



# 2023 Polar Plunge for SOBC

## Social Media Guide for Law Enforcement

Special Olympics BC



BC Law Enforcement Torch Run



**#Plunge4SOBC**

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

### **Suggested posts** ([Click here for graphics](#))

#### Facebook

- Join our members and get bold and cold with the Polar Plunge for @specialolympicsbc! Everyone across the province can participate in this frigid and fun event. Register and raise funds, then take the Plunge at a community event or from home between February 18 and March 5. #Plunge4SOBC and support Special Olympics BC's empowering programs for people with intellectual disabilities.

#### Twitter

- Our members will get bold and cold with the Polar Plunge for @sobcsociety! Raise funds & #Plunge4SOBC at a community event or from home between February 18 & March 5 to make a difference for athletes with intellectual disabilities. Register at [www.plunge4specialolympics.com](http://www.plunge4specialolympics.com)

#### Instagram

- Our members are set to make a splash with the Polar Plunge for @specialolympicsbc! You can join the fun and #Plunge4SOBC. Register and raise funds, then take the Plunge at a community event or from home between February 18 and March 5. Sign up today and make a difference for athletes with intellectual disabilities across the province. [www.plunge4specialolympics.com](http://www.plunge4specialolympics.com)

#### LinkedIn

- Our members will laugh, splash, and make a difference with the Polar Plunge for Special Olympics British Columbia. This Law Enforcement Torch Run event is a lot of fun and helps Special Olympics BC create empowering opportunities for people with intellectual disabilities. Everyone can participate by signing up and raising funds, then taking the Plunge at a community event or from home between February 18 and March 5! Learn more at [www.plunge4specialolympics.com](http://www.plunge4specialolympics.com)



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