



FREQUENTLY ASKED QUESTIONS

What is the Penguin Plunge?

- Special Olympics Rhode Island will host its 50th Annual Penguin Plunge on Thursday, January 1, 2026, at Scarborough State Beach in Narragansett, RI.
- This invigorating event is the longest-running charity-led plunge in Rhode Island and benefits Special Olympics Rhode Island.
- Since moving from Jamestown to Narragansett in 2012, the event draws thousands of participants annually, with hundreds of spectators cheering them on.
- **Pre-Registration is strongly encouraged**, though on-site registration will be available until 11:30 a.m. on the day of the plunge.
- **Registration Link:** <https://give.specialolympicsri.org/ge/2026pp>
- **Event Schedule:**
 - Registration: Opens at 10 a.m. (Registration Tent near pavilion entrance)
 - Main Plunge: 12:00 noon
 - Family-Friendly Plunge: 12:15 p.m.

Is there a fee to participate?

- Yes, there is a \$25 participation fee.
- We also encourage participants to raise or donate additional funds to support Special Olympics Rhode Island athletes.

Where do the funds go?

- Proceeds directly support Special Olympics Rhode Island's mission to provide year-round sports training, athletic competitions, and leadership programs for over 4,000 children and adults with intellectual disabilities.
- Programs are offered at no cost to athletes or their families, thanks to events like the Penguin Plunge.

Are there incentives for fundraising?

- Yes! Pre-registered participants who raise \$50 or more **by December 19** are eligible for exclusive Penguin Plunge-branded incentives (e.g., t-shirt, knit beanie, sweatshirt, windbreaker).
- Incentives are distributed based on the amount raised: the more you raise, the more you earn!

- Visit the campaign page for a full list of incentives.

How can I purchase merchandise commemorating the 50th Anniversary of the Penguin Plunge?

You may purchase items at our on-site Merchandise Tent on Plunge Day or through our Online Store through January 7, 2026. Visit the campaign page to access the store. All items purchased in the online store will be shipped to you. They will not be distributed at the Penguin Plunge event..

How can I make the most of my Penguin Plunge experience?

- **Pre-register: (Pre-registration closes on Tuesday, December 30, at 12:00 noon)**
 - Pre-registering ensures a smoother, more enjoyable experience on the day of the Penguin Plunge.
 - By signing up in advance, you'll save valuable time by skipping longer lines, giving you a stress-free check-in process.
 - Plus, pre-registering allows you to create a personalized fundraising page that you can easily share with family and friends to maximize your impact.
- **Arrive early:**
 - Ensure ample time for parking, check-in, and collecting incentives.
- **Plan your plunge:**
 - Choose the Main Plunge at 12:00 p.m. for a dynamic, energetic experience.
 - Choose the Family-Friendly Plunge at 12:15 p.m. for a quieter, smaller-scale experience.

What should I bring?

- Towel (and ideally, someone to be your "Towel Holder")
- Swim shoes or old sneakers
- Dry clothing for after the plunge
- Plastic bag for wet clothes
- Checks/cash from any fundraising you did
- Money for merchandise purchases (cash, check or credit card)
- Friends and family to cheer you on!

What should I expect on Plunge Day?

- A festive atmosphere with a DJ, music, and participants in creative plunge costumes.
- Longtime participants and top fundraisers wear gold bow ties (in celebration of the 50th anniversary!) as "Penguin Plunge Excelsiors."
- Traffic as you approach Beach Parking Lot: Follow directions from law enforcement and volunteers.
- Parking: Free, but donations are welcomed by athletes collecting in the lot.
- Waiver & Wristband:
 - Pre-registrants need only check in for their wristband and incentives.
 - Day-of registrants must sign a waiver, pay the fee, and collect a wristband.
- Bathrooms: Pavilion facilities are closed; Port-a-Johns are available near the parking lot.
- Lost & Found: High-value items such as phones and watches that are turned in can be retrieved at the Lost & Found located on the pavilion near the DJ. Please note that we are not responsible for any clothing or personal items left behind.
- Prohibited: Alcohol is not permitted on state property.

What happens on the beach?

- Only participants with wristbands may access the designated plunge area.

- Spectators are welcome to view from the pavilion.
- An exciting athlete-led countdown kicks off the plunge.
- Medical professionals will be on-site for emergencies.

Is there any place to change out of wet clothes after the plunge?

- Unfortunately, there are no designated changing facilities available. The pavilion is closed for the winter, and no changing tents are provided.
- Many plungers choose to head back to their car to change into dry clothes while the car warms up. Be sure to bring a towel and a plastic bag for your wet items to make the process easier!

What happens after the plunge?

- Continue fundraising! The campaign remains open until January 31, 2026, for additional donations or matching gifts.
- For matching gift assistance, contact Robin DeRobbio at (401) 349-4900 ext. 319.

Thank You!

Your participation in the Penguin Plunge helps make a difference in the lives of our athletes. Together, we're creating opportunities and building an inclusive community.