



2024 SAA-RHODE ISLAND SWIMMER & VOLUNTEER PACKET

EVENT DAY TIMELINE

September 7, 2024
6:00 a.m. Staff, Designated Early Volunteers, & Gansett SurfRescue Arrive
7:00 a.m. Check-In for Land Volunteers
7:30 a.m. Briefing for Swimmer Check-In Volunteers
8:00 a.m. Swimmer Check-In Opens
By 8:30 a.m. Check-In for Lifeguards & Angel Swimmers
9:00 a.m. Lifeguard & Angel Swimmer Briefing
9:15 a.m. Swimmer Check-In Closes
9:30 a.m. Celebration Ceremony
10:00 a.m. Swimmer Instructions & Group Photo
10:15 a.m. Swim Waves Begin (7 Waves)
11:50-Noon. Swim Course Closes. Closing Remarks. Volunteers Help Clean Up.
1:00 p.m. DJ Music Ends

If you have questions or need to update your status for Saturday, email doug@swimacrossamerica.org

Roger Wheeler State Beach

100 Sand Hill Cove Road, Narragansett, RI 02882



SAA-RI ARRIVAL MAP ROGER WHEELER STATE BEACH | RHODE ISLAND



15th Annual Fundraising Swim to Benefit Cancer Research at Women & Infants Hospital of Rhode Island

We expect a beach scene charged with excitement as 750 swimmers and 100 volunteers turn out to “make waves to fight cancer.” This year Olympian Eric Wunderlich is back as the event emcee. Other Olympians onsite include Swim Across America COO Janel Jorgensen McCardle, Event Co-Director Alex Meyer, and Olympic Diver Nick McCrory. Rhode Island’s premier DJ, The Face Show, will keep the beach bumpin’, Women & Infants Hospital is staffing a cancer information booth, and SAA and sponsor JOLYN Clothing will be selling popular merchandise onsite. Swimmers and volunteers will be treated to snacks courtesy of Fulfill Nutrition, beverages courtesy of Coca-Cola, Gansett Wraps boxed lunches, and great SAA swag. We will kick off this festive charity event with a pre-swim celebration ceremony at 9:30 a.m., and The Face Show will continue playing music until 1 p.m.

Upon Arrival:

1. Cars park in the west lot if available and buses in the east lot. Follow the signs and volunteers’ directions to the check-in area.
2. All swimmers must be pre-registered and all swimmers and volunteers must present a signed [waiver](#) at check-in.
3. At check-in, **volunteers** will receive their assignment(s), instructions, and a t-shirt.
4. At check-in, **swimmers** will receive their swim cap, safety chip, body marking, and **T-shirt**.
5. Swimmers, grab a snack, visit our **Rookie, Tattoo, Wavemaker, SAA Merch, and Beneficiary and Sponsor Tables**, sign the **Why I Swim Banner**, and check out the **Beach Games** area.

What to Bring:

1. **Required Waiver** — Print legibly and complete. Streamline the check-in process by filling out your waiver in advance and presenting the signed form to the person checking you in. If you are under age 18, your legal guardian must sign your waiver. [Click here for waiver form](#).
2. **Donations** — Bring any additional check or cash donations in a sealed envelope; clearly write your name and the total amount on the envelope, and present it to the volunteer checking you in. Credit card donations must be made [online](#).
3. **Additional items** — Directions, swimsuit, two pair of goggles, a water bottle, sunscreen, and a smile!

Venue & Swim Course Maps:

Scroll up to view the venue layout map. Scroll down to view the swim course maps and swim wave chart.

After You Swim:

Upon exiting the water, every swimmer must cross the timing mat and check out to receive a **beach towel** compliments of our event beneficiary, **Women & Infants Hospital**, then proceed up the steps of the pavilion to retrieve your **Gansett Wraps boxed lunch**.

Event Status Updates: Follow @saarhodeisland on FB and IG

If SAA decides to cancel the swim due to inclement weather, we will send all participants an email by 5 a.m. the day of the swim and post an announcement on the SAA - Rhode Island [Facebook](#), [Instagram](#) and [website](#) pages as quickly as possible.

SWIM WAVES

**** WAVES MAY START SOONER OR LATER THAN SHOWN BELOW ****

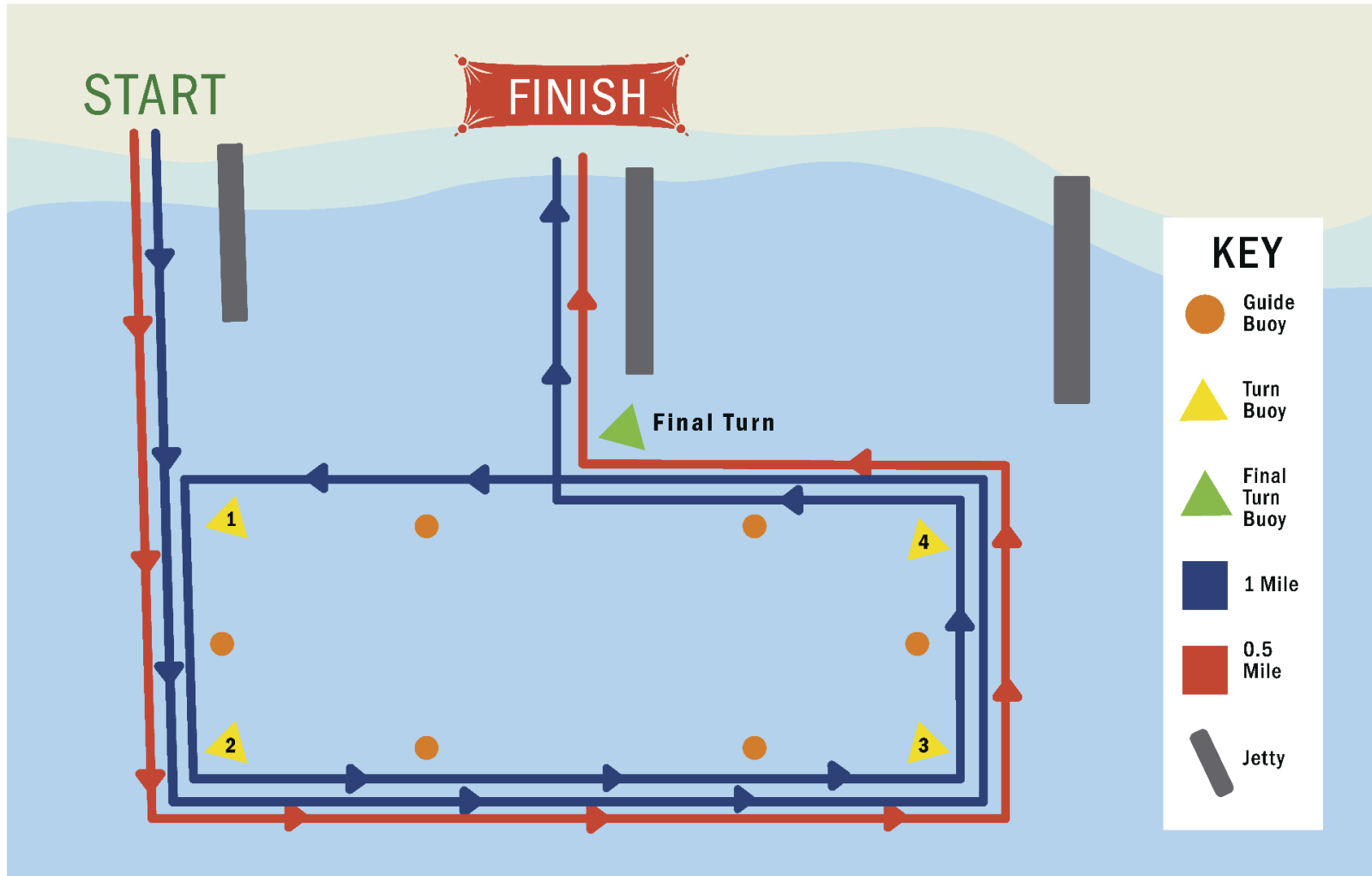
START TIME	WAVE #	CAP COLOR	GENDER	DISTANCE	TEAMS/SWIMMERS
10:15 AM	1a	Light Blue	M & W	Splash & Dash	Ages 12 and under: All Splash & Dash Swimmers
10:15 AM	1b	Light Blue	M & W	0.25 Mile	Ages 9 to 12 and approved others: All Quarter-Mile Swimmers
10:35 AM	2	Yellow	Men	1 Mile	Ages 13+ and approved others: Brown Varsity, Bryant, Providence College, Trent Theroux
10:38 AM	3	White	Men	1 Mile	Assumption, Brown Club Swim, Clark, Holy Cross, RWU, The Cardinals, Trinity, URI Club Swim
10:45 AM	4	Red	Women (+ 2 Men)	1 Mile	Brown Varsity, Bryant, Holy Cross, Providence College, Rhody S&D, Logan Hellwig, Noah Meyer
10:48 AM	5	Purple	Women	1 Mile	Assumption, Brown Women's Water Polo, Clark, Northeastern, RWU, The Cardinals, Trinity, UConn, WNEU
10:55 AM	6	Pink	M & W	1 Mile	Bishop Feehan, Bluefish SC, Brandeis Judges, Commonwealth South, Crimson, KingfishRI, One Fin Tunas, Pioneer Valley, Salve Regina, Sea Monkeys, Steve's Westarlins, SwimRI, The Momsters, Weymouth Waves, Wheeler, Unattached, Katrina Martin
11:00 AM	7	Green	M & W	0.5 Mile	All Half-Mile Swimmers
All Waves	All Waves	Orange	M & W	All	Angel (Support) Swimmers

- Each wave of swimmers will wear a different color cap.
- Each swimmer will be tracked electronically (via RFID ankle band) and manually (via number body marking).
- "Swim Angels" (strong swimmers) wearing orange caps and safety buoys will provide an extra set of eyes in the water.
- As swimmers exit the water, snow fencing and volunteers will funnel them over the timing mat toward the checkout tables.

1/2-MILE & 1-MILE COURSES



ROGER WHEELER STATE BEACH
NARRAGANSETT | RHODE ISLAND



SAFETY

Safety is our top priority. Please comply with all SAA safety personnel and procedures.*

- All swimmers and volunteers must sign a waiver at check-in.
- **Minors (under age 18) must have a parent/guardian sign your [waiver](#).**
- **All angel swimmers and lifeguards must attend the Water Safety Briefing at 9 a.m.**
- **All swimmers must attend the Swimmer Safety Briefing at 10 a.m.**
- All swimmers, including angel swimmers, in the quarter mile, half mile, and one mile waves, must securely affix and wear the safety chip distributed at check-in.
- All swimmers must wear the correct cap color assigned at check-in.
- All swimmers must be body marked.
- Mp3 players, hand paddles, and snorkels are prohibited on the course.
- Fins and swimmer buoys are generally prohibited. Exceptions require event director approval and assignment of an angel swimmer.
- Swim waves will begin at the direction of the event director. Swimmers should only enter the water as instructed by the event director.
- All swimmers must adhere to discretionary decisions made by SAA safety personnel.*
- **IMPORTANT: Upon exiting the water all swimmers must cross the finish timing mat and proceed to the check-out table. Exception: Angel swimmers must check with the swim angel coordinator to verify they are done for the day before crossing the timing mat.**
- Spectators are not permitted inside the start/finish chute except as approved by a SAA staff member or the safety director.
- Angel swimmers are present to support swimmers who feel less comfortable in open water. If you are concerned about your ability to swim in open water, please contact doug@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: ~70 degrees. Wetsuits and Swim Skins are **permitted**. Other than caps and goggles, no other equipment is permitted. Exceptions require the event director's advance approval.

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 Director and Safety Coordinator, 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.

Course Compliance and Procedures

Swim Across America reserves the right to remove or move a swimmer's position along the course via approved safety methods and as personnel deems appropriate, or make other operational changes, as needed. All swimmers must follow the direction of both National and local Swim Across America personnel. Noncompliance that endangers the participant or others may make the participant ineligible to participate in future Swim Across America events.

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

NOTE: Because the SAA-RI Swim has hundreds of swimmers in close proximity to each other on the swim course, local event policies regarding the use of equipment supersede the national equipment policies. For example, if you wish to wear a safer swimmer buoy for the one-mile or half-mile swim, please obtain the event director's approval in advance — you may be assigned an angel swimmer and/or instructed to swim off to the side of the swim lane, away from the scrum, and to take a wide berth around turn buoys to avoid your buoy touching or getting tangled with other swimmers.

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 — i.e., \$250 for 0.5 and 1-mile swimmers, \$100 for 0.25-mile swimmers, and for the Kids Splash & Dash swimmers fundraising is optional but encouraged. Your registration “self donation” fee counts toward your fundraising total.

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.

Fundraising Made Easy

Here are some [great ideas](#) and [fundraising resources](#) any participant can use to improve their fundraising. Did you know most employers have a matching gifts program? Ask donors to check our [matching gifts](#) portal to see if they qualify.

New! SAA Good Move Fundraising App

Fundraising gets easier with the new [Good Move 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 on Event Day and Win with @Block.Cancer and Elizabeth Beisel

Swim Across America, Elizabeth Beisel, and Block Cancer are proud to [partner](#) to offer an amazing giveaway to one lucky participant from each of our community charity swims in 2024. The rules are simple: post your best photos from the event on Instagram and tag [@saaswim](#) and [@block.cancer](#). One winner will receive a Block Cancer Ted hoodie and Army Green beanie.

YOUR IMPACT

Proceeds from the SAA - Rhode Island Swim fund gynecological and breast cancer research at [Women & Infants Hospital of Rhode Island](#). Since SAA-RI was established in 2010, over 6,000 swimmers and volunteers have raised over \$2.5 million to support cancer care in the Rhode Island community.

[Click here](#) to read our local beneficiary's impact statement.

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



LOCAL PARTNERS



NATIONAL PARTNERS

