



LAW ENFORCEMENT TORCH RUN  
**POLAR PLUNGE.**  
  
FOR SPECIAL OLYMPICS BRITISH COLUMBIA

# #Plunge4SOBC With Your Local Community!

## February 15 to March 2

### It's easy and fun to take the Plunge and make a difference!

Participating in the Polar Plunge® for Special Olympics BC, presented in partnership with the BC Law Enforcement Torch Run® is an easy and fun way for all of us to connect and show we care about people with intellectual disabilities and creating inclusion.

Be part of the creative community of province-wide Plungers who are committed to helping Special Olympics BC provide empowering year-round programs for athletes with intellectual disabilities from across B.C.!

#### Get started

## 1 REGISTER

Sign up for a **community event** or a **Personal Polar Plunge** at [plunge4specialolympics.com](http://plunge4specialolympics.com)

## 2 FUNDRAISE

With your family, friends, and community (and win prizes for your fundraising successes)

## 3 PLUNGE

#Plunge4SOBC at your event (remember your creative costume!)

## 4 SHARE

Share your Plunge on social media and tag Special Olympics BC

[plunge4specialolympics.com](http://plunge4specialolympics.com)

### Personal Polar Plunge: Get bold and cold at home

Can't join a community event?  
No problem! Get creative and have some fun on your own:

- Douse yourselves with a garden hose
- Run through a sprinkler
- Jump into a kiddie pool
- Dump ice water on yourself
- Take an icy-cold bath
- Get blasted by water balloons
- Have a snowball fight
- Step into a freezing shower
- Make a snow angel
- Engage in a water gun battle
- Hug a snowman

[MORE IDEAS & SAFETY INFO](#)



### Recording your Plunge

- Ensure you have enough light – shoot outside or in a well-lit room
- Speak loudly and clearly – avoid moving too far away from the camera
- Keep camera as steady as possible

[MORE TIPS FOR FILMING](#)

