



POLAR PLUNGE.



Tips & Tricks

THINGS TO KNOW

- All participants must wear shoes to plunge. (We recommend tennis shoes)
- Handicap-parking will be available at Goose Lake.
- Consider *not* wearing jewelry.
- Dress up in a costume for fun!

THINGS TO DO

- Bring a towel to dry off & a blanket.
- Bring an extra change of clothes, socks & shoes.
- Bring gloves, jacket, hat.
- Bring a plastic bag to carry your wet clothes.

SAFETY FIRST

- Do **NOT** dive into plunge hole. This is a safety rule for all plungers and will be enforced by Special Olympics Alaska staff & dive team.
- Do **NOT** run out of the water after your plunge. It may be your first instinct, but keep in mind everything is slippery.
- Be careful as you make your way to the tents & hot tubs.
- Absolutely no alcohol will be allowed in the Goose Lake plunge area. Anyone who appears to be intoxicated will not be allowed to plunge and will be asked to leave immediately.
- No smoking permitted in the Goose Lake plunge area.
- Medical support and volunteer dive team will be on site.
- Please be aware that due to the shock of cold water, you can expect to lose your breath for a few seconds when plunging.
- If you have questions about plunging with a medical condition, please consult your doctor.
- Hot tubs will be available after your plunge.
- An event tent is provided for changing before & after you plunge.
- Don't drink alcohol before taking the plunge.
- We reserve the right to escort anyone who is under the influence of alcohol or drugs out of the event.
- Inflatable costumes and morph suits are not recommended due to safety concerns. They can make it harder to move in the water and may increase risk. All participants sign a waiver accepting personal responsibility, so if you decide to move forward with a costume like this, we just encourage you to use caution and good judgment.

MAKE THE MOST OF IT!

- Costumes aren't required, but it can add to the fun & experience!
- Remember, this is a family event. Plungers wearing inappropriate costumes or swimwear may be asked to leave or change. Please use your best judgment.
- Review the frequently asked questions document on Special Olympics Alaska's website.
- Post about your plunge and thank your donors on social media!
- Bask in the glory of your achievement, it's not one to take lightly!

FIRST TIME PLUNGER - DAY OF EVENT BREAKDOWN

The Polar Plunge is one the coolest things you will ever do! Please arrive at the parking lot 30-45 minutes early so you can catch the shuttle to the lake. Once at the lake, you will head to the registration tent to check in and turn in any additional donations. You will get your bracelet at registration, which will give you access to the Plunge tent. Here, you will be able to change before your Plunge time. Once ready, you will take a pre-plunge photo before heading to the runway to take the Plunge! Once you get out of the water you will receive your towel, and you will head to the hot tubs before going back to the changing rooms. You will have a dedicated Plunge time! We will also be live-streaming the event for those who are not able to make it to Goose Lake or that live out of state. These links will be shared on /and playing on all of our social accounts the day of the event.

QUESTIONS?

Olivia Anderson, Fundraising Events Manager
907.222.7625 (ext. 602) or olivia@specialolympicsalaska.org





POLAR PLUNGE.



Frequently Asked Questions

IS THERE A REGISTRATION FEE?

This is a PLEDGE DRIVE, there is no fee to register but, **there is a minimum pledge of \$125 to plunge.** The goal is to ask family, friends, co-workers and anyone else to pledge to you and show their support for Special Olympics Alaska!

DOES MY WHOLE TEAM NEED TO REGISTER?

Yes, everyone who is wanting to plunge is required to register either online or offline.

HOW MANY PEOPLE CAN BE ON A TEAM?

There is no limit on how many people can be on a team, however **each team member must register and raise the minimum \$125 to plunge.**

DO I HAVE TO FILL OUT THE WAIVER?

Yes, each plunger must read and sign a waiver prior to plunging. If you have registered online you will sign your waiver electronically. Paper waivers will be available for those who signed-up offline. **All plungers under the age of 18 will need the waiver signed by their parent or guardian.**

I REGISTERED ONLINE, WHY DO I HAVE TO CHECK IN?

All plungers are required to check-in the day of the event to ensure all the correct paperwork is completed, waiver is signed and if you have any additional pledges to turn in. This is where you will receive your wristband, which will allow you access to plunger only areas.

CAN I SEND A THANK YOU TO MY DONORS?

You can send a thank you email by logging into your fundraising page, clicking "manage" at the upper left on the screen. Once you are in the manage profile you can click on "Thank Donors" > "View Donors" and this will show your donors information if they chose to share it.

I NEED TO CHANGE MY PHOTO, UPDATE MY GOAL, SEND OUT AN EMAIL OR FORGOT MY USERNAME. WHAT DO I DO?

Please contact Olivia Anderson, Fundraising Events Manager. 907.222.7625 (ext. 602) or olivia@specialolympicsalaska.org

THE EVENT IS OVER, BUT I GOT MORE PLEDGES... WHAT DO I DO WITH THEM?

Pledges and donations are accepted at any time for the Polar Plunge! You can either mail or drop them off at our office: 3200 Mountain View Drive. Anchorage, AK 99501

MY TEAM RAISED \$125, CAN WE ALL PLUNGE?

Each team member is required to raise at least \$125 to plunge, i.e. if you have a team of five, your team will need to raise a total of \$625 to plunge. A minimum of \$125 **must** reflect on each individuals fundraising balance.

DO I NEED TO BE PART OF A TEAM TO PLUNGE?

No! You are more than welcome to take the plunge solo!

HOW MANY PEOPLE CAN PLUNGE AT ONCE?

Normally 3-4 people can plunge together. If the team is larger than 4-5 people you will plunge in smaller groups.

CAN I WEAR A FUN COSTUME?

Yes! We encourage you to dress up and have fun! This is a family event, so please keep that in mind and make your best judgement on costumes. Please do not use body paint!

CAN I VIEW PHOTOS OF THE EVENT?

Yes, there will be professional photographers volunteering to capture you taking the plunge and we will make sure to share those photos on our social media accounts! **We cannot guarantee every plunger will have their photo taken**

WILL I BE ABLE TO CHANGE CLOTHES AT THE EVENT?

Yes, we will have tents for you to change in.

HOW DO I FIND MY PLUNGE TIME?

A form will be sent out early December with plunge times.

A DONOR WOULD LIKE A RECEIPT?

If a donor pledges to you online, they will receive an email receipt if a valid email was provided. Offline pledges will receive a thank you letter that will serve as a receipt.

WHAT IS THE TAX ID #?

Special Olympics Alaska Federal Tax-ID # is 92-0057197

WILL THERE BE HOT TUBS ONSITE?

Yes! Waterworks provides us hot tubs so that you can warm up after the plunge!

SOMEONE WANTS TO PAY WITH A CHECK, WHO DO THEY WRITE IT OUT TO?

Please have all checks payable to: Special Olympics Alaska.

QUESTIONS?

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Special Olympics
Alaska





How Do I Register?

ONLINE REGISTRATION

1. To register online go to www.specialolympicsalaska.org. Hover over the "Events" tab at the top of the page, then select "Polar Plunge" from the dropdown menu. Once the page loads, click on the "Register Now!" button.
2. After clicking "Register Now!", you will be redirected to the Polar Plunge fundraising website. Once on the page, you will then click on the "Register" button. This is where you will be able to sign up as a individual, become part of a team or create a team.
3. Once you have chosen your registration type, follow the steps to complete your registration. If you are under the age of 18, you will need to have a parent/guardian sign the waiver. Waivers can be found on our Polar Plunge events page.
4. Feel free to set up and personalize your page! Add a photo, a custom fundraising goal, personal message and much more! If you have any issues or questions, you can call Olivia at 907.222.7625 or email olivia@specialolympicsalaska.org.

WHAT BENEFITS ARE THERE FROM AN ONLINE REGISTRATION?

Registering online for the Polar Plunge, you are able to create your own website and accept online credit card pledges safe & securely. You are able to personalize your website with various options and share your page on social media! With online registration, you will be able to keep track of each donation made with a running total on how much you have raised. You will get to see the other Plungers websites and who the current top fundraisers are! Once you have received a donation, the website captures your donors information so you can send a thank you email or personalize card when the event is over!

OFFLINE REGISTRATION:

If you don't have access to a computer or prefer to raise pledges offline, please contact Olivia Anderson at olivia@specialolympicsalaska.org or call 907-222-7625 to get started. When registering offline, you'll need to complete and sign a waiver form, either on the day of the Polar Plunge or in person at our facility. You can also download a pledge form from our website at www.specialolympicsalaska.org, or pick one up in person by visiting us at 3200 Mountain View Drive, Anchorage, AK 99501.

The day of the plunge, bring your offline donations with you to the registration tent. You will turn in your donations and fill out the waiver. Then you are good to go!

QUESTIONS?

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