

Polar Plunge 101

WHAT IS A POLAR PLUNGE?

The Polar Plunge® is a signature fundraiser for Special Olympics and offers a unique opportunity for individuals and organizations to raise money and support Special Olympics Iowa athletes by jumping into frigid waters. The more you raise, the more great Polar Plunge® gear you can earn!

SO HOW DOES IT WORK?

STEP 1: REGISTER

- Register for one of our Polar Plunges!
- Set your fundraising goal. Fundraising is required to participate in the Polar Plunge, a minimum of \$75. Make sure to check out this year's cool incentives for each level.
- Ask your friends, family and co-workers to join your team. The bigger the team, the better!

STEP 2: FUNDRAISE

- We understand, fundraising can be hard, and asking for money can be awkward. Luckily, you're doing it for a great cause—and we have resources to make it easy!
- Donations can be made online. If you're Plunging in-person, you can bring cash or check donations the day of your Plunge.

STEP 3: PLUNGE

- When you arrive at your Plunge, make your first stop the welcome area. This is where you will check-in and pick up your t-shirt and raffle tickets.
- PLUNGE!
- After you Plunge, head back to the changing tent and get into some dry clothes, then share your accomplishments with your donors and friends on social media.