POLAR PLUNGE 2022
AN EVENT TO BENEFIT
Special Olympics
Nebraska – Our Fiftieth Year
LINCOLN PLUNGE
11 am Saturday, February 19th, 2022
Holmes Lake, 64th and Normal Blvd
Lincoln, Nebraska
LAW ENFORCEMENT TORCH RUN FOR SPECIAL OLYMPICS NEBRASKA
BREWSKY'S FOOD & SPIRITS
B107.3 THE 80'S, 90'S, AND TODAY!
BAILEY LAUERMAN

TEST THE WATER.

#BeBoldGetCold

WELCOME TO THE 2022 POLAR PLUNGE

Are you ready? Test the water and prepare yourself for this year's Polar Plunge. It's coming to a location near you, and we're counting on your participation. We invite you to collect pledges from friends and family to benefit Nebraska's 6,000 athletes in exchange for you taking that icy cold plunge. See our website for details. **#BeBoldGetCold**.

PLUNGERS

A plunger is anyone who is willing to literally plunge into freezing cold water for a good cause. Minimum donations to participate start at $50 per plunger, regardless of individual or team participation. Awards will be given to the best costume (individual OR team) and highest fundraisers (top 3). This event is about having fun for a cause. Share your plunge online using #BeBoldGetCold. **Remember, the wackier the better!**

SECURING PLEDGES

Each plunger must raise at least $50 to plunge, but we encourage each participant to raise as much money as possible for the cause—after all, you're freezin' for a reason. We offer an online peer-to-peer fundraising platform, found at sone.org, so that you can create and personalize your fundraising page to send to friends and family. They can see what you've raised to date and contribute as much as desired.

PLUNGE INCENTIVES

$75 – Long-Sleeved T-Shirt
$250 – Hooded Sweatshirt
$500 – Polar Plunge Blanket
$1,000 – Polar Plunge 24-Can Cooler
$3,000 – Polar Plunge Jacket

All plunge incentive levels are cumulative and subject to change based on availability.
Note: Only adult long sleeved t-shirts will be available at the post-plunge party. All other items, including all apparel in youth sizes, can be redeemed online.

CHECK-IN AND POST-PLUNGE PARTY

9:30 am – Check-in begins.

11 am – Plunge begins.

Post Plunge – Join us at the post-plunge party at Brewsky's (2840 S 70th St).

REGISTRATION FORM

For more information, please contact us at:

Special Olympics Nebraska
9427 F St, Omaha, NE 68127
402-331-5545

polarplunge@sone.org
www.sone.org

Plunger Name* _____

Plunge Team Name* _____

Special Olympics Team Name (if applicable) _____
(Your donations will directly support this team)

Address _____

City _____ State _____ Zip Code _____

Phone Number _____

Email Address* _____
*Required fields

TOTAL CONTRIBUTIONS

Cash/Check Total $ _____

Online Total $ _____

Company Match Total $ _____
(Please include company forms with your contribution)

Total Collected $ _____

RELEASE AND WAIVER OF LIABILITY

I have read this RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY AGREEMENT, AND PARENTAL CONSENT AGREEMENT.

Printed Name of Participant _____

Signature of Participant _____
(Only if age 18 or over)

Signature of Parent/Legal Guardian _____
(If participant under age 18)

Date: _____

(Special Olympics Nebraska Release And Waiver Of Liability, Assumption Of Risk, And Indemnity, And Parental Consent Agreement ("Agreement") is located on next page)

TEST THE WATER.

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

In consideration of participating in the Special Olympics Nebraska Polar Plunge ("Activity"), 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 viral infections, bacterial infections and other communicable diseases and illnesses, 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 Nebraska, 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 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.