



2023 SAA-ATLANTA SWIMMER & VOLUNTEER PACKET

EVENT TIMELINE

*Event Day Schedule is subject to change. **Please arrive before check in closes at 8:15 am.**

| Event Day Timeline |
|--|
| 5:30: Volunteer Check In opens 7:00 - 8:15 am: Swimmer Registration |
| 7:15 - 8:00 am - Olympian Autograph Session: Upper Plaza |
| 7:45 am - Angel Meet up at the Ambulance |
| 8:00 - 8:30 am - Welcome Program, Awards, and Special Ceremony |
| 8:40 am - Safety Talk for ALL SWIMMERS |
| 8:45 am - 3 Mile Swim Start |
| 9:05 am - 1 Mile Swim Start |
| 9:20 am - 0.5 Mile Swim Start |
| 11:15 am - Course Closes. All Swimmers Out of the Water. |
| 11:30 am - Event Concludes! |

VENUE & COURSE MAPS

Registration Location

[Lake Lanier Olympic Park](#)

3105 Clarks Bridge Road
Gainesville, GA 30506

We encourage all participants and spectators to carpool when possible.

Cap Colors:

3 Mile – Light Blue

1 Mile – White

½ Mile – Bright Green

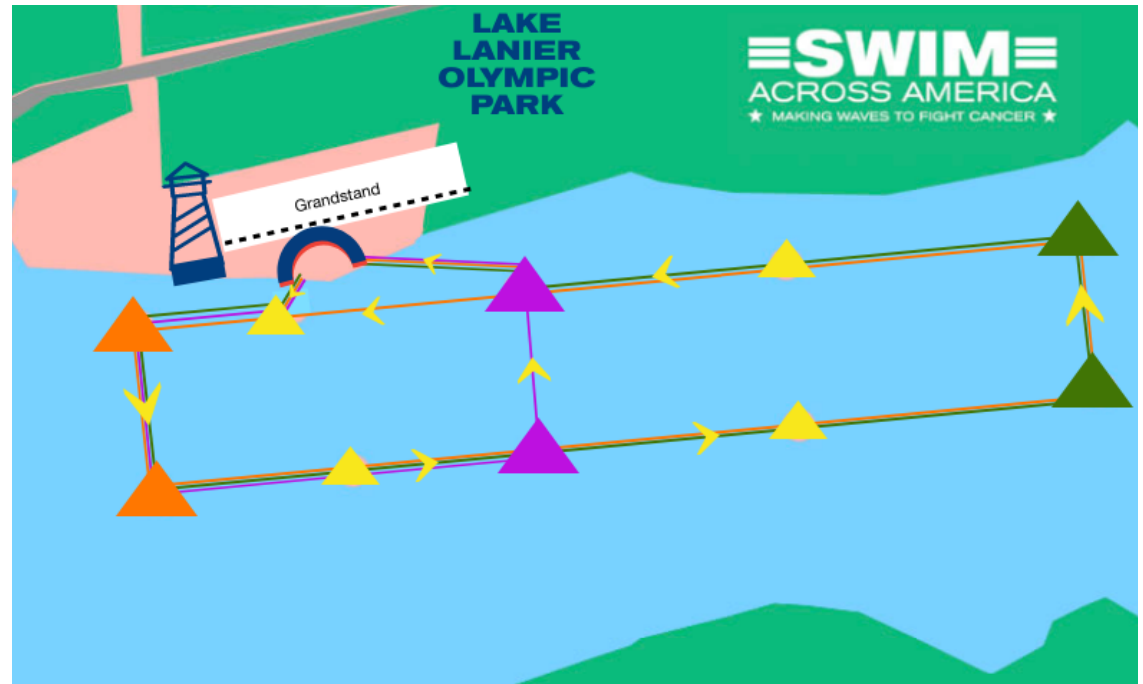
Brief course description (please refer to the map):
Keep the buoys to your left all the time and swim **counter clockwise**.

3 Milers – Swim 3 times around the **ORANGE** and **GREEN** buoys

1 Milers – Swim 1 time around the **ORANGE** and **GREEN** buoys

½ Milers – Swim around the **ORANGE** and **PINK** buoys.

Course Map



1/2 MILE

1 MILE

3 MILE - 3 LOOPS

CHECK-IN & WHAT TO BRING

Upon arrival at 7:00 am, please park and proceed directly to the pavilion where you will find the Registration Area which will be clearly marked. **Registration opens at 7:00 am and closes at 8:15 am. Please arrive with plenty of time to check in before registration closes.**

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](#).**

Once positively checked in, we invite you to visit our Tattoo table, Sponsor partner tents, and Why I Swim and Wavemaker tables (for our Wavemakers!). Stop by the Swim Across America step and repeat to take group photos. Be sure to tag **@saatlanta** on any photos you take!

What to Bring

1. **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](#).
2. **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.
3. **ADDITIONAL ITEMS** - Swimsuit, 2 pair of goggles, sunscreen, lawn chair, bug spray and a smile!

Each finisher will receive a **beach towel** when they come out of the water.

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 - Atlanta [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.

VOLUNTEERS

Thank you for helping us Make Waves to Fight Cancer!

Upon arrival, please proceed to the registration table just inside the venue gates, 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: Arrival times vary by volunteer role and will be communicated by Vicki Bunke. Please plan accordingly for enough time to check in at registration, sign a waiver, and prepare your station. Should you have any questions or need to update us on your status for Saturday, please [email](#) Vicki Bunke as soon as possible.

Water Volunteers: All water volunteers should have received communication from Nancy Overheim on specific arrival times and instructions by role. **Kayak / SUP drop area opens at 6:45 am.** There will be folks there to help unload. Please label all of your gear. Please allow for enough time to check in at registration, sign a waiver, and prepare your vessel. You should have received 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](#) Nancy Overheim as soon as possible.

****There is a mandatory water safety meeting at 7:00 am for Lifeguards and 7:30 am for Water Volunteers.**

SAFETY

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

- **We recommend that all participants watch the 2023 Course Overview & Safety Briefing [video](#).**
- 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.
- If you are registered and positively checked-in for the event, we assume you will be in the water **swimming**. If something changes, **please do not leave the event without CHECKING OUT and informing the SAA staff.**
- **All swimmers are required to attend the Mandatory Safety Talk at center stage at 8:40 am.**
- All swimmers are **required** to wear the safety chip distributed at check-in.
- All swimmers must wear the correct cap color assigned at registration. (Cap colors coordinate with distance and are listed on page 3.)
- All swimmers must be body marked.
- All swim distances will begin at the direction of the Event Director. For the safety of ALL, swimmers should only enter the water when specifically instructed to do so by SAA personnel.
- **Mp3 players and headphones are not allowed on the course. Fins and safe swimmer buoys are allowed.**
- All swimmers must adhere to the discretion of SAA safety personnel*.
- Spectators are not permitted inside the start/finish chute unless otherwise approved.
- Make sure you have had a light snack and are well hydrated prior to your swim. Water and Powerade are available on site.
- **Wetsuits will not be allowed.** We expect the water temperature to be around 80 degrees.
- Swimmers will line up on the sidewalk toward the tower, by distance, fastest first. We use a time trial start which means we will start you in pairs of two swimmers every 3-5 seconds. Please be prepared to give your number to the timer as you walk up to the mat.
- Our swim entry and exit are small stones with little hazards. Take a few steps and shallow water dive as you go in. Reach for helping arms as you climb out, if needed. All buoys and inflatables are fixed so please do not grab onto their lines or try to climb on top of them.
- **Swim in a counter clockwise manner and keep all swim buoys to your LEFT.**
- One and three milers - **DO NOT CUT THROUGH THE MIDDLE OF THE COURSE** unless you have been directed by safety personnel to do so. If you do without permission, you will be asked to get back on course.
- The course cut-off for the 3 Mile is 2 hours 30 minutes **after** the first swimmer enters the water at the start of the 3 mile swim; thus, the course closes for all distances at 11:15 am. The course must be cleared by 11:30 am. **NOTE: If a swimmer is not**

making the turn for the final loop by 10:30 am, they will be asked to continue to the ½ mile turns and head back into the finish.

- Lifeguards, water volunteers, and stationary boats are on the water to provide assistance. They will also have bottled water. **Rest on front or back** of the kayak or SUP as needed.
- ***If you need help or see another swimmer that might need assistance, wave your arm, hand, or cap in the air. If you see something out of the ordinary, SAY SOMETHING!***
- If you are not capable of completing your swim, let the nearest water volunteer or lifeguard know and they will direct you on what to do.
- If you abort the swim or are escorted to a power boat, you will remain on the boat until the Safety Coordinator has authorized the vessel to return to the finish area, near the end or completion of the event. When you return to the finish area, **you must check out and return your safety chip.**
- Don't stand up too soon. Swim as far into the arch area as possible. When you exit, you will cross the timing mat, visit the **CHECK OUT table**, get a towel, throw your timing chip into the box and exit to the left. The food tables are up top on the boardwalk. You are **required** to visit the Check-out table after swimming to ensure proper sign out and return the safety chip to ensure that ALL Swimmers are properly accounted for after the event.
- Angel Swimmers will be present to help support swimmers who feel less comfortable in open water. If you are concerned about your ability to swim in open water, please email [Vicki Bunke](#) or [Nicole Schwartz](#).

*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

The expected water temperature is in the low 80s. Wetsuits are **not recommended**.

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.

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

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.

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.

Top Fundraiser Wins an SAA x Gill Aqua Parka

This year, the top individual fundraiser will receive an SAA-branded [Gill Aqua Parka](#). Get to the top of the leaderboard to win yours!

YOUR IMPACT

SAA-Atlanta funds benefit the [Aflac Cancer & Blood Disorders Center of Children's Healthcare of Atlanta](#). Established in 2013, SAA - Atlanta has donated nearly \$3 million to our beneficiary. Thank you for your support of cancer care in Atlanta.

Funds raised from the event support several young investigators and their cancer research. More details of the specific research projects can be found in the [2023 SAA-Atlanta impact report](#).

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

