



2021 SWIMMER & VOLUNTEER PACKET

EVENT TIMELINE

*Event Day Schedule is subject to change.

Please arrive before Check In closes at 7:00 am. You will not be allowed to swim if you do not make sign in.

Event Day Timeline
5:00 am: Volunteer Sign In
5:00 am: 10K Swimmer Check In
5:45 am: Swimmer Registration Opens (Closes at 7:00am)
7:00 - 7:30 am: Welcome Program
7:00 - 7:15 am: Mandatory Safety Talk
7:30 am: 5K Swimmers Start (Groups of 30 at 2 minute intervals)
8:00 am: 2K Swimmers Start (Groups of 30 at 2 minute intervals)
10:00 am: Post Event Celebration to Follow

VENUE & COURSE MAPS

Swim Location

[Larchmont Yacht Club](#)

1 Woodbine Ave.
Larchmont, New York 10538

[Larchmont Shore Club](#)

1 Oak Bluff Ave.
Larchmont, New York 10538

Course Map



Parking

Diagonal Parking for volunteers & swimmers is on Larchmont Ave. We will be running buses up and down Larchmont Ave. One will go to the train station and between clubs all morning.

CHECK-IN & WHAT TO BRING

Upon arrival, please park and proceed directly to the pavilion, where you will find the Registration Area, which will be clearly marked. Registration opens at 5:00am for 10K swimmers and 5:45am for 5K & 2K swimmers. **Registration closes at 7:00am. You can NOT sign in past 7:00 AM.**

Be sure to follow the signs and check in *as soon as you arrive* to receive your cap, safety chip, t-shirt and get body marked. **All swimmers and volunteers must check in** and sign a [waiver](#).

What to Bring

1. **Donations** - Please bring any additional donations you have in a sealed envelope labeled with your name clearly written on it, as well as the total amount, to present at Registration check in. We also accept credit card donations.
2. **WAIVER** - Please print, fill out LEGIBLY and COMPLETELY and bring with you in order to swim. If you are under 18, your legal guardian must sign your waiver. [Click here for waiver form.](#)
3. **Additional items** - Directions, swimsuit, wetsuit (appropriate for swimming), 2 pair of goggles, Vaseline or BodyGlide (for under the arms, neck area), sunscreen, folding chair or blanket (if desired), and a smile!

Each finisher will receive a **beach towel** when they come out of the water, compliments of our beneficiaries **Memorial Sloan Kettering Cancer Center!**

Communication - Important! Please follow us on social media to get weather-related event changes.

Any updates leading up to the event will be posted on the SAA - Long Island Sound [website](#), [Facebook page](#) and [Instagram page](#). Be sure to follow us if you are not doing so already! Additionally, in the event of a cancellation due to extreme weather or an emergency, an email will be sent out to all participants as quickly as possible. Additional event information is available on our website but is not updated as rapidly as on our social media feeds.

VOLUNTEERS

Volunteers

Thank you for helping us Make Waves to Fight Cancer!

Upon arrival, please park diagonally on Larchmont Avenue and proceed directly to the SAA village, where you will find the Registration Area and a dedicated Volunteer Check-in table. **All volunteers must check in** and sign a [waiver](#).

Land Volunteers: Suggested arrival time on Saturday, July 31st, is **5:00am**. Should you have any questions or need to update us on your status for Saturday, please contact Diane May immediately: 914-844-8491 or dmay9293@aol.com

Water Volunteers: Suggested arrival time on Saturday, July 31st, is **6:00-6:30am**, for enough time to check in at Registration, sign waiver, and prepare your vessel.

- You **MUST** check-in. There is a **mandatory water safety meeting at 7:00am**.
- You will receive an email with specific information in regards to your role and where to deploy your vessel, prior to event day.
- Should you have any questions or need to update us on your status for Saturday, please contact Richard Clifford immediately: 917-854-5824 or ricardoclifford@gmail.com.

SAFETY

Safety is our top priority at all SAA events and we ask that you comply with all SAA safety personnel and procedures*.

- All swimmers are **required** to sign a waiver at Registration Check-in.
- **18 & under swimmers** -- You must have a parent/guardian sign your **waiver**. We recommend that you print the waiver IN ADVANCE, have a parent/guardian fill out, sign the waiver and bring the completed waiver with you to Registration check-in.
- **All swimmers are required to attend the Mandatory Safety Talk.**
- All swimmers are **required** to wear the safety chip distributed at check-in.
- All swimmers must wear the correct cap color assigned at registration. All swimmers must be body marked.
- All swim distances will begin at the direction of the Swim Director. For the safety of ALL, swimmers should only enter the water when specifically instructed to do so by SAA personnel.
- If a swimmer decides to exit the water onto a boat on his/her own accord, or if a swimmer is removed from the water by Swim Across America personnel for any reason; that swimmer will not be allowed to re-enter the water. ALL swimmers must adhere to the discretion of SAA safety personnel.
- All swimmers are **required** to visit the Check-out table after swimming to ensure proper sign out and return of safety chip and to ensure that ALL Swimmers are properly accounted for. Spectators are not permitted inside the start/finish chute unless otherwise approved.

Water Temperature, Wetsuits, & Policies

- **Water Temperature:** Expected water temperature is in the high 60's.
- **Wetsuits:** Wetsuits are permitted and encouraged. SAA strongly encourages swimmers to choose an open water swimming / triathlon specific wetsuit over a general water sports wetsuit. Participants should practice swimming in a supervised open water test swim prior to event day with their anticipated swimsuit and/or wetsuit.
- **Equipment:** Mp3 players while swimming are not allowed on the course at any time.
- **Inclement Weather Policy:**

Due to the nature of open water swimming events taking place outdoors, safety concerns, including inclement weather, can necessitate a change to the original event plan. In the event of adverse weather conditions, the Event and Safety Directors, in conjunction with SAA National, local safety entities and/or law enforcement, may delay the event, modify the course, cancel the event, or move venue location. If safety concerns necessitate a change to the original event plan, Swim Across America will promptly notify participants via the event website, email and social media.
- **Policies:** [SAA Policies](#)

*Swim Across America reserves the right to remove or move a swimmer's position along the course via approved safety methods and personnel as determined appropriate, or make any other operational changes thereof. All swimmers must follow the directions of SAA personnel. Noncompliance may endanger the participant or others, and may make the participant ineligible to participate in future Swim Across America events.

COVID-19 SAFETY INFORMATION

The safety of our participants, volunteers and supporters remains our #1 priority.

To prevent the spread of COVID and reduce the potential risk of exposure to our participants and volunteers, anyone who is sick, feeling sick, or exposed to a person showing signs or symptoms of or has been diagnosed with COVID, we respectfully and cautiously ask that you do NOT attend the event.

Upon arrival, we will be conducting a simple screening process. A questionnaire, found on the back of the SAA [waiver](#), should be completed, dated, and signed the morning of the event.

Please be mindful of social distancing and wear a face covering over your nose and mouth when appropriate. Disposable masks, gloves and hand sanitizer will be available at check-in and around the venue. Please be mindful of the health and safety of others at all times.

Swim Across America is committed to providing a safe experience with these [policies](#) highlighting what to expect on event day. Modifications subject to change. Your participation, support, and adherence to these precautionary measures is important to help protect you and everyone at the event.



FUNDRAISING REMINDERS & TOOLS

Fundraising Reminders

Thanks to all of you for your fabulous fundraising efforts so far! Please remember that this event is about 'Making Waves to Fight Cancer' and the commitment you made to meeting the **fundraising minimum** when you registered for the event. (5K Swimmers: \$500; 2K Swimmers: \$500 and 10K Swimmers: \$5,000)

Please bring any donated checks delivered directly to you or cash in a secure envelope with your name, amount, and donor details to the swim on Saturday. We also accept check(s), cash or credit cards on event day.

Fundraising Made Easy

SAA now gives you the option to link your participant center to Facebook and **automatically sync donations made to your SAA personal fundraising thermometer!** You can find this when you [log in](#) to your participant center and follow the directions to connect and reach your Facebook network. It will automatically begin fundraising for you - watch your donations add up! Here are some additional [great ideas](#) and [resources](#) any participant can use to improve their fundraising. Have you checked if all your donors have secured potential [matching gifts](#) from their companies?

SAA Fundraising Mobile App

Fundraising gets easier with the new [SAA Mobile App](#). With a few clicks, you can reach out to your donor contacts via text message, email or social networks and have a larger impact. Don't wait - [download](#) today!

Get Social and Win with @SwimOutlet

Contest Details: Want to show your love for Swim Across America and win a \$100 SwimOutlet.com gift card. It's as easy as taking an awesome SAA-spirited photo and tagging [@saaswim](#) and [@swimoutlet](#) when you post on Instagram. Show us the best the SAA community has to offer and we'll select the best [Instagram](#) photo that's posted from the swim.