

THE ICE BUCKET CHALLENGE:

Every August until a cure



How do I participate?

1. ACCEPT THE CHALLENGE. Each person that does the ALS Canada Ice Bucket Challenge has to nominate three people to join them. If you are nominated, you have 24 hours to complete the challenge!

You will need:



A Bucket



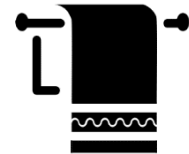
Ice



Water



A Recording Device



A Towel

Download your Every August Until A Cure bucket logo [here](#)

2. TAKE A VIDEO OF YOURSELF dumping a bucket of ice water over your head to raise awareness of ALS.

3. UPLOAD YOUR VIDEO to social media, tagging and challenging at least three of your friends. The video should include:

- Your name and who challenged you;
- Your statement of acceptance: "I accept the ALS Canada Ice Bucket Challenge.";
- The names of three people you are challenging;
- A link to www.als.ca in your social media post;
- The amount you are donating to ALS Canada.

4. MAKE A DONATION to support the ALS community. If you are nominated for the ALS Canada Ice Bucket Challenge and choose not to accept, we ask that you make a donation in show of support.