PLUNGE HOWEVER, WHEREVER



VIRTUAL PLUNGE

Tub dunk. Shower shimmy.
Bucket drop. This year,
any plunge counts.

LINCOLN PLUNGE

11 am Saturday, April 17, 2021
Holmes Lake, 64th and Normal Blvd
Lincoln, Nebraska

POLAR PLUNGE 2021 AN EVENT TO BENEFIT Special Olympics Nebraska

BL

LAW ENFORCEMENT TORCH RUN FOR SPECIAL OLYMPICS NEBRASKA



BE BOLD GET COLD

WELCOME TO THE 2021 POLAR PLUNGE

Since the start of the pandemic a lot of things have felt, well, out of place. So, this year we're counting every plunge. Tub dunk. Shower shimmy. Bucket drop. Or the traditional plunge at Holmes Lake. We're inviting you to collect pledges from friends and family, raising donations that benefit Nebraska's 7,800 athletes in exchange for you to plunge however, wherever—as long as it includes icy cold water. To plunge in person, join us at 11 am Saturday, April 17, 2021 at Holmes Lake, 64th and Normal Blvd in Lincoln, NE. If you decide to plunge virtually, share your plunge with us on social using **#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. This event is about having fun for a cause. If you're plunging virtually, 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

Redeem your prize(s) online after your city's official plunge date.

$75 – Long-Sleeved T-Shirt
$250 – Hooded Sweatshirt
$500 – Polar Plunge Drinkware Gift Set
(Includes 22oz tumbler and 22oz bottle)
$1,000 – Polar Plunge Fleece Set
(Includes fleece jacket and fleece-lined stocking cap)
$3,000 – Polar Plunge Fusion Backpack Chair OR Polar Plunge All-Terrain Portable Wagon

All plunge incentive levels are cumulative

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)





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.