

# SAFELY OUT™ Swim for Life Event

Saturday, April 24<sup>th</sup> from 1-5pm  
California Family Fitness – Natomas  
3880 Innovator Drive, Sacramento 95834



**The club that recruits the most swimmers for the Swim for Life event will receive a \$500 prize!**

**Swim for Life** is a swim-a-thon to raise funds for Citizen Voice's SAFELY OUT™ Project. Swimmers of all ages are encouraged to collect pledges from friends, family members, businesses and neighbors for each lap they swim. Sponsors can also simply give a specified donation amount. Swim for Life is a great way to have fun and stay fit while helping to raise money for SAFELY OUT™. Plus, free prizes to every swimmer and special prize giveaways at the event that all who attend, even just to watch, can win!

All funds raised from the *Swim for Life* event will be used to develop and distribute SAFELY OUT™ Kits to vulnerable households in the Sacramento region and beyond. Every \$10,000 raised provides 1,000 new SAFELY OUT™ Kits. Each pledge you collect helps protect our most vulnerable neighbors in the event of floods, fires and other disasters. Over 35,000 Kits have already been distributed.

## **Why you should participate in the SAFELY OUT™ Swim for Life Event:**

- **Good team building exercise**
- **High visibility opportunity for your organization**
- **Lots of positive media coverage**
- **Ability to raise money for your club or organization through the \$500 prize**

## **EVENT ACTIVITIES INCLUDE:**

- Master swimmer "Swimming a 10K to Raise \$10K!"
- The "Sports Guy" Celebrity Floatie Challenge
- A swim-a-thon for others to raise funds for each lap they swim

**To register to swim, download pledge sheets and find out more information, go to [www.citizenvoice.org](http://www.citizenvoice.org).**

**Note: All those who swim in the event and get sponsors will receive a free 30-day family membership from California Family Fitness.**

## **What is a SAFELY OUT™ Kit? ([http://www.citizenvoice.org/safely\\_out\\_home.shtml](http://www.citizenvoice.org/safely_out_home.shtml))**

- SAFELY OUT™ Door Hanger: For placement on door or window indicating you "Need Help" or are "SAFELY OUT™."
- SAFELY OUT™ Refrigerator Magnet: For storing essential evacuation information (including contact details for nearby helpers to assist with evacuation.)
- SAFELY OUT™ Bag: For storing medications and additional critical information (prescriptions, insurance, etc.)
- SAFELY OUT™ Information Sheets: Including a simple how-to-guide, helper information sheets and a wallet card.
- Plus, an erasable pen for use on the magnet, a permanent marker for the door hanger, and adhesive strips, if needed, for placing the NEED HELP door hanger on a window.

**Questions call Liz Jackson at Citizen Voice – SAFELY OUT™ at (916) 503-3194**