



# Dumpster Dive Survival Guide

Take the “Dive” for Special  
Olympics Idaho





Thank you for agreeing to take the “Dive” to support Special Olympics Idaho athletes! This packet will give you more information about the Dumpster Dive and fundraising ideas. If you have any questions please contact Shannon Reece at [shannon@idso.org](mailto:shannon@idso.org) or 208-590-1097.

Good Luck and thank you for supporting the Special Olympics Idaho missions & athletes.

## What is the Special Olympics Idaho Dumpster Dive?

A Dumpster Dive is where people “Dive” into a (clean) dumpster full of cold water, to raise awareness and funds for Special Olympics Idaho.

Any business, school and community member can host a Dive at a location of their choice.

## Dumpster Dive CHECKLIST – Here are things you should bring to the Dumpster Dive

- ☐ Extra clothing to keep warm
- ☐ A plastic bag for wet clothes
- ☐ A back pack to hold street clothes.
- ☐ A dry partner to hold your valuables while you are in the water
- ☐ River shoes or something other type of foot wear for going into the water. We DO NOT recommend wearing flip flops. (“Diving” barefooted is NOT permitted.)
- ☐ Clean, dry under garments to wear after “Diving”.

## ARE YOU “TOO CHICKEN” TO DIVE?

Jumping into freezing water isn’t for everyone so participants can choose to register for the event, raise funds and not take the “Dive”. “Chicken Divers: are eligible to earn all of the other Dumpster Dive incentive items.



## “DIVING” AS A TEAM

A team consists of a group of people such as co-workers or students who get together to raise money for the Dumpster Dive.

Teams must register at [www.idso.org](http://www.idso.org) under the Dumpster Dive that want to participate in.

### Why a Team?

“Diving” and fundraising is more fun in groups! Teams are a great way to form healthy competitions with co-workers and peers to raise money and recruit more people to take the “Dive”.

### How Do I Form a Team?

Go online to [www.idso.org](http://www.idso.org) and find the Dumpster Dive you are affiliated with under Upcoming Events. Click on the link in the event that says “Register / Donate Here.” Follow the directions. If you register as a team, pick a team captain and decide on a TEAM NAME. Team members must be sure to enter the TEAM NAME when prompted to ensure that everyone’s individual donations are added together for a combined team total. From this point, each team member can create their personal fundraising pages (adding pictures,) send out e-mails to family, friends and co-workers by giving them a site link, and sit back and watch their donations grow! Team totals will be tallied after the event for accuracy. On-line pledges, cash, checks and matching corporate gifts will all count toward your team total. All team members **MUST** use the exact team name and list the name on the website, all pledge sheets and registration forms. Any team members who fail to do so will **NOT** be included in the team pledges total.

## TEAM CAPTAINS

A team captain serves as the liaison between the Special Olympics Idaho and the team members. It is encouraged to have a several Team Captains for your Dumpster Dive to divide the workload of recruiting people to take the “Dive”

### The Role of a Team Captain:

- Build a team
- Make sure that all of your team members pre-register at [www.idso.org](http://www.idso.org)
- Set a fundraising goal for your team.
  - Work with team members to set their individual fundraising goals



- Provide team members with fundraising tools (provided in this package.)
- Coach and motivate your team to success.
  - Generate enthusiasm for the event via email, voicemail, newsletters, etc.
- Organize and delegate team fundraising events.
- Stay connected and update the team's progress by:
  - Making phone calls / texts
  - Holding meetings
  - Stay organized and track both individual and team progress.

### **How to Be a Successful Team Captain:**

- Ask people you like and trust to be on your team.
- Have a team kickoff to get things going.
- Select a Co-Captain to help you.
- Organize your team by forming committees:
  - Layout team fundraisers on a calendar and discuss responsibilities.
  - Delegate responsibilities.
  - Trust and support team members.
- Communicate:
  - Have regular team meetings.
  - Make phone calls or send emails with updates, reminders, schedules, etc.
  - Keep your team informed.
- Motivate, excite, and enthuse your team!
  - Consider developing a team theme with t-shirts and costumes.



## FUNDRAISING EVENT IDEAS

Organize and hold fundraisers to bring in the donations!

- **Dress Down Days** – Have co-workers/students donate and in turn they can wear jeans or other casual attire to work/school for a day!
- **Matching Gifts** – Check with human resources at your company to see if they have a matching gifts program. This is an effective way to double your fundraising efforts!
- **Penny Wars** – Set up a challenge for your work/school to collect the most points (pennies.) Points are given for pennies and negative points for silver coins and cash. Others can sabotage by placing money other than pennies in the jars. The worker, office, floor, etc. with the most points wins lunch at the loser's expense. All money in the jars is donated for the Dumpster Dive. \*Great for schools!
- **Company Contribution** – Solicit a specific donation from your organization, above and beyond that raised by your team. Apply the credit evenly to all team members.
- **Pizza Party** - This is a twist on the usual fundraiser dinner. Decide if you would like to make this a pizza buffet, set a limit on the number of slices per person, or actually sell the pizza "by the slice."
- **Dessert Auction** – Ask for donations of baked goods. Label each dessert with the name of the dessert and the cook. Ask your team's most humorous and charismatic person to be the auctioneer who can entertain the crowd and boost the auction prices.
- **Auction (Silent or Live)** – Hold the event at your business, in your neighborhood, or church. Ask for contributions of unique items such as homemade toys, art, quilts, knitting, etc. Display items prior to event with description.
- **Bake Sale** – Hold a Friday bake sale at work so employees will have treats for the weekend. Make sure to individually wrap items for individual sale.



## SAMPLE DONATION REQUEST LETTER/E-MAIL

Dear [Insert Name]:

As you know, oftentimes waves of change begin with a single splash. I'm asking for your help as I commit myself to make a splash at a Dumpster Dive on [enter date] at [enter "Dive" location]. A Dumpster Dive is an event where people "Dive" into a (clean) Dumpster full of cold water to raise funds and awareness for Special Olympics Idaho. The money I raise to take this "Dive" will support the athletes of Special Olympics Idaho who train and compete year-round.

Several hundred people statewide will join me and take a chilly dip in the middle of winter! I know it sounds crazy... and cold, but the warm feeling of knowing that we've made a positive impact on the lives of hundreds of individuals with intellectual disabilities will last a lifetime.

I've set a personal fundraising goal of \$[insert amount]. Would you please help me reach my goal by making a tax deductible donation to Special Olympics Idaho on behalf of my Dumpster Dive? Any amount would be appreciated! It all goes to a wonderful cause and every little bit gets me that much closer to my goal.

In order to support my Dumpster Dive, please make your check payable to "Special Olympics Idaho" and return it to me in the envelope I have provided, or you can mail it directly to their office at:

Special Olympics Idaho  
199 E 52<sup>nd</sup> St  
Garden City, ID 83714

Please be sure to include my name in the memo area of your check so that the staff will know to whom the contribution should be credited.

Or, if you prefer the web, visit [enter personal FirstGiving website]

For more information on Special Olympics Idaho, you can visit [www.idso.org](http://www.idso.org).

Thank you for your support as I honor my pledge to take the Dumpster Dive!  
Thank you!!!

["Diver" Name]



## Special Olympics Idaho Fact Sheet

**Mission:** The mission of Special Olympics is to provide year-round sports training and athletic competition in a variety of Olympic-type sports for all children and adults with intellectual disabilities, giving them continuing opportunities to develop physical fitness, demonstrate courage, experience joy and participate in a sharing of gifts, skills and friendship with their families, other Special Olympics athletes and the community.

**Athletes:** Nearly 3,000 children and adults with intellectual disabilities or closely related developmental disability participate. Athletes range in age from 2 to 92 and are of all ability levels.

**Volunteers:** Approximately 9,000 volunteers provide the manpower for Special Olympics Idaho. Volunteers of all ages serve as coaches, athlete escorts, organizers, fund-raisers, entertainers, Unified Partners, or sports officials. Volunteers are always needed!

**Competitions:** Special Olympics Idaho competitions are offered year-round in 130 local programs across Idaho. Special Olympics Idaho conducts 12 regional competitions and two State competitions each year.

**Sports:** Special Olympics Idaho offers training and sports competition in the following sports:

Floor Hockey	Nordic Skiing	Alpine Skiing
Snowboarding	Athletics (track and field)	Basketball
Powerlifting	Aquatics	Golf
Bocce	Bowling	Softball
Soccer	Snowshoeing	Cycling

**Benefits:** A 1995 study by Yale University confirmed that Special Olympics contribute to the physical, social and psychological development of people with intellectual disabilities. Through successful experiences in sports, they gain confidence and build a positive self-image that carries over into the classroom, the home, the job, and the community.

**Total Staffing:** 6 Full time, 3 part time

**Funding:** Special Olympics Idaho is a nonprofit, tax exempt organization that raises funds through the generosity of individuals, businesses, corporations, and public and private foundations.



## Special Olympics Idaho Dumpster Dive Donor Receipts

(Please print out and cut the receipts to give to people who sponsor your Dive)

### Special Olympics Idaho Dumpster Dive Donor Receipt

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Amount: \$ \_\_\_\_\_ Date: \_\_\_\_\_

Plunger Name: \_\_\_\_\_

Paid by (circle one): Cash Check

Thank you for your donation.

Special Olympics Idaho is a 501(c)(3)Your  
donation is tax deductible to the extent allowed  
by law.

### Special Olympics Idaho Dumpster Dive Donor Receipt

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Amount: \$ \_\_\_\_\_ Date: \_\_\_\_\_

Plunger Name: \_\_\_\_\_

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Plunger Name: \_\_\_\_\_

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Thank you for your donation.

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# Who do you know?

The key to building a Dumpster Dive team and successful fundraising campaign both depend on asking people you know for support. Think about everyone whose lives you touch and ask him or her to join your team or make a donation.

Your list can be overwhelming so use this chart to help you identify people that you know and organize them into categories. Start with the easiest people to reach- your family and friends. Next, ask acquaintances and service providers.

Before you know it you will have a complete list of people that you know!

High School / College Alum.

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Children's Sports Teams

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Community / Social Clubs

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Friends

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Family

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Colleagues/Competitors

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Vendors /Suppliers

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Religious

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Your Name  
Here

Child's School

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Fraternity / Sorority

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Your Company

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Neighbor

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## Fundraising Worksheet

This worksheet is a tool to help you keep track of your requests for support. Thanks for your support and “Being a Fan” of Special Olympics Idaho!

Name	Asked For	How	Received	Thanked
John Doe	\$20	e-mail	\$20	Yes



## 2017 DUMPSTER DIVE WAIVER

In consideration of participating in the “**Law Enforcement Torch Run® Dumpster Dive**”, I represent that I understand the nature of the Event and that I and/or my minor child is qualified, in good health, and in proper physical condition to participate in such Event. 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.

I fully understand that the Dumpster Dive 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; and 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. Additionally, I grant Special Olympics Idaho permission to use my likeness in any media form.

I hereby release, discharge, and covenant not to sue Special Olympics Idaho, Law Enforcement Torch Run®, and ALL OTHER SPONSORS of the event, including but not limited Special Olympics, Inc., their respective administrators, directors, agents, officers, volunteers, and employees, other participants, any sponsors, advertisers, and if applicable, owners and lessors of premises on which the Event 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; and 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 may incur as the result of such claim.

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 to 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.

Signature\_\_\_\_\_Date\_\_\_\_\_

Print Name\_\_\_\_\_

Signature of Parent or Guardian\_\_\_\_\_Date\_\_\_\_\_

(If under the age of 18 years old)



## Dumpster Dive Pledge Form

- To pre-register visit [www.idso.org](http://www.idso.org)
- To register day of, simply bring this pledge form to the event.
- Feel free to copy this form to add additional donors.
- Please print clearly!

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_ email: \_\_\_\_\_

Team Name: \_\_\_\_\_ Team Captain: \_\_\_\_\_

Total Raised: \_\_\_\_\_

Donor's Name	Address	Phone	Email	Amount