



Swim Across America - San Francisco

Swimmer Information

2023

We thank you for your participation in the San Francisco Bay Area's 18th Annual Charity Swim! You will be joining thousands of other swimmers from across the country that have had the courage and generosity to swim with SAA and **MAKE WAVES TO FIGHT CANCER!**

Most importantly, SAA's #1 priority is to provide you with a safe swim.

To accomplish this task, we request that you assist the organizers, pilots, rowers, kayakers, Swim Angels, and volunteers by closely reading the following instructions.

Proper Preparation

Review the course map on the SAA - San Francisco webpage.

Make sure that you have been training! September 30th should absolutely not be the first time you swim in San Francisco Bay. If you need help finding training resources, please reach out to Event Directors, Laura Hovden and Jackie NeJaime.

WETSUITS ARE MANDATORY.

Should you not want to wear a wetsuit for any reason, you **MUST** get approval from our Co-Event Directors, Laura or Jackie at laura@swimacrossamerica.org or jackie@swimacrossamerica.org. Only those cleared by Laura or Jackie will be allowed to swim without a wetsuit.

Event Day Information★

Event Day Timeline
5:15 am: Leadership Team Arrives at Little Marina Green and/or Aquatic Park for Final Setup
6:15 am: Volunteers arrive at Little Marina Green or Aquatic Park (volunteers will receive instructions via email before the event)
7:15am: Swimmer Registration Begins at Little Marina Green
8:30 am: Swimmer Registration Ends
8:45 am: Swimmer Safety Briefing / Why I Swim Speeches
9:00 am: Safety Vessels Arrive / Enter Water at LMG
9:15 am: Swimmer Bag Drop Closes
9:30 am: Swim Start!
~10:15 - 11:45 am: Swim Ends at Aquatic Park
10:15am - 11:45am: Swimmers collect SWAG, Breakfast, Depart Aquatic Park (please note, <u>there will be no transportation provided back to Little Marina Green</u>)
12:00 pm: Clean Up

It is advisable that you arrive at Little Marina Green closer to 7:15 am, as we have 200 participants registering.

Why We Swim!

Remember why you are swimming **and** for whom you are swimming. Relax and have fun. This is a swim, not a race.

Parking

Little Marina Green is located on Yacht Road in San Francisco at the intersection Marina Blvd, Old Mason Street and Yacht Road. Parking is available in the area, but consider car-pooling or taking a taxi/Uber. Parking Little Marina Green will be limited to kayakers and volunteers.

For family and spectators parking at the finish of the swim at Aquatic Park, we recommend parking at the Beach & Hyde garage located at 655 Beach St., San Francisco, CA 94109.

Please note that there will not be transportation provided back to your vehicle from the swim finish.

What to Bring

There will be a secure Bag Drop at Little Marina Green available after you check-in. Bring very little in the way of clothing or other belongings, as volunteers will have to carry the bags of clothing back to the swim finish.

Preparing to Enter the Water

We will conduct a ***mandatory*** swimmer safety meeting on the beach prior to the swim. Along with the safety meeting, we will have a presentation from cancer survivors and SAA supporters to share “Why I Swim.” You will have about 15 minutes after the “Why I Swim” Speeches before you swim. You should have either dropped your bag off before the speeches, or immediately after.

The least fast swimmers should enter the water first, then the medium fast swimmers, and then the fast and fastest swimmers. You should know which group you are in based on the lane that you swim in a pool. If you have a designated Swim Angel, your Angel will start as close to you as possible.

Entering the Water

You will enter the water from the beach at Little Marina Green. You will ensure that you step over the timing mat, wearing your safety timing chip. Please be sure to walk, **not run**, into the water and begin your swim.

Swimming Direction

Follow the instructions given in the swimmer safety meeting. Highlights to remember:

- When you enter the water from Yacht Harbor beach, first swim about 50 yards out past the seawall/rocks toward the ‘A’ buoy, then turn to your right and swim straight. You will be sighting the eastern tower of the Bay Bridge and once in site the masts of the Balclutha sailing ship, and then finally for the Muni Pier opening of Aquatic Park

- Follow the lead *Baykeeper* boat that will have a brightly colored buoy on its deck.
- There will be kayaks, SUPs, and rowers surrounding you, with power boats and jet skis around the outer ring, creating a swimlane for you.
- You will turn right into the opening at Aquatic Park and then swim directly for the easternmost side of the beach where the Swim Across America arch will be.

Always listen and obey the pilots escorting you. Do not dispute their directions.

Safety

Out on the water, we have power boats, zodiacs, kayaks, SUPs, rowboats, SFPD jet skis, swim angels, and Olympians, all who will all surround you and escort you to Yacht Harbor Beach. There also will be EMS personnel on the water, and a fully staffed ambulance and First Aid Station on land.

Should you require any assistance at all, or if you see another swimmer who may need assistance during the swim, waive your arm or cap in the air to alert help.

What To Do If You Need Help

If you find yourself tired or confused or otherwise in trouble in the water, stop, roll on your back, and raise your arm. A kayak or other craft will come to assist you. If you are directed to hold onto a kayak or SUP, always attach yourself to the front or rear of the craft, DO NOT grab onto the side of the kayak/SUP!

Once you are attached to a craft, a decision can be made whether to reposition you or otherwise pull you from the event. Again, PLEASE always listen to and follow the directions of your pilot. In the event of a reposition or otherwise, you will be moved onto a motorized support craft.

It is important to note that the pilots have absolute discretion to remove you from the water for safety purposes. There is no shame in being repositioned in the water or pulled by a support craft. It happens to every open water swimmer at one time or another.

**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.*

WHEN YOU FINISH, MAKE SURE THAT YOU CHECK IN AT THE BEACH!! We MUST account for ALL swimmers and do so by checking your numbers when you cross the timing mat. **IF YOU HIT LAND WEST OF THE ARCH ON AQUATIC PARK BEACH, PLEASE WALK THE LAST YARDS TO THE FINISH/CHECK OUT CHUTE.**

You will then pick up your towel and share in congratulations for a memorable day of making waves to fight cancer! As you walk back up to the SAA Village, you will receive

your t-shirt. Enjoy brunch and depart.

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 - San Francisco [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 unexpected circumstances, 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.

Inclement Weather

In the event of inclement weather (rain, fog, wind, currents, choppy water) for the safety of all the swim may be modified, shortened, or canceled at the sole discretion of the Safety Director. There will, however, be no refunds to participants.

SAA Policies

Please visit www.swimacrossamerica.org/regulations to review SAA Policies.

Snorkels, and mp3 players are NOT allowed for this swim.

Thank you for your commitment to making an impact in the fight against cancer. We look forward to making waves with you on September 30th.

Jackie NeJaime and Laura Hovden
Event Co-Directors