



SPECIAL OLYMPICS OREGON
POLAR PLUNGE



Oregonians have a longstanding and beloved tradition of Plunging into frigid waters every February to raise money and awareness for Special Olympics Oregon. Thanks to LETR, in 2020 raised a record-breaking \$500,000, which positioned the organization to quickly pivot its programming from in-person sports to creating virtual content (even receiving national accolades for the quality) to ensure athletes are fit, healthy, and socially-connected throughout the global pandemic.

With safety of the athletes and Plunge participants as a priority, we won't be gathering to Plunge together in 2021, but here's the good news:



THE TRADITION CONTINUES BRRR-TUALLY

Plunge 1 time OR join us for a month of fun activities!

Week 1 (Feb 1-6): Super Hero Week

Week 2 (Feb 7-13): Scavenger Hunt Week

Week 3 (Feb 14-20): Sponsors Week

Week 4 (Feb 21 - 27): Super Plunge Week

Feb 27 at 12:00 PM: Live Stream Finale Celebration

KEEP OREGON PLUNGING!

BE BOLD
Get Cold!
Going BRRR...tual

Join an LETR team and plunge with Oregon Law Enforcement



PLUNGEOREGON.ORG

HOW IT WORKS

1

Choose Your Plunge Experience
BRRR-tual Plunge
BRRR-tual Run, Walk + Roll
BRRR-tual Super Plunge

2

Sign Up!
Participate as an individual or create/join a team
Start fundraising
Receive a 2021 Polar Plunge t-shirt when you donate/raise \$50

3

Go Social
Post your photos/videos to social media
Tag @plungeoregon on Instagram and Facebook
Use #PolarPlunge #PlungeAtHome to be shared or featured across SOOR social media!

HOW TO BE A BRRR-TUAL PLUNGER: BE BOLD. GET COLD.



Surprise us with YOUR ideas - but please make sure you are safe as you creatively #PlungeAtHome

Safe and easy ways to participate:

- ✓ Bucket of water
- ✓ Garden hose/sprinkler
- ✓ Slip n' Slide
- ✓ Water balloons/Super Soakers
- ✓ Cold shower/tub
- ✓ Kiddie pool filled with cold water
- ✓ Snowball fight/hug a snowman
- ✓ Cold drink



It's all for the athletes of Special Olympics Oregon!

The LETR for Special Olympics engages law enforcement worldwide championing acceptance and inclusion for people with intellectual disabilities, starting first with their own communities.

