



LAW ENFORCEMENT TORCH RUN
POLAR PLUNGE



FOR SPECIAL OLYMPICS BRITISH COLUMBIA

#Plunge4SOBC With Your Local Community!

February 15 to March 2

1 REGISTER

Sign up for a community event at
www.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

Ways to get bold and cold at home

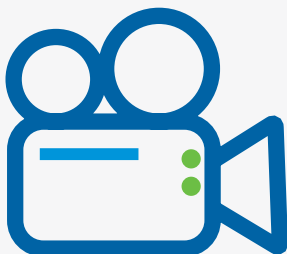
- Douse yourselves with a hose
- Run through a sprinkler
- Jump into a kiddie pool
- Dump ice water on yourself
- Take an icy-cold bath
- Get blasted by water balloons
- Have a snowball fight
- Step into a freezing shower
- Make a snow angel
- Engage in a water gun battle
- Hug a snowman

>> [MORE IDEAS & SAFETY INFO](#)



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

Participating in the Polar Plunge for Special Olympics BC 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's dedicated athletes with intellectual disabilities safely return to the sports and the friends that matter to them.



Recording your Plunge

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

>> [MORE TIPS FOR FILMING](#)