



2023 SAA-RHODE ISLAND SWIMMER & VOLUNTEER PACKET

EVENT DAY TIMELINE

September 9, 2023
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
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

VENUE / ARRIVAL

[Roger Wheeler State Beach](#)

100 Sand Hill Cove Road, Narragansett, RI 02882



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



14th Annual Fundraising Swim to Benefit Cancer Research at Women & Infants Hospital of Rhode Island

We expect a beach scene charged with excitement as 800 swimmers and volunteers turn out to “make waves to fight cancer.” This year we’re welcoming Olympian Eric Wunderlich as the event emcee and three-time Olympian and Rhode Island native Elizabeth Beisel is back speaking and swimming. 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 sponsors JOLYN Clothing and Gill Marine 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, **swimmers** will receive their swim cap, safety chip, body marking, and **T-shirt** (if you’ve raised \$250).
4. At check-in, **volunteers** will receive a t-shirt and their assignment(s) and instructions.
5. Swimmers, grab a snack, visit our **Rookie, Tattoo, Wavemaker, and SAA and Sponsor Merch Tables**, and sign the **Why I Swim Banner**.

What to Bring:

1. **Required Waiver** — Print legibly and complete both sides. 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!

After You Swim:

Upon exiting the water, everyone must cross the timing mat and check out to receive a **beach towel** compliments of **Women & Infants Hospital**.

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 ****

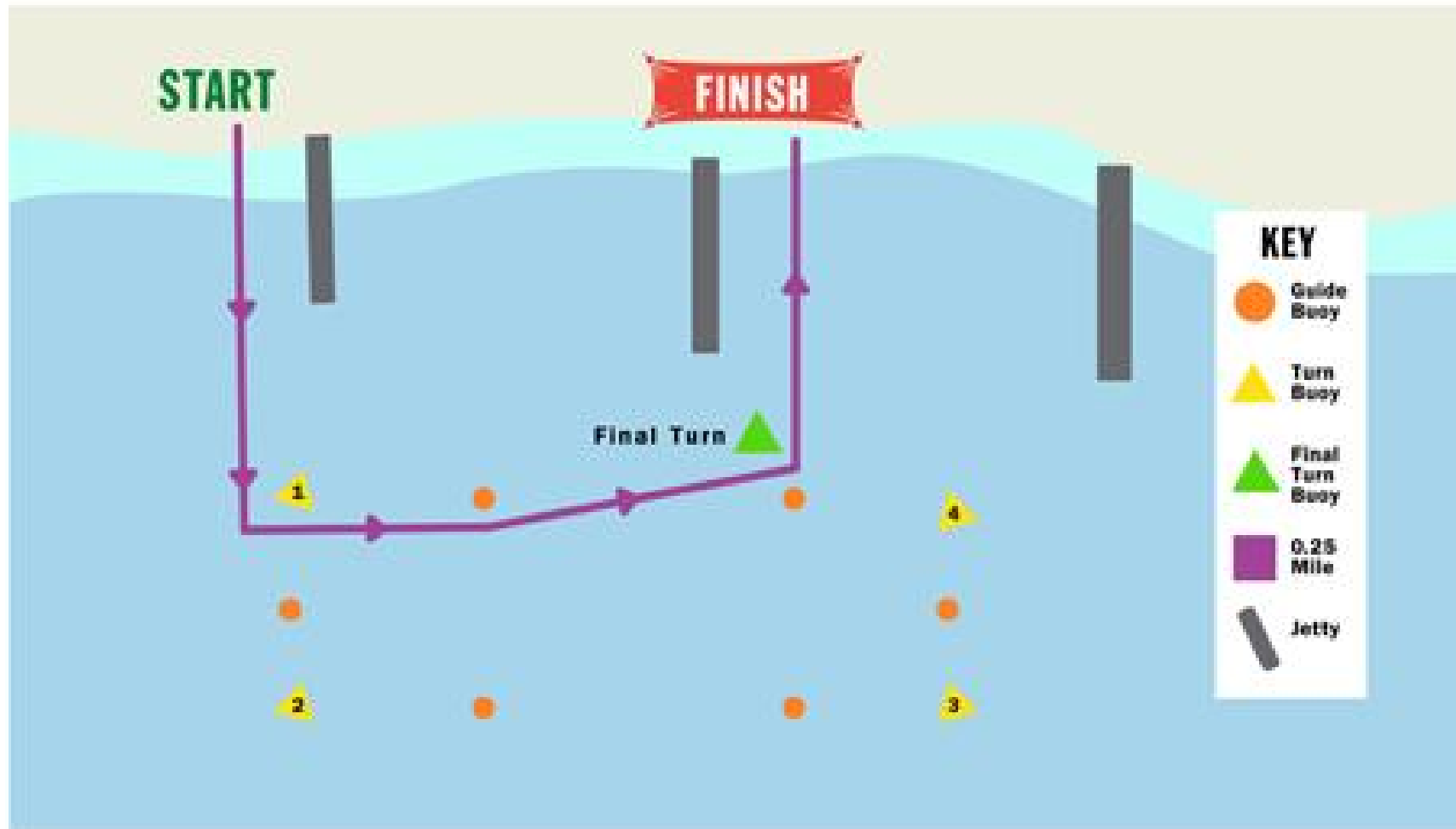
START TIME	WAVE #	CAP COLOR	GENDER	DISTANCE	TEAMS/SWIMMERS
10:15 AM	1	Yellow	M & W	0.25 Mile	Ages 9 to 12 and approved others: Anglerfish, Bluefish SC, Gator SC, Kingfish RI, Newport County Y
10:35 AM	2	White	Men	1 Mile	Ages 13+ and approved others: Brown Varsity, Bryant, Providence College, Ando Braedon, Jack Maron, Alex Parent, Zach Parent, Quinn Caputo, Jack Eaddy
10:38 AM	3	Red	Men	1 Mile	Assumption, Babson, Brown Club Swim, Cardinals, Holy Cross, Rhody S&D, RWU, URI Club Swim
10:45 AM	4	Light Blue	Women	1 Mile	Brown Varsity, Bryant, Holy Cross, Northeastern, Providence College, Rhody S&D, Elizabeth Beisel
10:48 AM	5	Hot Pink	Women	1 Mile	Assumption, Brown Club Swim, Brown Water Polo, Cardinals, RWU, UConn, URI Club Swim, WNEU
10:55 AM	6	Neon Green	M & W	1 Mile	Bishop Feehan, Bluefish SC, Gator SC, H2O for a Cure, Kingfish RI, King Philip, Newport YMCA, NHS Lady Mariners, North Shore Narwhals, One Fin Tunas, RIAC, Steve's Marlins, SwimRI, Team Sousa, Team Weirup, The Momsters, Wheeler, Unattached
11:00 AM	7	Lavender	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.

1/4-MILE SWIM COURSE MAP



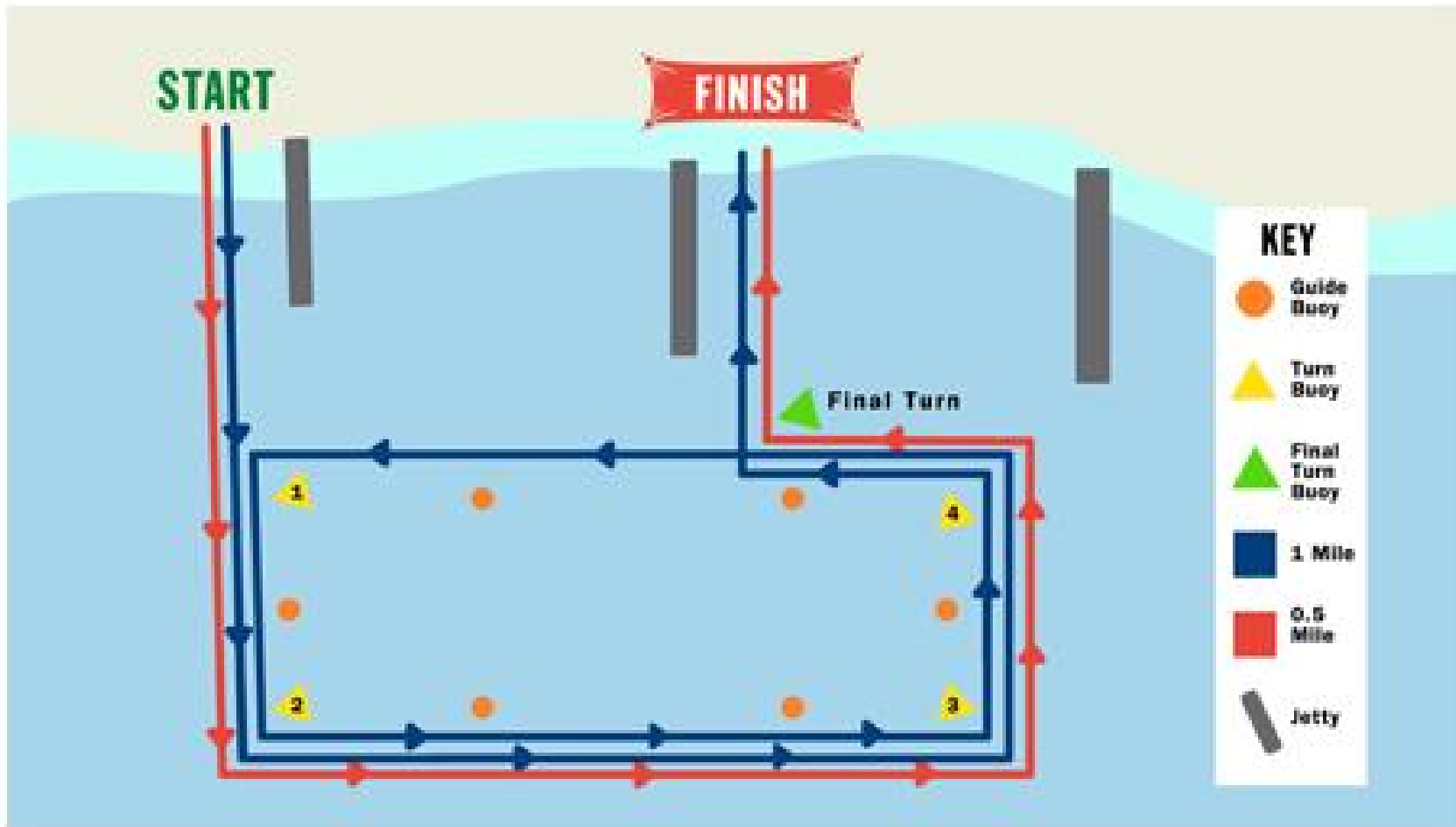
ROGER WHEELER STATE BEACH
NARRAGANSETT | RHODE ISLAND



1/2-MILE & 1-MILE SWIM COURSE MAP



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, 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 a swim angel.
- Swim waves will begin at the direction of the event director. Swimmers should only enter the water as instructed by the ED.
- All swimmers must adhere to discretionary decisions made by SAA safety personnel.*
- **IMPORTANT: Upon exiting the water all swimmers must cross the timing mat and proceed to the check-out table.**
- 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

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 changes 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 **\$250 fundraising minimum** when you registered for the event.

Please bring any check or cash donations 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.

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

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 \$2.4 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 SPONSORS



NATIONAL PARTNERS

