

## Swim for the Cross Sign-up Requirements

1. **Sponsor-** Every swimmer will have a sponsor. **This is non-negotiable.** Sponsors **do not** have to be related to or affiliated with the swimmer they are responsible for. They must only be an adult that will take responsibility for a singular swimmer. **Sponsors are not required and are discouraged from entering the water in the event of a drowning situation.** More hands in these situations often make things worse and makes the job of safety personnel far more difficult. Sponsors need to only focus on the safety of the individual they are charged with after they are done swimming. Not until a swimmer has been escorted to the sponsor's/swimmer's vehicle is a sponsor to aid other swimmers/sponsors.

A sponsor must meet the following requirements:

- a. Be an adult with a valid driver's license
- b. Be the same sex as the swimmer they are designated to

Sponsors will need the following things on the day of the swim

- c. Have a vehicle. This can belong to anyone, but for the event the sponsor needs to have access to said vehicle.
- d. Have at least 1 towel for their assigned swimmer (2 for swimmers with a lot of hair)
- e. Have a change of dry clothes for their assigned swimmer including a jacket/hoodie/coat
- f. A blanket for their swimmer

Items that are encouraged but not mandatory include

- g. Hot liquid in a thermal flask and/or light snack
- h. Extra cold weather gear (beanie, scarf, warm socks and shoes)
- i. Rewarming gear/tools (electric blankets, warm towels, hand/pocket warmers) these should be mostly unnecessary, but some individuals might prefer to have something along these lines. Do not apply heating devices directly in contact with skin.

2. **Information-** The following information is needed to sign up.
  - a. Name of swimmer and their sponsor
  - b. Phone number of sponsor
  - c. Phone number and name of emergency contact (family member or close friend)

3. **Positive Mental Attitude**