



Silly Chilly Tips

Create Your Fundraising Page

Tell your story and share fundraising page

Fun Ways to Plunge Safely

Kiddie pool/bucket of water
Water balloons/super soakers
Cold shower/tub
Snowball fight/hug a snowperson
Ice cold drink

Share the Fun

Post your photos/videos to social media
On our FB Page or #ladacinplunge2021

Participate in Our Silly Contests

Win prizes
Win raffle tickets to
our grand prize 55" TV

Please be responsible and safe with your Virtual Plunge!

You must exercise caution and personal responsibility in your Virtual Plunge activities. We cannot identify or control the risks of every Virtual Plunge activity and have not endorsed or approved as safe any particular activity.

Do not do anything that could physically harm yourself or others. In previous years, it was safe to plunge in-person because we had emergency responders on site and in the water. We strongly discourage you from jumping into a large body of water. We are not responsible for any injuries that occur while participating in the Virtual Plunge.

Additionally, we will not share photos or videos featuring dangerous or inappropriate behavior.

Have fun but most of all, BE SAFE.