



EMAC
Green Swarm



Family Scavenger Hunt

Hello EMAC,

We have three goals with this activity.

1. Educate our members on SafeSport. Click [HERE](#) to view EMAC's new SafeSport page.
2. Reach the minimum threshold of parents and athletes needed for EMAC to achieve status as an officially recognized SafeSport Team.
3. Have fun!!!!

You will need the information posted below in order to complete steps 1 and 2 of our EMAC-SafeSport Scavenger Hunt!!!!

Parents: Complete the [Safe Sport for Parents](#) online course
Athletes: Complete the [Safe Sport for Athletes](#) online course

When you register be sure to select MA (Middle Atlantic Swimming) and from the drop down menu choose EMAC. Without this, your course does not count towards EMAC's certification!

Family Scavenger Hunt Instructions

1. Read and understand the 10 EMAC Scavenger Hunt Tasks
2. Perform the tasks
3. Create a video submission that clearly shows each item from your list of tasks.
4. Post your video submission to the EMAC Facebook Page [HERE](#)

Family Scavenger Hunt Tasks

- 1. One parent/guardian must complete online SafeSport Course**
 - a. Certificate of completion must be shown on video submission
- 2. Each EMAC Swimmer must complete online SafeSport Course**
 - a. Certificate of completion must be shown on video submission
- 3. EMAC Cap in Jello**
 - a. We need to see the Cap in the Jello during your video submission
 - b. If you do not have an EMAC Cap, you can use goggles!!!
- 4. Personal Goal Sheet**
 - a. 5 personal goals for each family member during lockdown
- 5. Grandparent/Older Person Family Member Story**
 - a. Call or Facetime a grandparent or older person important to your family!
 - b. Ask them to tell you a story about an event that shaped their life when they were younger.
 - c. Choose one EMAC Swimmer to share with us that story on your submission video.
 - d. If you do not have a grandparent or older family member, you may substitute with anyone older who is important to you/your family!!!
- 6. Thank you letter**
 - a. Write a thank you letter to first responders, nurses, doctors, and/or hospital workers!
 - b. Need one per family member participating
 - c. In your submission video, each letter has to be visible, complete, and next to a clearly-identifiable addressed and stamped envelope
- 7. Marvel Comics contacted EMAC. They are creating a Superhero named "The Green Swarm."**
 - a. Draw your best representation of "The Green Swarm"
 - b. One per EMAC swimmer
- 8. Abstract EMAC Logo**
 - a. Use whatever you have around the house to replicate our EMAC Green Swarm logo with abstract art
- 9. Sunrise Pic**
 - a. Enjoy the sunrise together in your EMAC gear
 - b. Snap/share a pic of your family and the sunrise!!!
- 10. New Stroke**
 - a. The IOC announced that they will be postponing the 2020 Olympics.
 - b. They also announced that they will be introducing a new stroke for the 2021 Olympics. (We're totally making this up...work with us here)
 - c. Name that new stroke, and determine a new order for the Individual Medley!
 - d. Family has to vote on the best name and new order...display the name and IM order on a sheet of paper in your video submission.

Family Scavenger Hunt Prizes

1. Every parent and swimmer who completes the SafeSport Course will receive an EMAC SafeSport T-Shirt
2. Every family that completes a video submission will receive a coupon for 20% off at D&J Sports.
3. This first 3 families with a successful and complete video submission will receive:
 - a. \$50 Gift Certificate to D&J Sports
 - b. One EMAC Hoodie for each EMAC swimmer
 - c. One EMAC Hat for each family member
4. The 4th-10th families with a successful and complete video submission will receive:
 - a. One EMAC Hat for each family member

Prize Notes:

- Hoodie and hat will be from our 2020-2021 SCY Registration Apparel Order
- 20% offer from D&J does not include team suit or tech suits
- Recipients must have participated in the scavenger hunt and appear in the submission video
- All efforts are expected to be sincere and appropriate