

NOT READY TO ATTEND AN IN PERSON POLAR PLUNGE?

Experience the Thrill of the Chill

VIRTUALLY



1.

Fundraise or Donate
Register under Virtual Plunge and begin raising money. Start raising funds and earning incentives!

2.

Decide how you will Experience the Thrill of the Chill! You can be creative but if you need help, here are some ideas to get your started:

- Let someone hose you down
- Ice Cold Shower/Bath
- Water Balloon Fight – team activity
- Run thru sprinkler

3.

Capture your Plunge - Record up to a 60 second video or capture a few photos!
(Filming Tip: record your footage horizontally)

4.

Post to your social media - Share your plunge!
Be sure to tag @SOArkansas on Instagram or Special Olympics Arkansas on Facebook



POLAR PLUNGE®



FOR SPECIAL OLYMPICS ARKANSAS

Donate or raise funds to help SOAR continue to provide virtual programs and help to ensure our athletes can safely return to the joy Special Olympics brings to their lives.

\$50 Minimum

To participate in the Virtual Polar Plunge
register online at

Specialolympicsarkansas.org/polar-plunge.html