



Special Olympics Polar Plunge – FAQ's

We hope you are looking forward to the Polar Plunge 2019!!! I know, you're probably getting cold just thinking about it! But the cold will be a temporary feeling...the positive impact this will have on the lives of over 8,000 Special Olympics athletes will last a lifetime.

What does the Plunge involve?

You will be jumping or walking into icy cold water in aid of Special Olympics Ireland.

Will the water be cold?

The tagline gives this one away a little (Freezin' for a Reason) and there may even be some ice!!! Don't worry though; we will have refreshments to warm you up afterwards.

Fundraising

All Plungers are asked to raise €50 (on top of registration fee), but don't stop there! For those who raise **€50 or above you'll also receive a Polar Plunge souvenir on the day.**

Once you register we will send you a sponsorship card which **you should return to the check in desk on the day of the event along with any monies raised.**

Online Fundraising: You can set up an online fundraising page with Every Day Hero by logging onto https://nfp.everydayhero.com/ie/special_olympics_ireland

Toss your Boss: We are running a "Toss your Boss" campaign this year.

To "Toss your Boss" your co-workers must come together to raise a minimum of €100 and convince your boss to take the plunge once you reach your target. You and your co-workers can plunge alongside your boss or watch from the warmth of the sideline! Contact Fundraising@specialolympics.ie for more information.

What should I wear?

We encourage everyone to find their wildest wackiest fancy dress for their Plunge. Over the years we have had Mario, Buzz Lightyear, a whole array of animals, pyjama parties and an army of Santa's little elves! There will be a prize at each plunge for the best fancy dress so get your thinking caps on and remember wet suits will be considered cheating!!

Stay tuned to our Facebook page over the coming weeks for some **fancy dress inspiration**.

What will I need?

You will need to bring a towel and change of clothes for after your Plunge. There will limited change facilities available so feel free to bring a big cosy dressing gown/ blanket so you can stay warm until you change.

Top Tip! Bring a second towel to stand on when getting changed to keep your feet warm 😊

How long will it take?

Allow 45 minutes to register, receive your briefing, warmup and take the plunge, you'll only be in the water for a minute or so or longer if you dare!

Can family and friends come to watch me plunge?

Yes, our Polar Plunges are family affairs! We will have inflatables, Christmas Music, and who knows, Santa might even make an appearance with some goodies for the kids! Bring your family and friends to cheer you along or better still get them to sign up to Plunge too!

Safety precautions and Waiver

Safety Stewarts will be on duty for the duration of the plunge

Before you are allowed to plunge on the day you will be given a safety briefing and you must hand in a signed waiver form.

You will receive the waiver in your Polar Plunge pack to complete and return on the day to the registration check in desk. This waiver form can also be downloaded from our website www.specialolympics.ie/polarplunge

Group Bookings

If you have a group or a business that would like to register please email fundraising@specialolympics.ie. You can also set up teams on Every Day Hero at: https://nfp.everydayhero.com/ie/special_olympics_ireland to compete against friends and co-workers.