



POLAR PLUNGE®



FOR SPECIAL OLYMPICS BRITISH COLUMBIA

#Plunge4SOBC from March 5 to 20!

1 REGISTER

Sign up at
www.plunge4specialolympics.com

2 FUNDRAISE

Encourage friends, family, and supporters to donate to your Plunge

3 PLUNGE

Take the icy dip at home between March 5 and 20!

4 SHARE

Post your Plunge on Facebook, Twitter, Instagram, and/or LinkedIn. Remember to tag [Special Olympics BC!](#)

Ways to get bold and cold

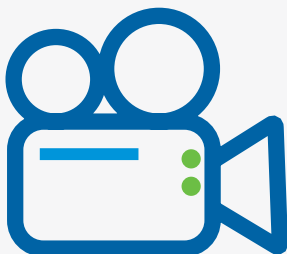
- Douse yourselves with a hose
- Run through a sprinkler
- Jump into a kiddie pool
- Dump ice water on yourself
- Take an icy-cold bath
- Get blasted by water balloons
- Have a snowball fight
- Step into a freezing shower
- Make a snow angel
- Engage in a water gun battle
- Hug a snowman

>> [MORE IDEAS & SAFETY INFO](#)



Five steps to raise \$100

1. Register for the Polar Plunge and donate \$25 to yourself
2. Email four coworkers or classmates and ask them to each pledge \$10
3. Ask for donations on social media and receive \$15 from friends
4. Convince two family members to each donate \$10
5. Bust out your best costume and prepare to Plunge – you've already raised \$100! Congratulations!



Recording your Plunge

- Use landscape orientation (hold your phone sideways)
- Make sure you have enough light! Shoot outside or in a well-lit room
- Speak loudly and clearly – and avoid moving too far away from the camera
- Keep camera as steady as possible

>> [MORE TIPS FOR FILMING](#)