



How to Plunge Remotely

1. Register at <https://secure.frontstream.com/45th-annual-penguin-plunge-for-special-olympics-ri>
2. Chose VIRTUAL PLUNGE. Each Plunger is asked to raise a minimum of \$50 to participate.
3. Promote your VIRTUAL PLUNGE on social media and with your friends, family & coworkers
4. Please create your plunge video and submit to Special Olympics RI by December 27th.
5. You will receive an invitation to watch the plunge stream on New Year's Day!

Plunge Video Guidelines

- ◆ Have fun with your video, whether you use the Ice Bucket Challenge model, or Plunge safely in your bathtub or any other method to get cold and wet!
- ◆ Wear costumes or Special Olympics gear if you'd like! Prizes will be given for the best videos we receive!
- ◆ Please record your video as landscape, and keep it between 30 - 60 seconds.
- ◆ You can use your phone or Tik Tok, or other program to make a creative & fun video.
- ◆ Please include these parts to your video-
 - Try holding a sign for Penguin Plunge or for Special Olympics Rhode Island
 - Tell us your name and the date
 - Where are you plunging?
 - What is the temperature?
 - After you plunge, challenge 2 or 3 other people to plunge!
- ◆ Email your video by December 27th to tracy@specialolympicsri.org

What you can earn...

Every plunger who raises at least **\$50** will get a **2021 Penguin Plunge Face Mask**



Raise at least **\$100** and you will get the **Face Mask and a Long Sleeve T-shirt**

