

Safety Briefing

- If you have NOT checked-in or received your swimmer number, you **MUST** report to the check-in tent **AFTER** this safety briefing.
- All swimmers **MUST** also **check-out at the finish in Jamestown.**
- You **MAY NOT** enter the water unless you have checked in. It is very important that **only numbered swimmers who are officially registered enter the water.**
- When you cross the finish line in Jamestown you will be given a numbered position marker - a popsicle stick - from staff on the finish line boat.
- **You MUST turn in your stick to the staff in the PINK SHIRTS near the check out area.**
- If you get out of the water or are removed from the water before the finish, **you must report to check-out in Jamestown immediately!**
- The Swim course runs roughly parallel to the Newport Bridge; the finish in Jamestown is around Taylor Point in

Potter Cove. Official safety boats throughout the course will be flying orange flags with white trim.

- Near the beach, you will see a large LaidBack Fitness finish line balloon archway with a Save the Bay Swim Banner. That will direct you to the finish line.
- Taylor Point in Jamestown is marked with 2 large yellow buoys. You will also see orange mesh on Taylor Point. As you approach the Jamestown side you will pass to the left, or south, of Taylor Point.
- Please keep a wide berth around Taylor Point to avoid current. After you round the point, you will see the finish area.
- There will be surfboards and stand up paddle boards past Taylor Point before the official finish funnel to guide you in.
- Swim between the two boats.
- There will be two red balloons on flags above the finish line and two on one of the finish line tents.
- Please be aware that the bottom near the finish area is soft and has rocks and holes, walk carefully.
- Once you turn in your stick to the staff in the pink shirts, you're done.

- You have two hours to complete the Swim.
- Swimmers, if you are in distress - turn on your back and wave. **Do not** turn around and attempt to swim back to shore. Signal for help and a kayaker will come to you.
- We have taken precautions for your safety, but once you are in the water, use your best judgement. You are responsible for yourself.
- **Coast Guard boats** and other official safety boats will surround the course. **Safety kayakers** will escort the field of Individual Swimmers across the Bay. They will watch for swimmers in distress.
- **Jellyfish** - You should be aware that lion's mane jellyfish are common in Narragansett Bay at this time of year. Their stings are generally not serious.
- To try and avoid being stung by a jellyfish **you should cover as many areas of your body as possible.** We strongly advise that you wear a wetsuit. In addition, we advise that you wear goggles.
- Should you be stung by a jellyfish, DO NOT attempt to treat it. Seek medical attention at the medical tent in Jamestown.

Kayakers

- Your job is to support your swimmer.
- We recommend **picking a meeting point well down the course**. It is difficult to identify your swimmer in the confusion of the start.
- Stay well to the side of the start area to AVOID contact with swimmers.
- Be very mindful of swimmers around you to avoid collisions with swimmers.
- If your swimmer is in distress, throw a Life Vest with line to the swimmer – wave your paddle for attention – **DO NOT** pull your swimmer into the kayak. **If they need to hold on, have them hold the bow or the stern to avoid capsizing.**
- If you get separated from your swimmer, do not worry. Your swimmer may have an easier time finding you, than vice versa.
- If you don't find your swimmer, do not be alarmed. There are safety vessels along the full course of the swim. Proceed to the kayak checkout point at Potter's Cove.
- This year, Kayakers will exit to the left near Taylor Point to the tent on the beach that says KAYAKERS where you will

load your kayaks. **This is on the opposite side from previous years. Please stay to the LEFT of the swimmer finish line.**

- We must account for all Kayakers. Numbered, color-coded vests have been given to all kayakers at check-in.
- Vests must be worn on the water at all times on the **outside of your Life Vests**.
- When you and your swimmer reach the finish, the kayakers will exit to the **LEFT (South)** of the finish line boat toward the tent labeled **“Kayakers”**.
- Turn in your numbered vest to the designated kayaker accounting volunteer or staff member, wearing lime green shirts. “Swap your vest for a t-shirt”.
- **Kayakers will load their kayaks onto their cars up the stairs in the KAYAK TENT area.**
- You can meet up with your swimmer at the celebration tent in Jamestown.

Swimmers:

- At the start, stand behind the buoys and the yellow caution tape between the Surfrider volunteers.

- If you anticipate completing the Swim in 30 to 45 minutes - you should swim near the front of the group.
- This is **NOT a race** – the faster swimmers need to swim towards the front of the group for the SAFTEY of all

There will be a verbal warning by bullhorn at 9:05 am

Cannon starts Swim (Individual Swimmers) – Wave 1 6:15

Cannon starts Swim (Individual Swimmers) – Wave 2 6:20

Cannon starts Swimmers with Kayakers – Wave 3 – 6:25

Cannon starts Swimmers with Kayakers – Wave 4 – 6:30

Cannon starts Swimmers with Kayakers – Wave 5 – 6:35

- If there is an emergency in the water and we need to halt the swim, The Coast Guard will communicate with our safety team and with you.
- Please pay attention to all official safety boats, which will be flying orange flags with white trim. If there is an emergency, you must cooperate with the on-the-water safety squad.
- See you out there!