



Are you willing to help your Boss take the plunge for Special Olympics Ireland?

Now you can, at the Polar Plunge to benefit local Special Olympics athletes

To "Toss your Boss", your co-workers must work together to raise a minimum of €100 for Special Olympics and convince your boss to take the plunge once you reach your target. You and your co-workers can plunge alongside your boss or watch from the warmth of the sideline!

Toss your boss in 4 simple steps:

1. Choose your Toss your Boss location from one of our 7 polar plunges at www.specialolympics.ie/polarplunge
2. Nominate your boss and email the details to fundraising@specialolympics.ie
3. We will email your resources & fundraising page link
4. Share the page with your co-workers.

Make sure you join us on the day for the big splash!