



GET

#FREEZIN FOR A REASON!

Whether you are an individual, organization or business, the Polar Plunge welcomes all do-gooders who are willing to get cold and creative for a worthy cause. All funds raised will support programming and events for 23,000 Special Olympics athletes across the province!



HOW IT WORKS ?

1 REGISTER

Find a plunge near you and register online at polarplunge.ca and recruit friends and family to join your team!

2 FUNDRAISE



Plungers will receive their own fundraising page upon registration. Ask your friends, family, neighbours, coworkers or even local shopkeepers to help you fundraise or to donate on your behalf. Fundraise to win great prizes and support Special Olympics Ontario athletes!

3 PLUNGE



Get ready to be bold and brave the cold! Dress up in costume and bring your pledge forms for any offline donations. Check out

polarplunge.ca/FAQ

to learn more about what to expect on plunge day!



Gallagher

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FOR SPECIAL OLYMPICS ONTARIO