



2022 SAA-HOUSTON SWIMMER & VOLUNTEER PACKET

EVENT TIMELINE

Event Day Timeline
7:30 am: Registration Opens (Closes at 8:15am)
8:00 am: Welcome Program
8:25 am: Swimmer Safety Meeting and Group Photograph at Start
8:30 am: 2 Mile Swim Start
8:35 am: 1 Mile Swim Start
8:40 am: ½ Mile Swim Start

VENUE & COURSE MAPS

Swim Location

[Lake Longhorn](#)

2391 Gun Range Rd.,
League City, TX 77573

Directions

The Lake Longhorn sign was destroyed when Hurricane Nicholas came through. Please look for the Gun Range sign and the SAA Flag on event morning. It will be a gravel road and you will drive all the way to the back and then take a left.

Site Map



1. Registration & T-shirts (3 tables)
2. Timing Chip & Body Marking (1)
3. WaveMaker (1)
4. Tattoos / Why I swim (2)
5. Merchandise (1)
6. Food & Water (2)
7. Timer (1)
8. 2 porta potties

 Swim in/out arch

 Swimmer chute
w/ swimmer
checkout &
towels

 Parking

Course Map



CHECK-IN & WHAT TO BRING

Upon arrival, please park and proceed directly to the white office, where you will find the Registration Area, which will be clearly marked. **Registration opens at 7:30 am and ends at 8:15 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 your body marked. **All swimmers and volunteers must check in** and sign a [waiver](#). **You must also fill out this [Lake Longhorn waiver](#) BEFORE arriving. Preferably by Thursday night to speed up check in on Saturday morning.**

Once checked in, you are welcome to visit the other tables. Be sure to tag **@houston saa** in any photos you take!

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. **WAIVERS** - Please fill it out LEGIBLY and COMPLETELY and bring with you in order to swim. If you are under 18, your legal guardian must sign the waiver as well. [Click here for waiver form](#). **You must also fill out this [Lake Longhorn waiver](#) BEFORE arriving. Preferably by Thursday night to speed up check in on Saturday morning.**
3. **Other items** - Directions, swimsuit, 2 pair of goggles, wetsuit (optional), Vaseline or BodyGlide (for under the arms, neck area), sunscreen, folding chair or blanket if desired, and money for SAA merchandise.

Each finisher will receive a **beach towel** when they come out of the water, compliments of our beneficiary, MD Anderson 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-Houston [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 and proceed directly to the pavilion, where you will find the Registration Area and a dedicated Volunteer Check-in table. **All volunteers must check in** and sign a [waiver](#). **You must also fill out this [Lake Longhorn waiver](#) BEFORE arriving. Preferably by Thursday night to speed up check in on Saturday morning.**

Land Volunteers: You should receive an email with your role and expected time of arrival from the HOU Event Director, Jenna Stevenson. Should you have any questions or need to update us on your status for Saturday, please email Jenna immediately: jenna@swimacrossamerica.org

Water Volunteers: Suggested arrival time on Saturday, April 30th, is **7:15am**, for enough time to check in at Registration, sign waiver, and prepare your vessel. There is a **mandatory water safety meeting at 7:40am**. You will also receive an email with specific information in regards to your role and where to deploy your vessel. Should you have any questions or need to update us on your status for Saturday, please email Jenna immediately: jenna@swimacrossamerica.org

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 after the event. Spectators are not permitted inside the start/finish chute unless otherwise approved.
- Angel Swimmers are provided to give support to swimmers less comfortable in open water. If you would like to be assigned an angel swimmer, please contact Jenna Stevenson: jenna@swimacrossamerica.org

*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.

POLICIES

Water Temperature and Wetsuit Policy

Expected water temperature is in the mid to upper-70s. Wetsuits are highly recommended below 76.1° F and permitted between 76.1° F - 83.7° F, thus are considered optional for Saturday's swim. Swim skins are permitted.

Inclement Weather Policy

The safety of our events is our top priority. 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.

COVID-19 Safety Information

Each of our charity swims will follow local safety guidelines. To prevent the spread of COVID and reduce the potential risk of exposure to our participants and volunteers, we respectfully and cautiously ask anyone who is sick, feeling sick, tests positive for COVID-19, or has been in close contact with a person who has been diagnosed with COVID, that you do NOT attend the event. Please be mindful of the health and safety of others at all times.

If you have questions about our policies regarding inclement weather, swim equipment or wetsuits, please consult our [Policies page](#)..

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 meet the **fundraising minimum** when you registered for the event. (Swimmers 18 years of age and over: \$400; Swimmers under 18: \$200)

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 [fundraising 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 [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!

Be A WaveMaker at Your Swim

This year we are pulling out all the stops for our \$1,000+ fundraisers known as our WAVEMAKERS! If you have raised \$1,000 by Saturday, you are a WAVEMAKER! Make sure to stop by our **WaveMaker table** to get your [special SAA WaveMaker prize](#).

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.

YOUR IMPACT

Established in 2019, SAA - Houston has raised over \$300,000 for our beneficiary: MD Anderson Cancer Center.

Swim Across America - Houston benefits adult and pediatric brain tumor research and clinical trials at The University of Texas [MD Anderson Cancer Center](#). Brain cancer is the second most common cancer in children and a rare cancer in adults, but it's very difficult to treat and has poor survival at any age. Researchers at MD Anderson are working to find better treatment options, including new immunotherapies, for this historically underfunded cancer type.

Learn more about our beneficiary and your impact [here](#) or on the SAA-Houston [homepage](#).

