

VOLUNTEER ROLES – Sunday, 25 November 2018

Registration

Shift 1: 05:30am – 11:00am & Shift 2: 10:30am – 04:00pm

You will be responsible for:

- 'Checking in' the participants
- Distributing the participant's race kits
- Ensuring that all participant's understand the event and timing processes

We need a minimum of 12 (and up to 20) volunteers for each of the two shifts

Bag Compound

Shift 1: 06:00am – 11:00am & Shift 2: 10:30am – 04:00pm

You will be responsible to check that:

- All participants handing in their personal bag to store will hand in a tag with their bag (tear off from their race bib).
- Participants will only be able to collect their bag(s) from the bag compound on presentation of their race bib.

We are looking for a minimum of 4 (and up to 8) volunteers in each shift to help

Start Line

Shift 1: 05:30am – 11:00am & Shift 2: 10:30am – 03:00pm

Participants will be wearing a race bib, numbered sequentially according to their wave time. Wave times are in intervals of 15 minutes, within which participants are 'released' into the stairwells every 10 seconds.

You will be responsible to:

- Ensure all athletes run/walk up in their correct nominated wave
- All climbers are organised and marshalled when required
- The climber's timing chips are activated upon beginning the climb

We need a minimum of 6 (and up to 10) volunteers for each shift at the start line

Stairwell Marshals

Shift 1: 06:15am – 11:00am & Shift 2: 10:30am – 04:00pm

As Stair Marshal, you are responsible for the safety of participants in the stairwells.

You will need to:

- Use two-way radios to call for assistance / first aid.
- Assist with the Water bottle replacement
- Clean-up any Water spillage with paper towel
- Place empty bottles in bins
- Assist in emergency situations, if required
- Encourage runners & walkers

We need a minimum of 12 (and up to 24) stair marshal volunteers for each shift

Finish line

Shift 1: 06:00am – 11:00am & Shift 2: 10:30am – 04:00pm

A couple of important tasks for these volunteers:

- Direct competitors towards the finish line
- Make sure there are no collisions
- Give medals to the finishing participants
- Assist participants in the Recovery Zone at the water station

We need a minimum of 6 (and up to 12) volunteers for each shift

Other important Volunteer Roles necessary to make this event a success are:

Thursday, 22 November 2019

Race Kit Packing

Shift from 09:00am – 02:00pm

Help us pack the race kits for the 2,700 participants. This could be a perfect opportunity for a corporate to involve their staff for a few hours volunteering for The Fred Hollows Foundation.

We are looking for up to 12 volunteers for this task

Race Kit Distribution

Shift from 04:00pm – 07:00pm

Assist us handing out the race kits to participants collection their bibs prior event day

Looking for 2 volunteers

Friday, 23 November 2019

Race Kit Distribution

Shift from 11:00am – 02:00pm

Assist us handing out the race kits to participants collection their bibs prior event day

Looking for 2 volunteers

Event Area Set-up Day

Shift from 10:00am – 04:00pm

Assist us setting up the whole event, please note this volunteering task involves manual labour and requires heavy lifting. Task on hand for set-up are

- Move Water into designated stairwell locations
- Set-up signage in the stairwells

Looking for 4-6 volunteers