

# Volunteer Overview – Water Stations



**Your primary responsibility is to set up and staff the water station.**

## **Water Station Tasks**

If it hasn't been already, set up the table.

Fill cups with water or Gatorade. Roughly 2/3 of the cups should be filled with water and 1/3 of the cups with Gatorade.

Hold cups by the base at arm's length, waist level for athletes to grab

Shout whether you are holding water or Gatorade as athletes approach

Set up trash cans approximately 50 feet and 100 feet down the road for athletes to discard cups

Pick up discarded cups and put them in trash.

If you need more cups or water/ Gatorade, call the water station coordinator.

During breaks in the action, pick up cups that have been dropped on the ground by athletes.

Please tie off all trash bags and leave them on or next to the tables before you leave.

**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.

The most common place for medical problems is at the water stations, when athletes slow down or stop to grab a drink. This can lead to collapse, cramping, or pain in the legs. Volunteers at the water stations should be alert of this potential and have one designated person who will make the appropriate calls when necessary.

**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.

Once your shift is over, feel free to come back to the Volunteer Tent and see what else can be done!

**THANK YOU FOR VOLUNTEERING! HAVE FUN!**