

[www.somt.org/plunge](http://www.somt.org/plunge)

Freezin' For A Reason



# POLAR PLUNGE<sup>®</sup> Plunger Tool-Kit

Special Olympics  
Montana



LAW ENFORCEMENT  
**TORCH RUN<sup>®</sup>**  
FOR SPECIAL OLYMPICS  
MONTANA

## CAPTAIN TOOL KIT

Plunge Teams .....	3
Steps to Become a Successful Fundraiser .....	4
Team Tracker .....	5
Pledge Form .....	6
Waiver .....	7

### Year-Round Torch Run Sponsors

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## PLUNGE TEAMS

Create a plunge team with family, friends or co-workers.

- \* Assign a Team Captain
- \* All plungers on the team must pre-register. You will be able to assign each plunger to a team online.
- \* Create a team name
- \* Design a crazy team costume – remember costumes cannot be heavy or bulky.
- \* Challenge similar organizations to see who can raise more pledges or create a larger team.
- \* You can collect pledges as a team online or offline. The team will need to collect the minimum amount for each plunger. For example, if the minimum is \$125 and you have 5 plungers on your team, you will need a minimum of \$625. Use the [Team Tracker](#) to keep track of your team.
- \* The team captain can bring the pledge forms, pledges and a waiver for each team member to the plunge check in. The team captain will then receive further instructions for their team and an official plunge incentive for each team member.

## STEPS TO BECOME A SUCCESSFUL PLUNGER

### STEP #1

**Pre-Register for the plunge!** Visit [www.somt.org/plunge](http://www.somt.org/plunge) to register online. Each individual will need to register for the plunge, whether on a team or an individual plunger. You can also mail in the Registration Form to Special Olympics Montana. Registration Forms can also be found online. You may also register the day of at the plunge site, but official plunge incentive is not guaranteed at time of plunge.

### STEP #2

**Solicit and collect pledges!** Ask family, friends and co-workers to pledge you as you are “Freezin’ for a Reason”! Each plunger will need to collect the minimum amount in pledges. For example, if the minimum is \$125 and you have 5 plungers on your team, you will need a minimum of \$625. You can collect pledges online or offline. Visit [www.somt.org/plunge](http://www.somt.org/plunge) to create a personal fundraising webpage and reach out to friends who you do not see face to face. Pledge Forms can also be found online. All pledges will need to be collected beforehand and brought to the plunge. Receipts will automatically be issued for pledges over \$250, if the contact name and address is provided.

### STEP #3

Read and sign the **Waiver and Release Form**. All plungers are required to read and sign the waiver. Participants under 18 must have a parent/guardian sign the waiver. The Waiver and Release Form can also be found online at [www.somt.org/plunge](http://www.somt.org/plunge). We will have waivers available at the plunge for you to sign. Parents must sign waiver for youth under 18 at Plunge Check-In.

### STEP #4

Bring the signed waiver, pledge form and pledges with you to the plunge. All plungers will need to **check in at the Plunge Registration area**. You will receive additional instructions and your official plunge incentive. Be sure to check in early as you will need time to register and prepare for the plunge.

### STEP #5

**Have FUN!** Form a team and plunge with friends, family or co-workers; create a crazy team name and crazy costumes (within reason)!

**All forms are included in the Plunger Tool Kit and can be found online at [www.somt.org/plunge](http://www.somt.org/plunge) or by calling Special Olympics Montana at (800) 242-6876.**



### TEAM TRACKER

Use this form to help keep track of your team organized for Plunge Check-In

Team Name: \_\_\_\_\_ Plunge Location: \_\_\_\_\_

Team Member	Online \$	Offline \$	Total \$	Incentive Earned	Size
1)					
2)					
3)					
4)					
5)					
6)					
7)					
8)					
9)					
10)					
11)					
12)					
13)					
14)					
15)					
16)					
17)					

# POLAR PLUNGE REGISTRATION FORM

## Select Plunge:

- |   |   |
|---|---|
| <input type="checkbox"/> Eastern MT Plunge – Sidney     | <input type="checkbox"/> Polar Plunge - Lewistown           |
| <input type="checkbox"/> Northeastern MT Plunge – Malta | <input type="checkbox"/> Polar Plunge – Miles City          |
| <input type="checkbox"/> Penguin Plunge – Whitefish     | <input type="checkbox"/> Presidents Plunge - Bozeman        |
| <input type="checkbox"/> Pintler Plunge - Anaconda      | <input type="checkbox"/> SubZero SuperHero Plunge – Havre   |
| <input type="checkbox"/> Polar Plunge – Billings        | <input type="checkbox"/> Super Grizzly Dip – Missoula       |
| <input type="checkbox"/> Polar Plunge – Great Falls     | <input type="checkbox"/> Sweetheart Passion Plunge - Helena |

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Plunger's Name

Team Name

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Business, School or Agency

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Street Address

City

State Zip

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Phone

E-Mail Address

## Shirt Size

S M L XL 2X 3X 4X

Youth Sizes: S M L

## Registration Type

- Adult Plunger     Youth Plunger (17 & under)     Pee Wee Plunger (7 & under)  
 Super Plunger     Too Chicken to Plunge

## Check all that apply

- Law Enforcement     Student     Special Olympics Athlete

**Thank you for your support of Special Olympics Montana!**



**LAW ENFORCEMENT TORCH RUN®  
WAIVER & RELEASE FORM**

<b>Participant's Name</b>			
<b>Address</b>	<b>City</b>	<b>State</b>	<b>Zip</b>
	<b>(406)</b>		
<b>E-mail</b>	<b>Phone</b>		

**Waiver & Release of Liability, Assumption of Risk and Indemnification Agreement**

In consideration of participating in the **Law Enforcement Torch Run® to benefit Special Olympics Montana Polar Plunge ("Event")**,

- (1) I represent that I understand the nature of the Event and that I and/or my minor child am qualified, in good health, and in proper physical condition to participate in such Event.
- (2) 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 Event.
- (3) I fully understand that Event involves risk 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.
- (4) I agree not to jump into the water head first.
- (5) 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 Event.
- (6) I hereby release, discharge, and covenant not to sue Special Olympics Montana, Law Enforcement Torch Run®, Special Olympics, Inc., their respective administrators, directors, agents, officers, volunteers, and employees, other participants, any sponsors, advertisers, 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.
- (7) 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.
- (8) I authorize Special Olympics Montana and its agents and all persons acting under its authority to promote the Event to use written statements, videotapes and recordings of, about or obtained by me or my minor child or ward. I waive any right to inspect or approve the finished product or the advertising or other copy, which may be used in connection or the use to which it may be applied. I release and discharge Special Olympics Montana, its agents and assigns and all persons acting under its authority, from any liability for any violation of any personal or property rights which I might have in connection with such materials.
- (9) If registering myself, I hereby represent that I am over the age of 18. If registering a child under the age of 18 or a ward, I hereby represent that I am the parent or legal guardian of such person and have the legal authority to enter into this agreement on their behalf.

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.

\_\_\_\_\_  
**Printed name of participant**

\_\_\_\_\_  
**Signature of Participant (only if age 18 or over)**

\_\_\_\_\_  
**Date**

\_\_\_\_\_  
**Signature of Parent/Legal Guardian (if under 18)**