Swimmer Safety Talk Notes
September 9th, 2017

This is the 9th year for Swim Across America Seattle. Inaugural year in 2009

Swimmers Safety Notes *(please use the map as a prop):*

- Weather outside is XX-to-XX Fahrenheit and the water temperature is XX-to-XX Fahrenheit.
- If you are registered and signed in for the event, we assume you will be in the water swimming. If something changes, please do not leave the event without informing the SAA staff.
- Please do not try and join the swimming portion of the event if you are not pre-registered. This is a private event and MI Marine Patrol can remove swimmers that are not -pre-registered for this event. The emergency contacts and information are only set up for swimmers who have registered and must be associated with those swimming who have actually registered.
- Wearing the Swim Across America cap is mandatory for safety reasons. Please wear your designated cap.
- The kayaks, boats and paddleboards are there for the safety of the group. They will not act as individual guides. Do Not swim in the proximity of the power boats. They are OFF THE COURSE.
- Do not abandon the race course for any reason. Our goal is for all swimmers who check-in to check-out. We will be calling your cell phone and emergency contacts if you are not checked out but checked in.
- If you are tired or injured and need assistance, summon help from a kayak or a paddleboard. The safety team has noodles for you to rest with. Keep in mind that if you rest three times you are subject to removal from the water. If you are asked to exit the water and do not, the MIPD will be summoned.
- If you are in distress and can not swim to the closest volunteer, remove your cap and/or wave your arms vigorously.
- If you decide to quit the race, notify the closest safety volunteer. Under no circumstances should a participant abandon the course unassisted or without notifying race personnel. DO not just swim towards shore! A kayak will escort or transport you to one of the power boats.
- If you are injured or need medical attention you will be transported to a Marine Patrol Boat.
- 2 milers: If the sun is out the sunrise happens directly over the first buoy marker and can be difficult to see. Please make sure you spot it before you leave the shore.
- This is a fundraising event, not a competition. Please do not swim on top of or over others. We do provide chip timing and you can challenge yourself but do not to do so at the expense of other swimmers. Keep an eye out for other swimmers—help them stay on course and summon a volunteer if you see someone in distress.
- Heat yourself, warm up or stay dry and warm and wetsuits recommended
- Safety team is there to help assist you and protect the swim lane, please listen to them and obey them if they ask you to do something. If a boat approaches to assist you, clearly explain the nature of your problem.
- There is a 1-hour time limit to clear the bridge and a 2-hour time limit on any course. We cannot afford to have Police assets after 2 hours. If it appears you will not finish in 2 hours we will shuttle you to the final buoy.
- 9 Orange race marks for 2-mile, final turn has green marker attached, keep race marks on your left shoulder
- 3 Yellow race marks for the ½ and 1 mile, keep marks on your left shoulder

- Awards start at 10 am even if swimmers are still in the water.
- At any point that you request or are given assistance, please provide your race number or name to the safety volunteer.
- If you are transported or escorted to a power boat or Marine Patrol, you will remain on the boat until that boat is authorized to return to the finish area. When you return to the finish area, you must check in with the Race Director or finishing crew and return your electronic time chip. If you start the race but do not check in at the finish, we will assume you are still on course. If the race is over and your time chip has not been returned, we will assume the worst.
- The medical team is dressed in orange shirts. As you come out of the water, if you need medical assistance (determined by you or them), please find the closest volunteer. The medical tent and staff is available before, during and after the race!
- If you are injured but able to remain at the finish area, notify the Race Director. You will be expected to complete an incident report.
- Last, we are using an online system. It is extremely important that you are checked out both manually and electronically!! Volunteers will be electronically checking you out but may ask for your number as you walk by.

From here, swimmers (2 milers and pool swimmers) will board the buses. There are 4 buses. AS soon as the first bus is loaded it will proceed to Mercerwood Shore Club then loop back around for the second bus.