

Polar Plunge Coordinator Manual



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Plunge Leaders,

Thank you for coordinating a Polar Plunge to benefit Special Olympics Michigan and the athletes it serves. Polar Plunges have become one of the most popular events Special Olympics Michigan produces. An original and fun concept, this event allows community members to participate in this icy cold, but heart-warming event.

Enclosed in this manual are materials and information you will need to produce a successful Polar Plunge in your assigned area. The manual includes event outlines, fundraising tips and tools, liability forms and other necessary information needed to assist you in the planning and day of event process. In addition, this manual will give you a broad framework that will help you understand the big picture of Polar Plunge event planning.

As always, we welcome your suggestions and look forward to working with you to make this event season one of the best in Special Olympics Michigan history.

Warm regards,

Andrea Rachko LETR Liaison Sr. Development Director (800) 644-6404 Rachk1am@cmich.edu

POLAR PLUNGE OVERVIEW

As the name implies, a Polar Plunge is a winter fundraising event whereby individuals earn the "honor" of jumping into the icy waters of a nearby lake or similar body of water. They are able to participate by securing donations from friends, family members, co-workers, local businesses, or their community, in general. This is a signature state event of the Law Enforcement Torch Run® initiative benefiting Special Olympics.

Note: SOI has trademarked a logo (of a bear diving into water) for the Polar Plunge, and also has trademarked the name.

The ideal plunge location is a local lake, body of water, or pool with a large area of which plungers can safely enter the water. A thorough site inspection is encouraged to best visualize how the event would unfold at this site in a safe, structured and controlled manner, and to better identify potential issues. Insurance coverage and emergency personnel support are key considerations of this event.

A minimum of \$75 in donations is required for an individual to be allowed to plunge; a liability waiver also needs to be signed by all plungers. Select prizes are secured to reward individuals that secure pledges well in excess of the minimum. An escalating series of incentive prizes is offered to plungers, with the quality of prize increasing with the qualifying amount of money raised (e.g. long sleeve t-shirt for \$75 in donations; beach towel for \$250; sweatshirt for \$500; etc.).

The primary revenue sources for the event lie in two distinct areas: Attracting a maximum number of plungers to participate; and securing event partners. Ideally, the event partners would help extend and enhance the overall plunge marketing, including recruiting plungers and defray day-of costs through in-kind support. An engaged, proactive local media partner is also key.

In addition to event partners, the key to a successful and profitable plunge lies with aggressive grassroots marketing. Large groups (high school "key club", college students, churches) or member organizations (Knights of Columbus, Kiwanis, health/fitness clubs) should be targeted to participate in the event. Local businesses also should be targeted to help promote the event, including the distribution of registration materials.

STATE STAFF PLUNGE COORDINATOR JOB DESCRIPTION AND RESPONSIBILITIES

The responsibility of the State Staff Plunge Coordinator is to coordinate a successful fundraiser and maintain the state and nationwide big picture for the Polar Plunges. The primary responsibility is to have a sufficient amount of plungers to make the event profitable. The Plunge Coordinator is the state staff assigned to a Plunge to determine budget, timelines, general guidance and collateral. Once the staff Plunge Coordinator has coordinated the basic checklist, then the plunge planning can continue.

BASIC CHECKLIST OF NEEDS BEFORE PLANNING A PLUNGE

- ✓ Fill out the agreement form with the Area Director and turn into the LETR Liaison
- ✓ Approval and support of local dive team
- ✓ Approval and support of registration and After Splash Bash location
- ✓ Support of local ambulance service

SOMI STATE STAFF RESPONSIBILITIES

Refer to the Polar Plunge Split Responsibilities Document on Page 4. The State Staff Plunge Coordinator will work with appropriate SOMI staff as well as the Area volunteers to make sure the split agreements are being met.

SPECIFIC GOALS AND OBJECTIVES PER LOCATION

For each event to be successful, it is important to set goals. Monetary goals can be set after securing a State Plunge Coordinator.

- Determine what the market is in your area: i.e. college, corrections, law enforcement, school, teachers, etc.
- > Encourage a competition between groups i.e. law enforcement vs. fire departments
- > Offer awards/trophies for the competitions you are promoting such as most money raised
- Encourage the use of the online fundraising system as a way for your participants to raise money
- Encourage participants to raise money beyond the minimum of \$75 to earn higher level incentive items

Polar Plunge Split Responsibilities Breakdown	State Responsibilities	50% Split Requirements	25% Split Requirements
Coordination of monetary and in-kind partnership for areas throughout the state.	√		
Secures LETR representation – LETR Volunteers already in plunge location or host LETR Recruitment meeting	√		
Aids in efforts to solicit participation in the event	√		
Aids in determining other event related fundraising opportunities, including but not limited to icon sales and statewide partnerships.	√		
Helps to secure food donations (Buffalo Wild Wings, Starbucks, Tim Hortons, etc.)	√		
Promotes the plunges and secures plunge recruitment with SOMI Board Members and our ELAC	√		
Works on college recruitment through the SO College Program and also handles the Division 3 Challenge	√		1
Set participation and event goal with Plunge Coordinator	√		
Creates and ensures compliance with event budget.	√		1
Fills out the Kohl's Form online for all sites	√		
Handles the raffle license from applying for one to making sure all documents turned to stay in compliance with Charitable Gaming	V		·
Coordinates and Manages Plunge incentives with the hired company	V		
Responsible for the creation, coordination and distribution of all event related collateral materials including but not limited to event brochures, posters, flyers, icons, envelopes, pledge forms, and other marketing pieces.	√		
Site Specific E-blasts sent to past plungers and looks over past plungers and top plungers and sends personalized e-mails	√		
Quotes shirts and all collateral to ensure lowest cost	√		 I
Solely responsible for creation and maintenance of all event related websites.	√		
Orders all event related incentive prizes and plaques.	√		.
Coordinates all major event signage and distributes to Plunge Site	√		
Management of FirstGiving websites	√		
Responsible for sending approved donation receipts to all event related donors.	√		
Manages all printing needs for each Plunge Site	V		
Responsible for creating all press releases and press kits for each area.	V		
Enters all registrations, pledges, and donations into Raiser's Edge within five days of the event.	√		
Provides weekly event reports to all areas, which include number of participants registered, donations received, and an updated budget report.	√		
Prepares the final split of funds raised	V		
Handles Social Media Updates	√		
Ensures staff representation and support at all Plunges Events	√		
Handles Plungers Questions – FirstGiving, Incentive Company and General	V		
Coordination of all event activities including recruitment of committee members, sponsorship sales, participant recruitment, day of logistics and coordination of site in conjunction with the state and LETR representatives.	√	V	
Management of event budget in conjunction with the state Development staff	V	V	
Public Relations coordination with the Public Relations Department	√	V	
Abides by all day of event accounting procedures as mandated by the state office.	√	V	
Maintenance of overall management of local committee. Acts as local media contact under the direction of the SOMI Public Relations Staff	√ √	√ √	
Provides local volunteers and area athletes for the Polar Plunge	√ √	√ √	√
Recruits participants for the Polar Plunge	√	1	√ √
Promotes events through email and printed materials	√	√ √	√ √
Participates in Polar Plunge related committee meetings	√ √	· √	· √

POLAR PLUNGE COMMITTEE DESCRIPTIONS

Forming a strong committee for each Polar Plunge is key to the success of the Plunge. Consider these positions when seeking volunteers to serve on your committee:

State Staff Plunge Coordinator: Works with all committee members. Determine budget, timelines, general guidance and collateral. Organizes committee meetings. Secures partnerships. Reserves the facility. Turns in the requested forms to the SOMI State office. Organizes a SOMI Global Messenger for the Plunge ceremonies. Completes forms due to SOMI. Coordinates emcee for After Splash Bash.

Registration Coordinator: Trains all registration volunteers to properly fill out the Polar Plunge accounting forms. Stays with money at all times. Goes through a SOMI registration training session. Makes sure the announcer knows grand totals of all numbers, i.e. money raised, top teams, top fundraisers, etc.

Logistics Coordinator: Makes sure all banners and signs are hung up in the right locations. Makes sure that the venue and hole site are properly set up. Works with other committee members to make sure that their requests are fulfilled.

Partnership Coordinator: Helps to secure partnerships within the local community. Keeps the team informed of those who have committed to partnering with their plunge. Thanks the plunge partners and make sure they are properly recognized.

Public Relations Coordinator: Works with the SOMI Public Relations department. Handles press that shows up day of at the plunge. Finds volunteers to take photos.

Recruitment Coordinator: Works with other volunteers and committee members to recruit plungers. Distributes posters and fact sheets to local businesses, schools, civic organizations, law enforcement agencies, etc. within their community.

PRINTING, COMMUNICATION AND MEDIA GUIDELINES

In ensuring consistency in all written materials, Special Olympics Michigan can illustrate visually its cohesion. Consistency also lends support to SOMI's brand recognition. Maintaining consistent graphics, typefaces and layouts improves overall quality, which in turn provides a more favorable perception of Special Olympics Michigan. SOMI is striving for that consistency in its visual communication materials as well as its communications with the media, it is imperative that we speak with one voice. The following are logos, usage guidelines and media guidelines.

In addition, the name Polar Plunge is a registered name owned by Special Olympics Inc. as is the Law Enforcement Torch Run® name and logo. **Polar Plunges in North America are part of LETR**.

POLAR PLUNGE LOGO

The following is the logo that all polar plunges, not only in Michigan must use, but all Polar Plunges around North America.





USAGE GUIDELINES

All printed materials will be produced out of the SOMI State office for both consistency and accuracy purposes. Please work with the staff member assigned or the Public Relations Director for the proper information for your specific location. The following is a list of items that will be printed:

- Booklet Plunger Tool Kit
- ➤ Booklet School Challenge
- Localized flyers/registration forms for each location
- Localized posters for each location
- > Icons
- > Table Tents Upon request
- Partner levels and letters

MEDIA GUIDELINES

All press releases, media communications and public relations efforts will go through the Public Relations Director at the SOMI State Office. The PR Director will:

- Determine if local interviews should be set up
- Create a talking points sheet for any local interviews that are set up
- Create and send out all state wide press releases
- > Follow up on all state wide press releases with media
- ➤ Handle all media communications. Note: if you have contacts or relationships with your local media, please discuss them with the Public Relations Director prior to contacting those people for their participation in your event (i.e. MC, Judges, etc).

DAY OF EVENT REGISTRATION PROCEDURES

In an effort to make the accounting process simple and accurate when the money is returned to the SOMI office, it is imperative that the following procedure is followed:

Regis	stration materials needed at event:
	Tote for collecting registrations (provided by SOMI office) Office supplies: Paperclips, calculator, tape, scissors, markers, staplers, pens, etc. (in the tote)
	Liability forms (extra provided by SOMI office)
	Extra envelopes (provided by SOMI office)
	Accounting forms – one per participant (extra copies provided by SOMI office)
Day o	f Registration Duties/Tasks:
	Be sure that you know the post accounting procedures (outlined below) regarding the Polar Plunges, LETR, SOMI, etc.
	Identify at least one A-level volunteer to work with the SOMI staff person at registration.
	Have sections to separate pre-registered registrants and day of registrants.
	Greet the participant and fill out the Individual Accounting Form with the appropriate information, including
	amount donated, online amount contributed and incentive prize received. Do not open the participant's
	envelope. Simply write the amount the participant states he/she is turning in on the accounting form.
	Ask the participant to fill out the Polar Plunge Liability Waiver.
	Keep the copy of the liability waiver and accounting form with the participant's envelope by
	stapling forms to front of envelope and file in the tote.
	Direct the participant to the incentive prize area to receive t-shirt and towel. All other incentives will be
	distributed following the event. Be certain size is indicated on the accounting form.
	Keep a running total of the number of plunge participants and revenue listed on the collection envelopes
	for media information and plugs.

Post Accounting Procedures:

- ✓ Immediately following registration, both the SOMI staff member and one A-level volunteer will move all donations and monies received to a secure location.
- ✓ Together these individuals will be responsible for tallying accounting forms to reflect the total amount received. **Do not open the participant's envelope.** Simply add the amounts listed on the accounting forms for a grand total, if you would like to know the estimated total revenue from your event. **This is a major risk management issue.**
- ✓ <u>Do not separate the accounting form from the envelope. These items need to remain intact.</u>

 Return all envelopes and forms to the tote. Give the tote to the SOMI staff member who will return it to the state office. <u>All funds will be confirmed and deposited at the SOMI state office. There will be NO EXCEPTIONS.</u>



Polar Plunge Site:						
Participants Name:						
Address:	City:	State:	Zip:			
E-Mail: *Important* If you qualify for an incentive, the r	edemption certificate wil	ll be e-mailed to you.				
Phone:						
Law Enforcement Agency (if applicable):		LETR Team Cap	tain:			
Please Indicate Employer, School or Organizat	tion Affiliation:					
Polar Plunge Team Name (if applicable): Note: Total team revenue will be split equally among team members unless otherwise noted.						
Age:						
Cash and Checks Submitted with this form	\$					
Online Revenue Raised	\$					
Total Amount Raised	\$					
Incentives Polar Plunge T-shirt (\$75 +) T-Shirt Size: T-Shirt received day of event? Yes No Polar Plunge Towel (\$250-\$499) Towel received day of event? Yes No *If the Plunge site runs out of t-shirts or towels day of the event, one will be mailed to you. Incentive redemption certificates will be e-mailed to you for all other incentive levels of \$500+.						
	Familiatarinal Haa Onlin					

For Internal Use Only						
1s	x 1 =	01	x .01 =	Name	Check #	Amount
5s	x 5 =	05	x .05 =	Name	Check #	Amount
10s	x 10 =	10	x .10 =	Name	Check #	Amount
20s	x 20 =	25	x .25 =	Name	Check #	Amount
50s	x 50 =	50	x .50 =	Name	Check #	Amount
00s	x 100 =	1.0	x 1.0 =	Name	Check #	Amount
				Name	Check #	Amount
TC	OTAL CASH =	TC	TAL COIN =	Name	Check #	Amount
TOTAL CASH AND COIN =				TOTA	L CHECKS =	
TOTAL CASH/COIN/CHECKS = COUNTER'S INITIALS						



SPECIAL OLYMPICS MICHIGAN RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY, AND PARENTAL CONSENT AGREEMENT ("AGREEMENT")

In consideration of participating in the Special Olympics Michigan Polar Plunge, I represent that I understand the nature of polar plunge events and that I and/or my minor child am qualified, in good health, and in proper physical condition to participate in such Activity. I acknowledge that if I and/or my minor child believe event conditions are unsafe, I and/or my minor child will immediately discontinue participation in the Activity.

I fully understand that polar plunge events involve risks of serious bodily injury, including permanent disability, paralysis and death, which may be caused by my own actions, or inactions, those of others participating in the event, the conditions in which the event takes place, or the negligence of the "releasees" named below; and that there may be other risks either not known to me or not readily foreseeable at this time; and I fully accept and assume all such risks and all responsibility for losses, costs, and damages I and/or my minor child incur as a result of my and/or my minor child's participation in the Activity.

I hereby release, discharge, and covenant not to sue Special Olympics, Inc., Special Olympics Michigan, its respective administrators, directors, agents, officers, volunteers, and employees, other participants, any sponsors, advertisers, and, if applicable, owners and lessors of premises on which the Activity takes place, (each considered one of the "RELEASEES" herein) from all liability, claims, demands, losses, or damages on my account caused or alleged to be caused in whole or in part by the negligence of the "releasees" or otherwise, including negligent rescue operations; and I further agree that if, despite this release, waiver of liability, and assumption of risk I, or anyone on my and/or my minor child's behalf, makes a claim against any of the Releasees, I will indemnify, save, and hold harmless each of the releasees from any loss, liability, damage, or cost which any may incur as the result of such claim.

I have read this RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY AGREEMENT, AND PARENTAL CONSENT AGREEMENT, understand that I have given up substantial rights by signing it and have signed it freely and without any inducement or assurance of any nature and intend it be a complete and unconditional release of all liability to the greatest extent allowed by law and agree that if any portion of this agreement is held to be invalid the balance, notwithstanding, shall continue in full force and effect.

	<u> </u>
Printed name of participant	Signature of Participant (only if age 18 or over)
Date:	
	Signature of Parent/Legal Guardian
	(if participant under age 18)

CRISIS MANAGEMENT

There will be two plans for Crisis Management. One will be in the event of a non-life threatening injury and the other will be in the event of a fatality. These documents will include contact numbers for the appropriate staff member, area volunteers, law enforcement, sponsors, etc. that should be contacted depending on the severity of the issue.

The Crisis Management plans will be sent to all staff in charge of a plunge who will in turn share this information with their committees. The documents will also be included in the Polar Plunge totes along with incident reports that will need to be filled out on site after the incident.

MODIFIED PLUNGES

In the event of inclement weather a 'modified' plunge plan will take place. We will NOT cancel a plunge or plunge after party. We will refer to the Modified Plunge Plan that will be predetermined by each site. Examples of modified plunge plans could be pinky plunges where participants put their fingers in cold water, kiddie pools filled with water where plungers step in to the water, etc. These can be creative, however, they need to remain safe and be approved by the dive teams as an acceptable modified plan.

SOCIAL MEDIA

When posting about Polar Plunges on social media (Twitter, Facebook and Instagram), please use the hashtag: **#PlungeMI**. A hashtag is a simple way for people to find, follow and contribute to a conversation.

Some cities also have city-specific Twitter social media accounts and/or hashtags that you can use in your posts. Twitter account examples include:

Detroit: @DetroitCityGov and #Detroit

Grand Rapids: @CityGrandRapids and #GRMI

Holland: @CityofHolland and #HollandMI

Mt. Pleasant: @MtPleasantMI and #MtPleasantMI

Be sure to check with your host site/venue for any additional social media accounts they may have so you can correctly tag them in your posts as needed.

You can also tag Special Olympics Michigan in your posts:

Twitter and Instagram: @SpOlympicsMI

Facebook: SpecialOlympicsMichigan

Statewide Polar Plunge sponsor Buffalo Wild Wings is also on social media:

Twitter and Instagram: @BWWings

Facebook: BuffaloWildWings

Sample Social Media posts:

- The [LOCATION] Polar Plunge is [X] days away! Register today at [insert registration link]! #PlungeMI
- Come out to [LOCATION] on [DATE] and take the plunge to support @SpOlympicsMI athletes! Register
 at [link]. #PlungeMI
- The [LOCATION] Polar Plunge is underway! Check out some of our brave plungers in costume! [ATTACH PICTURE FROM DAY-OF] #PlungeMI
- Thanks to all of our plungers and sponsors, including <u>@BWWings</u>, for making the [LOCATION] Polar Plunge a huge success! #PlungeMI

POLAR PLUNGE BUDGET SAMPLE

2018 Polar Plunge Budget (Insert S	Site Name)		
REVENUE		Projected	Actual
Plunge Donation Revenue			
50/50 Raffle/Silent Auction			
Icon Sales			
Sponsorships			
Miscellaneous			
TOTAL PROJECTED REVENUE		\$	
EXPENSES	Quantity	Cost	Total
Banners (with shipping)			
Trophies			
Local Flyers			
Local Posters			
Icons			
Plunge Certificates			
Too Chicken to Plunge T Shirts			
Polar Plunge Incentives			
T-shirts (\$75 level)			
Towels (\$200 level)			
Sweatshirt (\$500 level)			
(\$750 level)			
(\$1000 level)			
(\$1500+ level)			
Advertising			
Lodging			
Meals			
Travel Expense (Gas)			
Misc. Site Specific Expenses (describe)			
Total Expenses			
NET REVENUE	Total Expense	Total Revenue	Exp/Rev Ratio
Expense to revenue ratio			
,			

- This document will be given to all State Staff Plunge Coordinators at first planning meeting with quoted expenses provided
- The ideal expense to revenue ratio is between 8 and 12%.
- Try to get as many items in-kind as possible such as venue fees, meal costs, advertising, etc.

HOW TO REGISTER FOR A POLAR PLUNGE AND SET UP A FUNDRAISING PAGE

- o Go to firstgiving.com/polarplunge or Plungemi.com and click link to specific plunge
- Choose which Polar Plunge you would like to participate in on the right side panel and click the link
- o Click Register
- o Click Join Now
- A Register Now box will pop up. Pull down the number of Participants you will be registering.
 Click Register
- o On the Join a Team page, click the appropriate box. Click Next
- o On Registrant 1 fill out entire page and click Next
- On Create a Personal Fundraising Page you can personalize your page by adding your own picture and story. You can opt to set a goal and make a donation to your own page, but that is not required. Click Next
- o Click Submit

You will be taken to a page with your personal fundraising link. This link can be promoted on facebook, twitter and emailed to your contacts to start fundraising.

You will also receive an email from firstgiving thanking you for registering and your link will be sent in that email as well.

SPECIAL OLYMPICS MICHIGAN TALKING POINTS

- Special Olympics Michigan (SOMI) provides year round sports training and competition opportunities to children and adults with intellectual disabilities regardless of ability level.
- SOMI programs and activities are available at no cost to the athletes or their families.
- Special Olympics Michigan is a year-round program, which offers six state-level events as well as over 100 local area events throughout the year to its athletes.
- SOMI supports more than 23,000 athletes in 24 different sports such as swimming, figure skiing and bowling, even obscure sports such as snowshoeing and poly hockey.
- The goal of Special Olympics is to help persons with intellectual disabilities participate as productive and respected members of society-at-large. This participation increases the public's awareness of the capabilities and needs of people with intellectual disabilities.
- SOMI offers athletes with intellectual disabilities a fair opportunity to develop and demonstrate their skills through sports training and competition.
- Participating athletes develop physical fitness, demonstrate courage, experience joy and friendship with their families and other Special Olympics athletes.
- Individuals who compete in Special Olympics develop improved physical fitness and motor skills as well as develop greater self-confidence. They exhibit courage and enthusiasm and build lasting friendships. These life skills enhance their ability to live normal, productive lives.
- Founded in 1968 by Eunice Kennedy Shriver to inspire people with intellectual disabilities through sports, competitions and socialization.
- More than 20,000 Special Olympics volunteers serve as coaches, sports officials, committee members, on-site volunteers at competitions and in many other capacities.
- Special Olympics Michigan is looking to add additional sponsors to support and expand programs.
 SOMI fundraising opportunities include individual donations, corporate sponsorships and fundraising events throughout the year.
- Donations to Special Olympics can be made through the Web site at <u>www.somi.org</u>, via phone at (800) 644-6404 or by mail to Special Olympics Michigan, Central Michigan University, Mt. Pleasant, MI 48859.

POLAR PLUNGE KEY MESSAGES

- The Polar Plunge has occurred in Michigan since 2000. This year Michigan is hosting 30 plunges across the state through the months of January, February and March.
- The event statewide is projected to raise \$1.2 million to support the more than 23,000 athletes in Michigan.

LAW ENFORCEMENT TORCH RUN® TALKING POINTS

- The Law Enforcement Torch Run for Special Olympics is the largest grass-roots fundraiser and public awareness vehicle for Special Olympics in the world.
- In 2017 Law Enforcement Torch Run globally raised \$54 million for Special Olympics.
- More than 85,000 law enforcement officers across the globe carry the Special Olympics "Flame of Hope" through the streets for their local, state or national Special Olympics Games.
- Law enforcement officers have long been good friends to Special Olympics. They have emerged as champions of Special Olympics athletes everywhere. They have encouraged our athletes to aspire to their highest potential and compete against their personal best. They have helped to make many dreams come true, often against seemingly insurmountable odds.
- The Law Enforcement Torch Run for Special Olympics began in 1981 when Wichita, Kansas (USA), Police Chief Richard LaMunyon saw an urgent need to raise funds for and increase awareness of Special Olympics.
- The International Association of Chiefs of Police is the founding law enforcement organization for the Law Enforcement Torch Run for Special Olympics.
- Law enforcement officers act as "Guardians of the Flame," ensuring the delivery of the "Flame of Hope" to local, state, national and international Special Olympics Games.
- Michigan's Law Enforcement Torch Run program started in 1984.