



Polar Plunge – Frequently Asked Questions

How do I join?

You can sign up to participate at www.polarplungema.org. If you are a returning fundraiser for Special Olympics MA, please log-in to your existing account when you register. If you do not remember your username or password, select “forgot password” or email us at polarplunge@specialolympicsma.org.

You can join on your own, or create a team and ask your friends and family to plunge alongside you.

What exactly is plunging?

To Plunge is to run, jump, plunge, or submerge yourself in a cold body of water in the middle of winter. If we’re hosting in-person plunges, you can join hundreds of your fellow plungers on a beach or at a lake on a specific time and day, to plunge together. Or, if you’d prefer, you can plunge on your own – wherever and however you’d like! Plunging doesn’t have to include an ocean or lake, it can be a bucket of water, a cold shower, a snow bank, and more!

Is there an age limit to plunge?

Anyone can take the plunge! We do have an Under 18 waiver that needs to be signed by a parent or guardian for any Plunger under 18 years old. You can print and sign that [here](#).

How much money do I have to raise?

Polar Plungers are encouraged to fundraise \$100 or more to receive the long-sleeve shirt. If a Plunger does not reach \$100, they are still welcome to participate in the plunge activity, but will not receive the long-sleeve shirt.

What about other fundraising incentives?

Every year, we offer fundraising incentives to encourage Polar Plungers to fundraise more than the \$100 minimum goal. You will have until the end of Plunge Season to fundraise as much as you want. Then, in the spring, you will be able to choose a fundraising incentive gift based on how much you fundraised, and it will be mailed to you directly over the summer.



What should I do with cash/check donations?

You can mail any cash/check donations to our Special Olympics Massachusetts office, along with a [list of names and addresses](#) for the donors so we can send them a receipt for their tax-deductible donation. Please include a note with Polar Plunge and your name, so we know whose fundraising page to apply the donations.

If you live locally, you can also drop off these donations to our office during normal business hours.

Special Olympics Massachusetts
Attn: Polar Plunge 2021
512 Forest St
Marlborough, MA 01752

I set up a Facebook Fundraiser but it doesn't seem to be synced with my fundraising page. What do I do?

You can create a Facebook Fundraiser directly through your Donor Drive fundraising page when you register but also by following these steps: Login to Donor Drive, click on Dashboard, Create a Facebook Fundraiser on the right panel.

If you set up a Facebook Fundraiser without going through your Donor Drive fundraising page, the two will not sync up. No worries though, we can still get the funds allocated to your personal fundraising page. Just send us the link to your Facebook Fundraiser at PolarPlunge@SpecialOlympicsMA.org and we'll tie the donations on to your page.

If you have any questions that are not addressed here, please email us at PolarPlunge@SpecialOlympicsMA.org and we'll help you out.

Thanks!

Last edited 10/19/21