



## Brave Plungers set to make big splash for Special Olympics BC

Three. Two. One. Plunge!

Fun-loving Plungers from across the province will get bold and cold with the [2022 Polar Plunge for Special Olympics BC presented by Prospera Credit Union](#).

Anyone and everyone can register and fundraise to make a difference for SOBC, then get up close and personal with icy water at home between March 5 and 20.

There are many ways to accept the chilly challenge. Plungers can take an icy bath, face off with a hose, get blasted by water balloons, jump into powdery snow, and so much more. After doing the #Plunge4SOBC, participants can share videos and photos on social media to qualify for contests and prizes.

[Watch fearless participants take the Plunge in 2021.](#)

This icy event supports SOBC's life-changing year-round sport, youth, and health programs for people with intellectual disabilities.

"Special Olympics helps to promote healthy life choices, like nutrition, exercise, confidence, friendship, and opportunities to travel and compete. Our movement is very dependent on community support, and any contributions will go toward giving athletes like me the chance to experience all of these amazing things," said Special Olympics BC – Dawson Creek athlete David Johnston.

This year's Polar Plunge will play a vital role in helping Special Olympics BC athletes get back to the sports and the SOBC family that matter to them.

The pandemic has had a long-lasting, far-reaching impact on athletes with intellectual disabilities, who were already far too familiar with the pain of isolation.

More than ever, Special Olympics BC needs support to rebuild their year-round, in-person sport programs that create empowering connections, open hearts and minds to inclusion, and break down barriers.

The Polar Plunge for Special Olympics BC is staged in partnership with the Law Enforcement Torch Run for SOBC. The event is a proud LETR tradition, and every year, thousands of people take the icy dip at events around the world.

“It’s so inspiring to see law enforcement members, Special Olympics BC athletes, and other brave participants team up for the Polar Plunge for SOBC,” said Rick Lucy, BC LETR Provincial Director and retired Abbotsford Police Department Deputy Chief Constable. “Plungers will have an opportunity to have a lot of fun while making a meaningful difference for athletes with intellectual disabilities across the province.”

All are welcome to register for the Polar Plunge as a team or an individual at [www.plunge4specialolympics.com](http://www.plunge4specialolympics.com). Supporters can also [donate to SOBC through the Plunge](#).

For Polar Plunge for SOBC videos and photos, please contact Michael Obendoerfer at [michaelo@specialolympics.bc.ca](mailto:michaelo@specialolympics.bc.ca).

### **About the Law Enforcement Torch Run**

For more than 35 years, law enforcement members throughout the world have supported people with intellectual disabilities through the Law Enforcement Torch Run. The LETR movement has raised more than \$4 million in British Columbia since 1990. To date, the LETR has raised more than \$700 million for Special Olympics programs around the world. To learn more about the LETR, visit [www.specialolympics.bc.ca/letr](http://www.specialolympics.bc.ca/letr). Find BC LETR on [Twitter](#).

### **About Special Olympics BC**

Special Olympics BC is dedicated to enriching the lives of individuals with intellectual disabilities through sport. In 55 communities around the province, we provide year-round training and competitive opportunities in 18 different sports to more than 5,200 athletes of all ages and a wide range of abilities, thanks to the dedicated efforts of more than 4,300 volunteers. For more information, please visit [www.specialolympics.bc.ca](http://www.specialolympics.bc.ca) and find us on [Facebook](#), [Twitter](#), [Instagram](#), and [LinkedIn](#).

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