

Water Safety Page

The safety of swimmers is the number one priority of this event. It requires a coordinated effort from medical personnel and the Provincetown Rescue Squad on shore, the safety boats, Harbormaster, US Coast Guard, lifeguards and kayakers on the water to ensure the safety of each and every swimmer.

Swimmers

At registration you will receive a number which will be printed on your cap and on your arm or leg. You must wear your cap at all times in the water so that safety personnel will notice and be able to identify you.

ALL PARTICIPANTS MUST SIGN THE REGISTRATION AND LIABILITY RELEASE FORM (swimmers, boaters and kayakers).

Wetsuits are available AFTER registration and are loaned to you for free. Three fourths of the swimmers wear them, many have their own. First time swimmers, especially thin males, are encouraged to wear one. Water temperature is generally in the mid-60s, a typical summer temperature. PLEASE DO NOT PUT VASELINE ON UNTIL YOU ARRIVE AT LONG POINT as it messes up the trolley and transport boats.

Bananas, bagels and bottled water are available before the swim.

It is imperative that all swimmers check in with their number at the finish line on the beach, even if they are picked up by a safety boat, so we can account for all swimmers.

Long Point

Swimmers will be transported to Long Point from three staging areas:

- The Provincetown Trolley to MacMillan Pier
- Flyers Boat Yard – just west of the Boatslip
- Private boats from the Boatslip beach

Most swimmers will be transported from MacMillan Pier or from Flyers.

If you bring anything with you to Long Point (Vaseline, sweatshirt etc), please get a plastic bag with your name and registration number on it from clothes check so we can bring your things back to the Boatslip for you.

Swimmers, all boats are in the harbor for your safety. Please don't hesitate to ask for water or stop and rest if needed.

When in the water, look for the orange flags along the swim route and the orange tarps at the Boatslip for guidance.

Kayakers

Kayakers and safety boats are the glue that creates the safety net for the swimmers on the water. Please register early so you can make it to Long Point for the Swim start – registration is 8:30-10:00am on the Boatslip beach (please do NOT register with the swimmers on the deck). It's important to register early, 8:30-9:30am, to give yourself time to make the paddle across to Long Point, where the Swim starts.

You will receive a coupon for a t-shirt, several bottles of water for swimmers and a sign that reads: ALL MOTOR BOATS DOWNWIND OF SWIMMERS. Please hold up the sign if you notice a motorboat up wind as fumes from motorboats is the biggest complaint of swimmers.

We encourage kayakers to raise pledges as swimmers do, but it is not required. At Long Point beach, it is important that you stay on either side of the swimmers and be in the water when you see Jay arrive with his red flag. Often the swim is held up because kayaks are beached and paddlers are not with their boats in the water.

The Paddler Flotilla will form in front of the swimmers and shepherd them across the harbor. However, your important role is to provide support for the swimmers in the water. If you see a swimmer going off course, help him or her back on course. Stick with slow swimmers if needed, offering rest and water. Please do not hit the Boatslip beach until all remaining swimmers have kayak support.

If you see a swimmer who appears to be having a difficult time, encourage him or her to rest with you, ask if they need to come out and be taken to shore in one of the powerboats. If they say yes, flag down one of the rescue team & stay with the swimmer until he or she is safely aboard the rescue boat.

A final reminder, the kayaker's job is to be a safety net and stay with the swimmers in case they need you. Some of the most memorable stories about this event are about the special connection that often occurs between a kayaker and a swimmer.