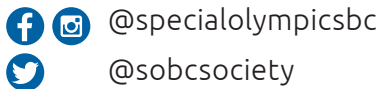




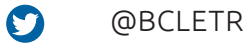
# 2020 Vancouver Island Polar Plunge social media guide

The 2020 Vancouver Island Polar Plunge for Special Olympics BC will see participants charge into the chilly waters off Willows Beach to raise funds and awareness for SOBC. Thank you for supporting this frigid and fun Law Enforcement Torch Run for SOBC event!

## Special Olympics BC



## BC Law Enforcement Torch Run



**#FreezinForAReason**  
**plunge4specialolympics.com**

## Suggested posts

### Twitter

- Excited for the #VancouverIsland Polar Plunge for @sobcsociety on February 16! This @BCLETR event is a lot of fun and supports Special Olympics BC's life-changing year-round programs for people with intellectual disabilities. [www.plunge4specialolympics.com](http://www.plunge4specialolympics.com) #FreezinForAReason

### Facebook

- Take the challenge and get #FreezinForAReason with the Vancouver Island Polar Plunge for @specialolympicsbc! Join the festivities at Willows Beach on February 16 and help Special Olympics BC enrich the lives of people with intellectual disabilities through sport. Register and learn more at [www.plunge4specialolympics.com](http://www.plunge4specialolympics.com)

### Instagram

- Get ready to laugh, splash, and support a great cause with the #VancouverIsland Polar Plunge for @specialolympicsbc! Fun-loving participants will charge into the chilly waters off #WillowsBeach on February 16 to raise funds and awareness for Special Olympics BC's inspiring athletes and life-changing year-round programs. Register and learn more at [www.plunge4specialolympics.com](http://www.plunge4specialolympics.com)



Partnering with



In support of

**Special  
Olympics**  
British Columbia

