



2024 SAA-BOSTON SWIMMER & VOLUNTEER PACKET

EVENT TIMELINE

***SCHEDULE UPDATED ON THURSDAY, AUGUST 8**

Event Day Timeline
7:30 am: LAND Volunteers Arrive
8:30 am: WATER Volunteers Arrive
8:30 am: Registration Opens (Registration Closes at 9:30 am)
9:40 am: Ceremony Begins
10:15 am: Mandatory Safety Talk
10:30 am: 2 Mile Swim Start
10:40 am: Kids Splash
10:55 am: 1 Mile Swim Start
11:15 am: ½ Mile Swim Start
12:00 pm: Course Closes
1 pm - Join us at Harpoon Brewery (306 Northern Ave, Boston) for post swim drinks and food! All ages welcome!

VENUE & COURSE MAPS

Swim Location:

[Castle Island at Pleasure Bay](#)

2080 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 10, 2024

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



SWIMMER CHECK-IN & WHAT TO BRING

Upon arrival, please park and proceed directly to the Registration Area, which will be clearly marked. **Registration opens at 8:30 am and closes at 9:30 am. Swimmers must check in before registration closes.**

Be sure to follow the signs and check in *as soon as you arrive* to receive your cap and t-shirt. **All swimmers 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 - Wetsuits are required for this event.**
 - a. **Fast Splits** in Needham Heights offers wetsuit rentals and sales for our event. [Click here](#) for information on a \$50 wetsuit rental for Thursday to Tuesday. Find info about wetsuit sales [here](#).
 - b. **Orca** is an SAA wetsuit partner offering a 20% discount and entry to win a \$500 gift card when you shop through our [SAA Orca link](#). Be sure to order ASAP to ensure delivery ahead of our event.
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 Cancer Center!

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

Any updates leading up to the event will be posted on the [SAA - Boston website](#), [@BostonSAA Instagram page](#) and [Facebook 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 wear their issued t-shirt. Please arrive at the following times:

- All LAND volunteers need to arrive by **7:30 am** at registration. (Look for the special Volunteer Check-In table.) Further instructions about roles/assignments will be provided via email in advance and reviewed at a LAND volunteer briefing starting at **8:00 am**. 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 **8:30 am** at registration (look for the special Volunteer Check-In table), and well before the **9:15 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 2024 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 at 10:15 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 pace groupings.)
- All swimmers must be body marked with your swimmer number at registration.
- **Wetsuits are required for this event.**
- 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.
- Participants are **not permitted** to use Mp3 players, headphones, or any device that could impede hearing while swimming or on the course at any time.
- Participants are **not permitted** to use fins, paddles, buoys, snorkels, and/or kickboards at Swim Across America open water events. In special situations, equipment may be used with approval from the [National Safety Director](#), local safety director, or event director.
- Swim Across America-provided safe swimming buoys are available as an option; however, they are not required and are not considered life saving devices.
- All swimmers must adhere to the discretion of SAA safety personnel*.

SAFETY (cont'd)

- 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 in the finish area 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 approved by the Event Director.
- 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 email **Safety Director Kitty Tetreault**, kitty@swimacrossamerica.org. 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

Wetsuits are required for all swimmers for this event. Exceptions may only be granted by the Safety Director, Kitty Tetreault for swimmers with extensive cold water swimming experience. There are no swimsuit style or fabric restrictions.

Recent water temperatures in Pleasure Bay have been 61-63 F.

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 the 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 check donations or cash delivered directly to you in a secure envelope with your name, amount, and donor details to the swim on Saturday. We also accept Apple Pay, 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.

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 Friday, 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 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

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

Read about the specific cancer research projects and doctors your funds are supporting at Dana-Farber Cancer Institute [here](#). Read the latest Swim Across America - Boston impact report [here](#).

RESEARCH MILESTONE! The New England Journal of Medicine recently [published](#) a paper that showed “dramatic and rapid” regression of glioblastoma in three patients who received groundbreaking CAR-T therapy. The clinical trial was conducted at a lab within Mass General Cancer Center that received earlier funding from Swim Across America - Boston and Swim Across America - Nantucket.

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

