

# 2017 POLAR PLUNGE

## benefiting Special Olympics Utah

Special  
Olympics  
Utah



### *What is the Polar Plunge?*

The Polar Plunge is the “coolest” event of the year! Individuals and groups plunge into freezing water to raise funds and awareness for children and adults with intellectual disabilities served by Special Olympics Utah.



### LOCATION

#### PROVO

Seven Peaks Water Resort  
1330 E. 300 N., Provo

#### OGDEN

North Shore Aquatic Center  
2480 N. 200 E., Ogden

#### SALT LAKE CITY

Sheraton Salt Lake City Hotel  
150 West 500 South, SLC

#### CEDAR CITY

Cedar City Aquatic Center  
2090 W. Royal Hunte Drive

#### ST. GEORGE

St. George City Pool  
250 East 700 South, St. George

### DATE

#### Saturday, January 6th

8:30 AM Registration/Pre-Plunge Party  
10 AM Plunge

#### Saturday, January 21st

8:30 AM Registration/Pre-Plunge Party  
10 AM Plunge

#### Saturday, February 4th

8:30 AM Registration/Pre-Plunge Party  
10 AM Plunge

#### Saturday, February 11th

8:30 AM Registration/Pre-Plunge Party  
10 AM Plunge

#### Saturday, February 18th

8:30 AM Registration/Sheriff's Breakfast  
10 AM Plunge

### *Who can plunge?*

Any warm-hearted soul can join the “cool” crowd to show their support for Special Olympics Utah athletes.

### *How do I register to plunge?*

Go to [www.firstgiving.com/SOUT](http://www.firstgiving.com/SOUT) and select the Polar Plunge event you want to register for on the right side of the page. When you register in advance online, you are guaranteed the “coolest” t-shirt in town with our official 2017 Polar Plunge logo. Day of registration is available, but no t-shirt is guaranteed.



### *What is the minimum donation required?*

#### Adult Plungers:

Pay the \$10 registration fee  
Raise or pay a minimum of \$40 to plunge (\$50 total)

#### Student & Athlete Plungers:

Pay the \$10 registration fee  
Raise or pay a minimum of \$20 to plunge (\$30 total)  
Students must present a valid student ID at registration

### ***How do I join a team?***

Go online to [www.firstgiving.com/SOUT](http://www.firstgiving.com/SOUT), and click on your Polar Plunge event on the right side of the page. To find your team, click on the "Teams" tab for a list of registered teams.

### ***How do I create a team?***

Create a plunge team with family, friends or co-workers.

- Create a team name, then go to [www.firstgiving.com/SOUT](http://www.firstgiving.com/SOUT), find your local Polar Plunge on the right side of the page, and click "Register."
- Assign a team captain.
- Register all team members (must pre-register). You will be able to assign each plunger to a team online.
- Collect pledges online or offline. The total amount raised will be divided among each plunger on the team. The team will need to collect the minimum amount due for each plunge (\$40/adults, \$20/students in addition to the \$10 adult, student or athlete registration fee per individual).
- Team captains check-in on the day of the plunge. The captain must bring pledge forms, pledge money and waivers for each team member. He/She will pass on any additional instructions to the team.

### ***Can I register the day of the plunge?***

Yes. If you do not want to register online or fundraise in advance, day-of-event registration is \$50 for adult, \$30 for students or SOUT athletes. Payment must be made by cash or check. T-shirt is not guaranteed.

### ***How do I fundraise, get pledges and collect donations?***

By far, the fastest and easiest way to raise money is through your free online fundraising page. Go to [www.firstgiving.com/SOUT](http://www.firstgiving.com/SOUT) to create your page, then send an email to your list of contacts with a link to your page so your friends, family and co-workers can donate directly online. For more fundraising tips, see our **2017 Polar Plunge Fundraising Packet** on [www.firstgiving.com/SOUT](http://www.firstgiving.com/SOUT)

### ***Are there incentives for fundraising?***

Unfortunately we are unable to provide fundraising incentives in 2017; however, there will be a prize for the person who raises the most money at each individual plunge.

### ***Where do I turn in the money I raised on Plunge day?***

Any money you raised offline should be turned in to Registration on Plunge day. This includes cash, checks or money orders. Checks should be made out to Special Olympics Utah. We are unable to process credit card donations the day-of-the-event and should be done on your personal fundraising page or on [www.sout.org](http://www.sout.org).

### ***What do I do if I receive additional donations when the Plunge is over?***

Donations to the Plunge are accepted through the month of March and simply need to be mailed or delivered to: Special Olympics Utah 1400 S. Foothill Dr. Suite 238 Salt Lake City, UT 84108

### ***My company offers matching gifts. If I get my personal contribution to the Plunge matched, does that count towards my fundraising total and how do I go about getting credit for it?***

Yes, that is an excellent way to raise additional funds on behalf of your Plunge. All you need to do is complete a request with your employer. They will have us verify the donation and will send us the matching funds. We will be sure to credit your plunge website.

### ***Do I need to sign a waiver?***

Yes. Special Olympics requires each participant to sign a release and waiver of liability prior to taking the plunge. Participants under the age of 18 must have a parent/legal guardian sign. A PDF version can be found on the [www.firstgiving.SOUT](http://www.firstgiving.SOUT). You can print it, fill it out in advance and bring it to the event or sign day-of.

### ***Who can attend the Polar Plunge?***

Anyone and everyone! This is a fun community event and there is no charge to be a spectator at one of our plunges. Plungers, invite your friends and family to cheer you on. The more the merrier and the warmer you will be afterwards. Bear hug anyone?

### ***Is there a cost to attend the Pre-Plunge party?***

During registration time, locations will host a Pre-Plunge party for plungers and spectators. Each location is different but these activities are free to plungers and spectators. Donations are encouraged to help off-set costs. There will be donation jars at these events. Specific details for each event will be made available on [www.sout.org](http://www.sout.org) or Special Olympics Utah's Facebook Event pages.

### ***What's the deal with costumes?***

One of the best parts of our Polar Plunges is seeing individuals and groups leap into freezing cold water wearing their wildest costumes. Come in your most creative, coolest, craziest or cutest costumes. Costumes should not be bulky to weigh you down in the water and no wet-suits are allowed. Remember, this is a family friendly event so keep it clean! If your costume has accessories, consider leaving them outside when you plunge so they don't get lost or ruined in the water. Shoes are highly recommended – water shoes or old tennis shoes are best; flip flops quickly get lost in the water.

### ***Will there be a costume contest?***

Yes! Costume contests will be held during the Pre-Plunge parties where plungers can show off their creations. SOUT athletes will pick the winners in several categories which will include age groups, creativity and teams. There will be gift cards awarded to the winners.

### ***Where can I change before and after the Plunge?***

We recommend you come already dressed in your costume/plunge wear, but there will be places for you to change prior to plunging. Each venue is different, but we will have appropriate male and female changing spaces for you to change.

### ***What should I bring?***

You need to bring any offline donations with you, your signed waiver form (page 4) and your ID if you are a student. Wear/bring your costume, a towel and a warm change of clothes. We highly recommend you bring a plastic bag to put your wet clothes in.

### ***How do I stay up to date on the Polar Plunge?***

We will send you periodic emails with any updates or news about the upcoming plunges. You can also stay connected with the following:

Special Olympics Utah website: [www.sout.org](http://www.sout.org)

Facebook [www.facebook.com/specialolympicsutah](http://www.facebook.com/specialolympicsutah)

Phone: 801-363-1111

Polar Plunge websites: [www.firstgiving.com/SOUT](http://www.firstgiving.com/SOUT)

Twitter [@specolyutah](https://twitter.com/specolyutah)

Email: [plunge@sout.org](mailto:plunge@sout.org)