



## LAKE SWIM V Procedural Guide

So if you're looking to participate in this years Lake Swim as a swimmer or a member of the support team here are a few things you need to know (PLEASE READ ALL OF THEM!!)...

- The event director for the Lake Swim is Jon Keating. If you have any questions or concerns please contact him at 978-479-7184 or [keating.jon@gmail.com](mailto:keating.jon@gmail.com).
- Swimmers must be at least 15 years of age to participate.
- All swimmers are **REQUIRED** to sign a liability release (which can be found at [www.keyfoundation.org](http://www.keyfoundation.org)). This can be brought with you the day of the swim. Any participant under the age of 18 **MUST** have their release signed by a parent or guardian.
- All swimmers must be able to pass the BSA swimmers test. The event director reserves the right to test any participant on or before the day of the event. Any swimmer who cannot pass the test will not be allowed to swim for the event.
- This is a 3 mile swim. You must be physically fit enough to participate. The event director and the medical personal on site retain the right to disqualify any swimmer deemed unfit to participate.
- Swimmers are encouraged to come to Wah-Tut-Ca and check out the course prior to the event. Please contact the camp to inform them you are coming (Camp phone #603-942-5233).
- Please complete the registration form (which can be found at [www.keyfoundation.org](http://www.keyfoundation.org)) and submit to the event director at the above email address at least 2 weeks prior to the event.
- All swimmers are **REQUIRED** to wear a red swim cap for the duration of the swim. If you don't have your own cap then one will be provided for you.
- All swimmers must have a spotter who will follow them along the course in a kayak. Participants are asked to provide their own spotter.

- If for any reason you can't find a spotter please contact the event director and he will help you find one.
- All swimmers must raise a minimum of \$100 to participate. Please try to bring as much money as possible the day of the event. All checks should be made out to The Key Foundation.
  - Some nutrition will be provided for participants (water, Gatorade, granola, etc) but swimmers must provide anything beyond that.
  - Check in will begin around 8:30am at MacCallum's Boathouse on July 25. Please arrive with enough time to get checked in before the start of the swim.
  - The swim will begin at approximately 10am at MacCallum's Boathouse upon the signal of the event director.
  - Spotters and swimmers are encouraged to wear sunscreen and swimmers are encouraged to wear goggles. Sunscreen and goggles WILL NOT be provided by the event staff.

We hope to make this a fun and safe event. If you have any questions at all don't hesitate to contact Jon Keating at 978-479-7184 or [keating.jon@gmail.com](mailto:keating.jon@gmail.com). Don't forget to fill out your registration form and encourage your friends and family to participate and come to the BBQ!!! For more information on this and other Key Foundation programs check out our website [www.keyfoundation.org](http://www.keyfoundation.org).