'll need to warm up quickly after the plunge. A terry cloth bath robe, thick wool socks, heavy sweater, and a hat can help restore body heat.

- **Avoid alcoholic beverages.** Alcohol can give off a false feeling of warmth and heat in the body, advises Dr. Jagdish Khubchandani at Indiana's Ball State University. Alcohol dilates blood vessels, increasing blood flow to the limbs at the expense of the core. It also may interrupt the body's natural shivering response. Warming up with some scotch is not advisable before or after the plunge.

If health ailments do not preclude a person from plunging, it can be an exciting way to spend a few wet minutes.



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