



# BIG FREEZE IN YOUR COMMUNITY

**HANDBOOK**



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**“IT’S NOT WHAT YOU  
SAY, IT’S WHAT YOU DO  
THAT MATTERS.”**

**- Neale Daniher,**  
*Australian of the Year, 2025*

*NDaniher*







# DARE TO DO!

**Team up for Big Freeze In Your Community and help to raise funds for motor neurone disease (MND) research and programs.**

Whether you choose host a DIY Big Freeze event, order official Big Freeze 11 Merch, participate in a Big Freeze Community Round, or do a combo of all three, dare to do it your way and make a difference in our fight against the Beast that is MND.

*THANK YOU.*



# BIG FREEZE IN YOUR COMMUNITY.

UNITE YOUR COMMUNITY IN THE  
FIGHT AGAINST MND.

There are so many ways to get involved and make an impact this Big Freeze 11.

So rally together your community, raise some much needed funds and have some fun along the way!





# 3 WAYS TO GET INVOLVED.



## DIY BIG FREEZE

Make a splash in your community and team up with your sports club, school, workplace, or friends at your very own DIY Big Freeze. With endless possibilities, you can host your DIY Big Freeze however you like and anytime—from the classic ice bucket challenge to a Big Freeze slide or a winter ocean dip!

[SIGN UP HERE](#)

## MERCH

Kit out your community and order Big Freeze 11 Beanies and exclusive Socks in bulk. Pull up your socks and show your support!

[ORDER HERE](#)

## BIG FREEZE COMMUNITY ROUND

The Big Freeze Community Round returns for Big Freeze 11 from Monday 26 May to Sunday 1 June 2025. Host your very own Big Freeze event during the week and unite your sporting club and local community. Can't host that week? Don't worry your club can host at any time of the year.

[FIND OUT MORE HERE](#)



# SCHOOLS

**MAKE IT A TERM TO REMEMBER BY BRINGING THE BIG FREEZE TO YOUR SCHOOL!**

**STUDENTS, TEACHERS OR PARENTS CAN GET INVOLVED AND LEAD THE FIGHT AGAINST MND AT YOUR SCHOOL.**

- **The classic ice bucket challenge** – Take the plunge and get a bucket of icy water dumped over your head. Donate to vote for the teacher you want to see dunked!
- **Slippery slide challenge** – Create a slip-and-slide with freezing water; participants pay to go down in funny costumes.
- **Host a uniform free day** – come dressed in blue topped off with your Big Freeze Socks and Beanies or your favourite Big Freeze slider!
- **Icy Bake Sale** – Sell frozen treats like ice cream sandwiches, frozen yoghurt, or themed FightMND cupcakes.

## THREE ICY TIPS FOR YOUR SCHOOL

### 1. CREATE A FUNDRAISING PAGE

It's an easy way to receive donations, track the incredible funds you've raised, and see the impact you've made in the fight against the Beast. Can you climb to the top of the leaderboard?

[REGISTER HERE](#)

### 2. SHARE YOUR 'COOL' PLAN WITH THE REST OF THE SCHOOL

We have a bunch of useful DIY Big Freeze Resources to help you promote your fundraising day!

[CHECK THEM OUT HERE](#)

### 3. HAVE A FUN TIME WHILE MAKING A DIFFERENCE, SIMPLE AS THAT!



**READY TO GET STARTED?  
LET'S MAKE THIS BIG FREEZE  
11 LEGENDARY!**





# SPORTS CLUBS

**GET YOUR CLUB INVOLVED, RALLY YOUR COMMUNITY AND UNITE AGAINST THE BEAST!**

## **HERE ARE SOME ICY IDEAS FOR YOUR CLUB TO INVOLVED THIS BIG FREEZE.**

- **Ice bucket relay** – set up teams of 10 and compete against one another in the ultimate icy relay!
- **Dunk your coach or captain** – donate to your clubs fundraising page to vote on someone to dunk in a bath of ice!
- **The Frozen 5K** – Charge entry for a cold-weather run, where participants can be sprayed with icy water at donation checkpoints.
- **Kit out during Big Freeze Community Round** – rock your official Big Freeze 11 merch during Community Round from 26 May – 1 June!

## **THREE ICY TIPS FOR YOUR SPORTS CLUB**

### **1. GET YOUR CLUB COMMITTEE ONBOARD**

Plan how your club will get involved this Big Freeze. Set a date and assign roles to help breeze through the planning!

### **2. CREATE A FUNDRAISING PAGE**

It's an easy way to receive donations, track the incredible funds you've raised, and see the impact your club has made in the fight against the Beast. Fundraise your way to the top of the leaderboard!

[\*\*REGISTER HERE\*\*](#)

### **3. MAKE SOME NOISE AND SPREAD THE WORD**

We have a bunch of useful DIY Big Freeze Resources to help you promote your fundraising day!

[\*\*CHECK THEM OUT HERE\*\*](#)

**READY TO GET STARTED?**

**LET'S MAKE THIS BIG FREEZE 11 LEGENDARY!**



# WORKPLACE

## GET YOUR WORKPLACE INVOLVED AND UNITE AGAINST THE BEAST!

### CHECK OUT THESE FUN WAYS TO GET FROSTY AT THE OFFICE.

- **Bucket your boss** or donate to vote for a colleague to be dunked! Heck, why not challenge your biggest competitor to get involved... all for a good cause of course!
- **Host a frosty themed morning tea** – get creative with icy themed deserts and charge all team members \$5 to participate.
- **Kit out your crew** – get your team to don their Big Freeze 11 Beanies for a very smug LinkedIn post, “Just another day of working hard and helping raise funds for a good cause”.
- **Ice Bath Challenge** – People donate to extend your time in an ice bath (\$10 = +30 seconds, \$50 = 5 minutes).

### THREE ICY TIPS FOR YOUR WORKPLACE

#### 1. CREATE A FUNDRAISING PAGE

It’s an easy way to receive donations, track the incredible funds you’ve raised, and see the impact your workplace has made in the fight against the Beast. Make a workplace team and get departments to create a fundraising page for some additional friendly competition.

[REGISTER HERE](#)

#### 2. MAKE SOME NOISE AND SPREAD THE WORD

We have a bunch of useful DIY Big Freeze Resources to help you promote your fundraising day!

[CHECK THEM OUT HERE](#)

#### 3. HAVE A FUN TIME WHILE MAKING A DIFFERENCE, SIMPLE AS THAT!



**READY TO GET STARTED?**  
**LET'S MAKE THIS BIG FREEZE**  
**11 LEGENDARY!**





**READY TO GET STARTED?  
LET'S MAKE THIS BIG FREEZE  
11 LEGENDARY!**

# COMMUNITY

## GET YOUR FRIENDS, FAMILY AND COMMUNITY INVOLVED IN BIG FREEZE!

### HERE ARE SOME ICE BREAKING IDEAS TO GET YOU STARTED.

- **Pay to Pour the Ice** – Set donation tiers where supporters can decide how much ice gets dumped on you! (e.g., \$50 = 1 bucket, \$100 = 2 buckets).
- **The Polar Plunge Fundraiser** – Participants commit to jumping into a freezing body of water (pool, ocean, lake) after hitting a fundraising goal.
- **Cold Brew for a Cause** – Sell iced coffee, slushies, and frozen drinks, with all profits going to FightMND.
- **Winter Warrior Challenge** – Do an outdoor workout (e.g., push-ups, squats, burpees) every day throughout the month of June. Rain, hail or snow get your workout gear on and get moving for a good cause!

### THREE ICY TIPS FOR YOUR COMMUNITY

#### 1. TAKE ON AN ICY CHALLENGE SOLO OR WITH YOUR COMMUNITY

Do you dare to take on the classic bucket challenge? Plan your Big Freeze and involve your family and friends. Either way you take on Big Freeze you are daring to do.

#### 2. CREATE A FUNDRAISING PAGE

It's an easy way to receive donations, track the incredible funds you've raised, and see the impact you've made in the fight against the Beast.

[REGISTER HERE](#)

#### 3. HAVE A FUN TIME WHILE MAKING A DIFFERENCE SIMPLE AS THAT!



# SUPPORT FROM FIGHTMND

Whatever way you get involved in the DIY Big Freeze, our team are here to help you through every splash, plunge or slide!

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Please ensure you have read our fundraising guidelines as an unfortunately, FightMND is unable to directly organise or promote individual community events.

**Can't see your question on the FAQ's?**

**Contact the [FightMND team here.](#)**

We love seeing all the creative ways you freeze MND. Email us your Big Freeze photos and don't forget to share your event on social media by tagging:

**@fightmnd and using the hashtags:**

**#BigFreeze11**

**#DIYBigFreeze**

**#TeamUpForBigFreeze11**

**#DaretoDo**

**#FightMND**







# THANK YOU FOR JOINING US IN **THE FIGHT**

THANK YOU TO INDIVIDUALS AND COMMUNITY GROUPS LIKE  
YOU, WE ARE ONE STEP CLOSER TO LIVING IN A WORLD  
WHERE MND DOESN'T EXIST.

[bigfreezecomunity@fightmnd.org.au](mailto:bigfreezecomunity@fightmnd.org.au)