

## **Expectations and Agreements for SWIMMERS**

### **Swim Art Open Water Swims**

#### **MISSION for SWIM ART SWIMMERS:**

To have fun, meet new people, overcome any fears or anxiety you may have, swim hard, challenge yourselves, learn lots of new things about open water swimming, enjoy the bay, and celebrate your lives!!

#### **The Rules**

##### **MEETING FOR THE SWIM:**

- We swim rain or shine. Heavy downpour and/or lightening and thunder may cancel a swim, in which case, cancellation will be posted on our website on the Group Swim page.
- On rare occasion, the bay is closed or "posted" because of contamination. If this happens on the day of a swim, the swim will be cancelled and the cancellation will be posted on our website on the appropriate page.
- Be on time – Meet at the meeting time and be ready to get in no later than 10 minutes after the meeting time of the swim in which you are participating
- If you arrive more than 15 minutes past the meeting time (life and traffic happens, we understand), we may or may not put you out with the group.
- If you arrive after the 6:30 pm meeting time at Treasure Island, please go straight to the beach to meet us.
- We have a Waiver (posted on the website on the Group Swims page). Please fill this out BEFORE your first swim and bring it with you. It is only necessary to fill it out one time. We will keep it on file for you.
- We have a Sign in / Sign out form. Please write your name, email address (if we don't already have it), and check yourselves OUT.
- If you are coming for the first time, you must sign the USAT waiver if you are a USAT member.
- If you are coming for the first time, we will give you a neon green cap.
- The first cap is free; replacement caps are \$3.
- We require you to wear the neon green cap at all Swim Art swims.
- If you are new to open water swimming, please tell us.
- If you have any health issues, personal issues, physical issues we should know about (i.e., that will affect your swim with us), we strongly encourage you to tell us about it.

##### **THE SWIM:**

- If you get out early, please tell your Guide if at all possible.
- If you get out early, you MUST check yourself off the Sign in / Sign out form.

##### **AFTER THE SWIM:**

- If you have any suggestions about the swim, how to improve it, or things that worked, again, we invite you to share them with us.

##### **CONTACT:**

- Leslie is the main contact for all general questions and specific questions about programs. Feel free to email or phone her at any time ([leslie@swim-art.com](mailto:leslie@swim-art.com) / 415-299-9098).
- If Leslie is not present at a particular swim, there will be a lead guide. Please communicate with him for any issues about that specific swim.
- Most Swim Art guides are available for private help outside the group swim times. Please contact Leslie or the specific Guide you are interested in working with.
- EMAIL LISTS. On occasion emails are sent to a large group with emails not hidden in a "bcc." These emails MAY NOT BE USED for any contact except relating specifically to the swim in context. Do not use these emails for private contact about any matter not directly relating to the particular swim in which you participated.
- PROMOTIONAL IDEAS. Many people have great ideas about ways to promote Swim Art through marketing of various forms, be it advertising, collaboration with other groups, or swag. While we greatly appreciate your interest and enthusiasm, we ask that you please contact Leslie before pursuing any of these avenues or putting them into action.