

Penguin Plunge FAQ

Special Olympics
Connecticut



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 13,000 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 in nine locations in Connecticut: in Guilford for the Loony Dook Plunge at Jacob’s Beach (December 14th, 2019), in Farmington at Winding Trails (February 9th, 2020), in Middletown at the Pavilion at Crystal Lake (February 29th, 2020), in Winsted at Highland Lake (March 7th, 2020), in New London for the Shoreline Plunge at Ocean Beach Park (March 8th, 2020), in Coventry for the Plunge at the Lake at Patriot’s Park on Coventry Lake (March 21st, 2020), in Westbrook at the Westbrook Elks Lodge for the LETR Super Plunge at the Lake (March 28th – 29th, 2020), in Monroe at Wolfe Park (April 4th, 2020) and in Fairfield at Jennings Beach (April 4th, 2020).

Q: Is there a minimum donation required?

A: Yes. To join in on the fun, Penguins need to achieve a fundraising minimum. Check the individual fundraising pages linked on the SOCT.org website or directly on Classy.org to find out the minimum donation required to participate in a specific plunge.

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

A: You will be registered for the amount in donations you collect prior/bring to the plunge. However, you may send in any donations you collect following the event to Special Olympics Connecticut, which will be appreciated.

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: How can I participate in a Penguin Plunge?

A: You can participate by either making a donation to a local team, forming one of your own or plunging as an individual. Please remember that each individual must make a minimum donation of \$100 in order to participate. To get started, go online at www.soct.org/penguinplunge and click on the location where you’d like to sign up. 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: Who should checks be made out to?

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

For additional questions regarding the event, please contact Special Olympics Connecticut at 1-800-443-6105 or visit www.soct.org/penguinplunge. All events are free and open to the public.