



ARE YOU BRAAAVE ENOUGH!

Sunday March 22nd

Registration Starts 12:30 p.m., closes 1:30 pm.

Event Begins 1:00 p.m.

Register At <https://sonwt.crowdchange.ca/128024>



LOCATION: Arctic Duchess Adventures far side (south side) of Joliffe Island in the Old Town. Parking is limited, alternative parking on the ice road.

www.arcticduchessadventures.com/services-9

Wear plunge gear under your warm clothing, waterproof shoes required while plunging, warm loose clothing to change into and towel and/or warm blanket.

Change rooms, warming tents, barrel sauna, fire pit and hot beverages available. **Please note minimum age to plunge is 16 years. Minor 16 to 18, parent/guardian must be present to sign waiver and during plunge.**

Proceed to Registration upon arrival with pledge sheets, collected donations and signed waiver.

FOR MORE INFORMATION

[Northwest Territories | 2026 Polar Plunge](#)

Facebook [Special Olympics NWT - SONWT](#)

Not able to plunge but still want to support Special Olympics N.W.T. - donate at: <https://sonwt.crowdchange.ca/2348>

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