



Polar Plunge FAQ's

What is the Polar Plunge?

The Polar Plunge, presented s Law Enforcement Torch Run for Special Olympics Arkansas, is a unique opportunity for individuals, organizations and businesses to support Special Olympics athletes by jumping into Arkansas' icy waters. During the months of January, February and March, there are more than 20 opportunities across the state to **#ExperienceTheThrill** with Special Olympics Arkansas!

Who does the Polar Plunge benefit?

The Polar Plunge benefits more than 20,000 Special Olympics Arkansas athletes and young athletes across the state, who compete and train year-round in 15 different sports, health and leadership programs.

How much of my donation goes to Special Olympics Arkansas

100%! We thank you for your support of the athletes that we serve!

So really, I'm jumping into an icy-cold body of water?

Yup! That's the plan! We have law enforcement and fire department volunteers in wet suits in the water with you, so everyone is safe. The plunge depths vary depending on where you plunge. Average temperatures are expectedly chilly. There are heated changing tents available for participants at most plunges. Separate men's and women's changing areas are available.

I'm having a difficult time registering online—who can I speak with for help?

Your local plunge guru will be your first resource for all things event-specific, including making sure you and your team are registered correctly.

Can I Plunge at more than one Plunge event?

Definitely! You need to register yourself for each Plunge event.

How old do you have to be to Plunge?

There is no age requirement to participate in the Polar Plunge. Young children are welcome to participate, but that decision is left to the sole discretion of the child's parent or guardian. For individuals under the age of 18, a parent or guardian must sign the event waiver. Waivers will be available as part of the check-in process the day of the event.

What is the minimum amount that I need to raise to participate in the event?

All Plungers must raise a minimum of \$50

What incentives are available to participants who raise more than the minimum \$50?

Incentives are available for Plungers from \$50 and up. Visit our website for a list of incentives.

How deep is the water?

Each Plunge location is different but we try to restrict the Plunge area to waist deep. If you want to go all the way under water, it is up to you – just bend your knees! However, we cannot guarantee the depth, so if concerned, feel free to ask the Dive Team in the water before your plunge.

How can I become more involved in Special Olympics Arkansas?

We're always looking for event volunteers, coaches, and committee members to help our organization continue to grow. And we're more than just sports competitions. We offer leadership forums, health initiatives and school programming in addition to sports training and tournaments! Check out details and contact information specialolympicsarkansas.org

Are the Plunge incentives or shirts available for purchase?

We do not sell any of our Plunge incentives because we feel it is a privilege for those who participate and have earned the various incentive levels. We do offer Chickened Out shirts onsite for \$25 for anyone to purchase.

What is your refund policy?

Donations made to the Polar Plunge are charitable contributions and non-refundable.

What is your event cancellation policy?

We reserve the right to delay, shorten or in rare circumstances, cancel an event due to inclement weather. Safety of participants, spectators and volunteers is always our first priority. Staff will consult the local weather and law enforcement to ensure conditions are safe for the event. If an event were to be canceled, we would still offer an incentive pick-up option to participants or allow participants to transfer to a different event. We will make all possible attempts – by email, website and social media – to inform participants of any changes or updates. If you need to cancel your attendance at an in person plunge you can still raise funds and take the virtual plunge! If you are already registered under an in person plunge just let us know you will be switching to virtual by contacting your plunge contacts.

How long does check-in take?

We have streamlined our check in process, but can never predict when crowds will be heaviest. If available, we recommend attending a pre-registration event to make the entire process easier for you. If not, we encourage you to arrive early to check-in the day of the event and enjoy the Plunge atmosphere.

Am I guaranteed to receive my shirt when I check-in?

We do our best to order enough shirts to cover all the Plungers who participate but cannot guarantee fulfillment the day of the plunge. All shirts are available on a first-come, first-serve basis. If you do not receive your shirt the day of the Plunge, one will be mailed to you in early April.

What are some tips to make check-in go faster?

Be prepared and bring all of your offline donations with you that day and a print out of your online fundraising page total.

I have a donor who wants to write a check. Who should they make it payable to?

All checks should be made payable to Special Olympics Arkansas. Donations of \$100 with complete donor information and a request will receive a tax letter from Special Olympics Arkansas. For other donations, please issue the donor one of the donor receipts located on our webpage.

I have a group of people that want to Plunge together. Can we form a team?

Yes! Forming a team is a great way to motivate one another to raise more money for Special Olympics Arkansas. When registering, select the "Create a Team" option.

Will my Plunge team be able to jump in together?

We understand the importance of plunging together but your safety is our first priority. Depending on the size of your team, your group will be able to plunge together or may need to be split into smaller groups and jump in succession.