



# 2023 SAA-BOSTON SWIMMER & VOLUNTEER PACKET

# EVENT TIMELINE

\*Event Day Schedule is subject to change.

<b>Event Day Timeline</b>
<b>6:30 am:</b> Volunteers Arrive
<b>7:30 am:</b> Registration Opens (Closes at 8:15 am)
<b>8:30 am:</b> Ceremony Begins
<b>9:00 am:</b> Mandatory Safety Talk
<b>9:15 am:</b> 2 Mile Swim Start
<b>9:25 am:</b> Kids Splash
<b>9:40 am:</b> 1 Mile Swim Start
<b>10:00 am:</b> ½ Mile Swim Start
<b>10:30 am:</b> Course Closes
<b>Noon - Join us at Harpoon Brewery (306 Northern Ave, Boston) for post swim drinks and food!</b>

# VENUE & COURSE MAPS

## **Swim Location:**

[Castle Island at Pleasure Bay](#)

2010 William J Day Blvd

Boston, Massachusetts 02127

## **Parking**

Ample free parking is available at Castle Island in the lot by Sullivan's and all around the beach. We encourage carpooling.

## **Course Map (see next page)**

Participants will complete the course swimming counter-clockwise (making left turns around each buoy).

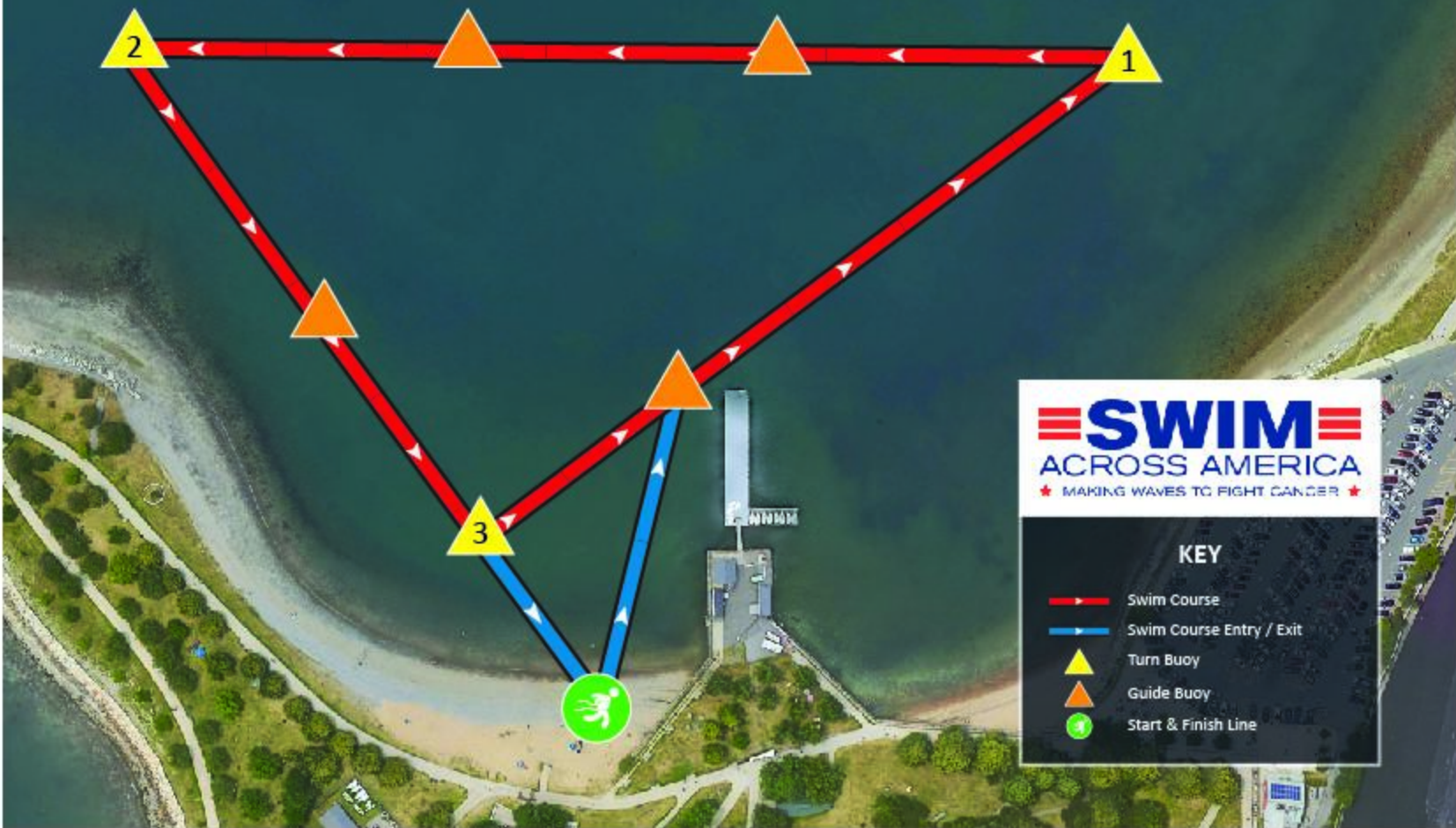
Half mile = 1 loop | 1 mile = 2 loops | 2-miles = 4 loops

### Course Map: Boston Open Water Swim

Pleasure Bay & Castle Island

August 12th, 2023

1 loop = 1/2 mile, 2 loops = 1 mile, 4 loops = 2 miles



# CHECK-IN & WHAT TO BRING

Upon arrival, please park and proceed directly to the Registration Area, which will be clearly marked. **Registration opens at 7:30 am and closes at 8:15 am.**

Be sure to follow the signs and check in *as soon as you arrive* to receive your cap and t-shirt. **All swimmers and volunteers must check in and sign a [waiver](#).**

## 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. **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](#).
3. **WETSUIT** - **Please note that wetsuits are required if water temperature is below 67°F. (NOTE: In the past week, water temperatures in Pleasure Bay have ranged from 70°F to 63°F.)**
  - a. Official water temperature will be determined the morning of the event.
  - b. We recommend that you **bring a wetsuit** to be sure you will have the option to swim.
  - c. Wetsuit rentals are available **in person** at [FastSplits](#) in Needham or online at [WetsuitOutlet](#).
4. **OTHER ITEMS** - Swimsuit, 2 pairs of goggles, Vaseline or BodyGlide (for under the arms, neck area - note: do not apply this until after you are body marked), sunscreen, sweatshirt, sweatpants, and an extra towel.

Each finisher will receive a **beach towel** when they come out of the water, compliments of our beneficiaries: Dana-Farber Cancer Institute and Mass General for Children Cancer Center!

**Communication - Important!** Please follow us on the event website and social media to get weather-related event changes.

Any updates leading up to the event will be posted on the SAA - Boston [website](#), [Instagram page](#) and [Twitter 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

Volunteers are essential to SAA's mission and we could not put on this event without the help from our wonderful volunteers. Thank you for helping us Make Waves to Fight Cancer!

**All volunteers must check in**, sign a [waiver](#) and receive their t-shirt. Please arrive at the following times:

- All LAND volunteers need to arrive by **6:30 am** at registration. Further instructions about roles/assignments will be provided via email in advance and a LAND volunteer briefing will also be held when you arrive. Should you have any questions or need to update us on your status for Saturday, please [email Jen Downing](#).
- All WATER volunteers and angel swimmers need to arrive by **7:30 am** at registration, and well before the **8:15 am WATER VOLUNTEER safety briefing with Safety Director Kitty Tetreault**. Should you have any questions or need to update us on your status for Saturday, please [email Jen Downing](#).



# 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 bring a signed [waiver](#) to Registration Check-in. To speed registration, **please print ahead of time, sign and bring with you on Saturday**.
- **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.
- **Wetsuits are required if water temperature is below 67°F. (NOTE: In the past week, water temperatures in Pleasure Bay have ranged from 70°F to 63°F.)**
  - Official water temperature will be determined the morning of the event.
  - We recommend that you **bring a wetsuit** to be sure you will have the option to swim.
  - Wetsuit rentals are available **in person** at [FastSplits](#) in Needham or online at [WetsuitOutlet](#).
- 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.
- **Headphones and Mp3 players are not allowed on the course.** Snorkels are **not allowed** on the course unless approved by SAA safety personnel\*.
- If a swimmer decides to exit the water of their 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 will be present to help support swimmers who feel less comfortable in open water. If you would like to have an Angel Swimmer accompany you for your swim, please find Safety Director Kitty Tetreault before the swim starts. An announcement will also be made about Angel Swimmers during the safety talk.

\*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 around **65-67°**. **Wetsuits are required for ALL swimmers unless (a) water temperature is 67°F or above or (b) the Safety Director Kitty Tetreault gives permission to the individual swimmer.** There are no swimsuit style or fabric restrictions.

## **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.

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: \$500; Swimmers under 18: \$250)

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-Boston funds benefit quality-of-life clinical research at [Dana-Farber Cancer Institute](#) and pediatric oncology research at [Mass General for Children Cancer Center](#). Established in 1996, SAA - Boston has donated millions of dollars to support cancer care in the Boston community.

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

