

PolarPlungeWA.com



**POLAR
PLUNGE
CHALLENGE**



An Interactive Social Media Event

In support of more than 19,500 Special Olympics Washington athletes!

Join participants from all over the nation as we SIGN UP, SPLASH,
and SHARE our plunges on Tik-Tok and Instagram!

1 SIGN UP

Register
(individual or team)
at **PolarPlungeWA.com**
and begin raising
donations from friends,
family, and colleagues!

2 SPLASH

**Capture your
perfect plunge on video!**
You can dunk, soak, dip,
belly flop or dive, as long
as you're IN cold water!

3 SHARE

Submit your video at PolarPlungeWA.com and
Share your video on  **TikTok or**  **Instagram using:**
#PolarPlungeChallenge
to qualify for contests and prizes!



BONUS: Follow Special Olympics Washington on Tik-Tok and Instagram for a
chance to DUET and form a "Splash Mob" with CELEBRITY GUESTS!



THANK YOU TO OUR SPONSORS:

