

Double Bear Dare Ya!!



**Have you been Double Bear Dared?
Are you ready to issue a Double Bear Dare?
Or, are you saying “What is a Double Bear Dare?”**

No worries, we’ll explain:

Follow these easy steps:

- Register at www.plungeks.org or click on this link [Polar Plunge](#)
- Decide who you want to Double Bear Dare (consider throwing out the dare to your co-workers, friends, or organizational peers)
- Make a 15-20 second video calling them out, get creative!
- Post the video on Facebook, (Polar Plunge Kansas) Twitter @sokansas or Instagram using @sokansas #PlungeKS #DoubleBearDare #togaparty
- Use the video to encourage your team to up their ante to beat your bear dares in fundraising!
- Give yourself daily pep talks and take cold showers to help prepare for the icy dip!