

POLAR



PLUNGE

**Local Programs
Polar Plunge Toolkit**

LOCAL PROGRAM OVERVIEW

Registrants

- There will be a \$25 fee for each Plunger deducted from the gross funds raised at the end of the campaign. This fee will cover the cost of t-shirts, incentives, banking, and transaction fees. There is no registration fee.
- Everyone registered on an LP team will get a Plunge t-shirt regardless of how much money they've personally raised.
- Plungers who raise \$250 or \$500 will also get those incentives as well!

LPCs / Team Captains

- Go to plungeoregon.org - click on the city you are participating in.
- Click "Join a Team" and find your LP team on that page.
 - *Please do not change your LP team name
- Email polarplunge@soor.org and let us know when you've registered so we can make you captain.
- Then, you can update your info, add photos, etc.

Please direct all questions to polarplunge@soor.org & cc your PVS Director

DIY PLUNGES



- **If you are within 20 miles of a State sponsored Plunge, we ask that you join this Plunge and not plan your own.**
- Post on social media and tag us! We can amplify your Plunge efforts. #polarplunge @soorstate
- Track donations and thank donors
- Wear a team costume!
- Have Plungers bring towel, something to carry wet clothes in, shoes, and a change of clothes
- If you plan to host your own Plunge, please contact your PVS Director at state office to discuss a plan of action and to make sure your Plunge event is covered for insurance.
- We need at least a week's notice before your Plunge to get you your shirts & incentives in time! If folks register/reach their goals after that time, they'll still get their items, just a little later.
- The LP is responsible for getting incentives to their Plunge - LPs can pay shipping, come pick them up in the State Office, or work with their Program Director on another way.
- You may be able to borrow the mascot! It's first come, first serve. Email polarplunge@soor.org to request.
- We won't be able to provide tables, tents, chairs, or other event supplies at this time.

DIY PLUNGES – RISK MANAGEMENT



- No plunging in open ocean due to safety and insurance restrictions.
- No alcohol permitted.
- Ensure adequate staffing, including law enforcement, to restrict water access to registered participants only.
- No diving or flipping into the water.
- All participants must sign a liability waiver releasing the U.S. Program and SOI from any claims. American Specialty can review your waiver for compliance; if SOI is not included, SOCIP policies remain at risk.
- Make sure there is a clear plan to make sure each participant who enters the water safely exits the water.
- Have emergency medical personnel on-site.
- For natural bodies of water, consider having rescue divers present.
- Post and follow manufacturer safety guidelines for hot tubs; monitor and maintain proper chemical levels, storing extra chemicals securely.
- Ensure pool and hot tub entry/exit areas (ladders, decks, etc.) remain dry and non-slip.
- Place heaters in safe areas away from participants, volunteers, and spectators.
- Create a crisis management plan covering missing or injured participants, emergency contacts, post-incident communication, media inquiries, reporting to American Specialty, and event cancellation procedures; ensure all staff and volunteers are familiar with it.
- Provide a safe changing area for participants after the Plunge.

2027 Check & Cash Process

- Deposit cash & checks collected for Plunge into your LP bank account.
 - *Please don't do this more than twice a month
- Fill out [this form](#) or [PDF here](#) to tell us how to allocate the money
 - Please indicate which Plunger's page should how much show up on
- Send the completed form to your PVS Director within 24 hours.
- Funds will be temporarily transferred out of the LP account into the Polar Plunge account, so that all plunge donations can be accounted for.
- Funds will be the total amount that each LP raised minus \$25 per person registered on the team.
- No later than May 31, 2027, funds will be transferred from the State account into the LP accounts.



2027 PLUNGE INCENTIVES

RAISE \$60 +

Nike
T-Shirt



RAISE \$250 +

Wool Beanie



RAISE \$500 +

Stanley 40 oz.
Tumbler





FREEZE THE DATE

FOR MORE INFO VISIT:
WWW.PLUNGEOREGON.ORG

FEB 06

EUGENE
Maurie Jacobs Park

**PLUNGE
5K**

FEB 13

CORVALLIS
Willamette Boat Landing

**PLUNGE
5K**

FEB 20

SALEM
Illahae Hills Country Club

**PLUNGE
5K**

FEB 20

SOUTHERN OREGON
Rogue Valley Country Club

**PLUNGE
5K**

**FEB 26
27**

PORTLAND SUPER PLUNGE
Willamette Park Boat Ramps

FEB 27

PORTLAND
Willamette Park Boat Ramps

**PLUNGE
5K**

**APR 02
03**

BEND DESCHUTES DOZEN
River Bend Park

APR 03

BEND
River Bend Park

**PLUNGE
5K**