



# 2020 Vancouver Polar Plunge social media guide

The 2020 Vancouver Polar Plunge for Special Olympics BC presented by Westminster Savings Credit Union will see participants dive into the icy waters off Kitsilano Beach to raise funds for SOBC. Thank you for supporting this frigid and fun Law Enforcement Torch Run for SOBC event!

## Special Olympics BC

  @specialolympicsbc

 @sobcsociety

## Law Enforcement Torch Run for SOBC

 @BCLETR

## Westminster Savings

  @westminstersavings

 @wscu

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

## Suggested posts

### Twitter

- Excited for the #Vancouver Polar Plunge for @sobcsociety presented by @wscu on March 7! 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 Polar Plunge for @specialolympicsbc presented by @westminstersavings! Join the festivities at Kitsilano Beach on March 7 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 #Vancouver Polar Plunge for @specialolympicsbc presented by @westminstersavings! Fun-loving participants will charge into the chilly waters off Kitsilano Beach on March 7 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)



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