

January 4, 2021

Special Olympics Oregon, following guidelines from Special Olympics North America, has temporarily halted all in-person sports and events for the safety and wellness of our entire community. Community spread cases of COVID-19 are still occurring in several parts of the state and Oregon Health Authority models project the potential for moderate to significant increases in the coming months as colder weather continues. For this reason, all Polar Plunges in Oregon have gone virtual for 2021.

*Special Olympics Oregon will not endorse or promote any group gatherings or Plunge related events that go against the recommendations of the CDC or those of local health officials.*

When planning your Virtual Polar Plunge or Super Plunge this year, please adhere to the following guidelines: Follow all recommendations of your local state and county health officials when Plunging with others. If planning a gathering with individuals outside your household, follow guidelines for physical distancing and wear face masks. Adhere to your company or organization policy if planning a corporate or workplace Plunge. For your safety do not Plunge unattended; cold water can be life threatening so avoid Plunging into large bodies of water unless you are specifically trained to do so. Have a lifeguard if Plunging into a pool or water more than waist deep.

Any Polar Plunges that do not follow the guidelines above will not be endorsed by Special Olympics Oregon and will not be promoted or shared through official channels. The health and safety of our community is our top priority. We urge you to take these guidelines seriously as our mission, and this event, is so much greater than the experience of a single year.