

Volunteer Overview – Run Course



On Course Tasks

- Direct athletes around corners/through intersections
- Monitor intersections for safety
- Warn athletes of upcoming changes in speed
- Wave arms or flags in direction of turn
- Encourage athletes/Cheer them on

Remember – athletes can understand arm motions and pointing better than other means of communication, so don't hesitate to be animated.

Make sure to be courteous of participants and show your support by cheering them on!

Medical

Most issues on the run course involve minor medical problems.

These include:

- Blisters
- Overheating
- Hypothermia (cold)
- Dehydration
- Cramping
- Exhaustion
- Twisted ankles

You will receive a list of the key contact numbers when you check in. If anything happens in the vicinity of your volunteer post, you will want to follow these steps:

1. Make sure the scene is safe. If the scene is not safe (i.e. if the athlete is lying in the middle of the road and can't be moved), call the emergency dispatch and inform the Police.
2. Once the scene is safe, keep the athlete from moving
3. Call the appropriate phone number:
 - If the athlete is able to speak, and doesn't appear to have threatening injuries, call the race directors or the volunteer coordinators.
 - If the athlete is unconscious or bleeding profusely, call the emergency dispatch and inform an ambulance, then call the race directors or the volunteer coordinators.
 - If you aren't sure how severe the situation is, call the race directors and explain the situation.

Remember, your job is not to try to figure out what is specifically wrong with the athlete. Using common sense to determine the severity of the situation will help us quickly and effectively handle most problems.

Anyone who withdraws from the race needs to report to the timing trailer, return their chip, and report as a DNF. We need to account for them and make sure they are safely off the course.

THANK YOU FOR VOLUNTEERING! HAVE FUN!