



**PROJECT
TRAUMA
SUPPORT**
WE'VE GOT YOUR SIX



How to Register for the 2027 Perth Polar Bear Plunge

1. Visit the Plunge page on the Canada Helps website:
<https://www.canadahelps.org/en/charities/project-trauma-support-inc/p2p/PLUNGE/>
2. At this page you can join an existing team, join a team already created, or join as an individual. Click on your choice.
3. Click on “Add” to start the registration process. Click on “Continue”.
4. Complete the form and hit “Confirm”
5. **You are now registered to plunge. Each plunger must complete a separate registration.**

Plungers are expected to raise a minimum of \$50 but we would love it if you are able to raise even more. You can use the tools provided to help you collect online donations. You can also download paper pledge sheets at <https://projecttraumasupport.com/polar-plunge/>

Fundraising Tips

1. Customize your Canada Helps fundraising page by adding a photo, setting a target and telling people why you are plunging to support Project Trauma Support. To the extent you are able and comfortable, make it personal.
2. Share your fundraising page on your social media feeds.
3. Send an email to your friends, family and coworkers with a link to your fundraising page. Be sure to tell them why you are plunging in support of Project Trauma Support.
4. Challenge others in your network - nothing wrong with some friendly competition!
5. Set an ambitious goal and commit to doing a creative or meaningful action when you reach it.
6. Have fun with it!

THANKS FOR TAKING THE PLUNGE!