### Q: What is a Penguin Plunge?

A: Penguin Plunge is a wintertime fundraiser for Special Olympics Connecticut. Participants (“Penguins”) of all ages register and get pledges and then, on a designated date, join with other brave, fun-loving members of the community to jump into the chilly water of a lake or ocean for fun and a great cause!

### Q: Who do Penguin Plunges benefit?

A: The money raised through Penguin Plunges benefit over 12,000 athletes and Unified Sports® partners state-wide who participate in year-round sports training and athletic competitions for children and adults with intellectual disabilities and their peers without disabilities. The Penguin Plunge is one of the largest fundraising efforts for Special Olympics Connecticut.

### Q: When and where do Penguin Plunges take place?

A: The Plunges take place across Connecticut. For an updated list of scheduled Penguin Plunge events visit [www.soct.org/plunge](http://www.soct.org/plunge)

### Q: How can I participate in a Penguin Plunge?

A: You can participate by either making a donation towards a Penguin or team, or registering for the plunge yourself as an individual or team member. To get started visit [www.soct.org/plunge](http://www.soct.org/plunge). Establish a goal for yourself or your team, fill out the information requested, and then start fundraising! The website has a fundraising tips and resources section to help reach your goal.

### Q: Is there a minimum donation required?

A: Yes. In addition to a $25 registration fee, each individual is asked to raise a minimum of $100. Some plunges that are hosted by local law enforcement agencies may have lower fundraising minimums. For more information visit [www.soct.org/plunge](http://www.soct.org/plunge) and click on the plunge near you to confirm the fundraising minimum.

### Q: Is the Penguin Plunge safe?

A: Yes. Full EMS crews, ambulances, and search and rescue dive teams are on site during the event.

### Q: How far do I have to run into the water?

A: As far as you’d like to within the designated Penguin Plunge area!

### Q: How old do you have to be to plunge?

A: Anyone over the age of 8 can plunge, but we require written parental or guardian consent for any participant under 18 years old.

### Q: What should I bring to the plunge?

A: You must bring your Penguin Plunge waiver and donations in order to take the plunge (unless you have completed your waiver and submitted all donations online). Penguins can wear their bathing suit or a costume along with their bow tie (provided). Don’t forget to bring your towel and a change of clothes. Remember, the more creative the costume, the better! Alcohol is NOT permitted at the event.

### Q: I can’t collect all my pledges before the plunge, what do I do?

A: You will be awarded your incentive prizes based on your online fundraising totals and any donations you bring to the plunge the day of the event. Please let registration volunteers know if you’re expecting any donations that would elevate you to the next incentive level. Any donations collected after the event can be sent directly to the SOCT office at:

Special Olympics Connecticut

Attn: Penguin Plunge

2666 State St, Suite 1

Hamden, CT 06517

### Q: Who should checks be made out to?

All checks should be made out to “Special Olympics Connecticut” or “SOCT.”