



Course Marshal Volunteer Guide

First and foremost, we would like to THANK YOU for volunteering for the Okanagan Marathon. Your time, energy and dedication are what make this event a success! We are very happy you have chosen to volunteer and we want you to have a great time while helping out the participants!

Below are some tips and information to help you be comfortable, have fun and enjoy the experience.

IF YOU HAVE ANY QUESTIONS ABOUT YOUR VOLUNTEER DUTIES PLEASE ASK THE ZONE CAPTAIN OR MARSHAL AMBASSADOR OUT ON THE RACE COURSE.

WHAT TO WEAR? Race goes on rain or shine so please dress appropriately.

The weather and temperatures can change drastically so please be prepared. You will receive a volunteer T-shirt that identifies you as a RACE VOLUNTEER. Dressing in layers and wearing comfortable shoes are some good tips to remember when preparing for race day. We want you to be comfortable!

WHAT TO BRING? As little as possible.

Try to bring what you need in a backpack that you can keep with you. A hat and/or sunscreen are highly recommended. All supplies necessary for your position will be supplied.

START OF SHIFT: Know your assigned TIME and LOCATION in advance.

Wear your Volunteer T-shirt and go directly to your specified location on the race course.

Keep in mind there are road closures due to the race, so plan adequate time to arrive at your location.

END OF SHIFT:

It is important that volunteers remain in their position until notified by the Zone Captain, Marshal Ambassador or sweep vehicle.

SAFETY VESTS: Your safety is our priority. If provided with a safety vest, please wear it at all times.

SNACKS:

It is a good idea to bring a few extra snacks and/or drinks to keep you going through the day.

TRANSPORTATION AND PARKING:

Parking may be limited in the vicinity of your volunteer location so we encourage you to use public transportation, be dropped off, carpool, cycle or walk to your assigned location, if possible. If you do park, please ensure you are parked legally and obey all traffic signs.

“Patience and perseverance have a magical effect before which difficulties disappear and obstacles vanish” – John Quincy Adams

Thank you very much for being a valuable part of the Okanagan Marathon and assisting in making our runners’ obstacles vanish!

COURSE MARSHAL VOLUNTEER INSTRUCTIONS

SHIFT START AND END

Volunteer Course Marshals are to go directly to their registered location on the race course at their assigned time.

Volunteers can leave after being told by the Zone Captain, Marshal Ambassador or sweep vehicle.

Marshals may be requested to help move cones or barricades at the end of their shift.

TRANSPORTATION & PARKING

Parking may be limited in the vicinity of your marshal location, so we encourage you to take public transportation, be dropped off, cycle, carpool or walk to your assigned location, if possible. If you park in the vicinity of your location, please ensure you are parked legally and obey all traffic signs.

PURPOSE OF COURSE MARSHALS

Some of our participants are not familiar with all of the streets in Kelowna that the race covers. For this reason, it is important to have volunteers direct the runners. Marshals are also our primary cheerleaders and motivators. Many participants have finished or have run faster purely from the encouragement given by an enthusiastic marshal on the course.

Have fun out there cheering on the participants!

MARSHAL GUIDELINES

- Marshals must state firmly and loudly simple instructions to direct the runners (“Stay to the Left” or “Turn Here”) while indicating with an arm movement. It is important to be direct and visible to the runners.
- Marshals are responsible for indicating to the general public when

it is safe for them to cross the road and to look both ways so as not to impede the progress or safety of the participants.

- Marshals are the ones to notice if a runner is in distress or confused and report any serious concerns to the Zone Captain or Marshal Ambassador.
- Marshals that encounter physical resistance from public or participants are to contact the Zone Captain or Marshal Ambassador immediately and await instructions. The Zone Captain will determine if the authorities should be contacted.

EQUIPMENT DELIVERY & PICK UP

The Zone Captain, Marshal Ambassadors and/or operations crew will deliver all equipment to the volunteers out on course. The Operations Crew will be by to pick up and inventory equipment at the end of the race. **Do not leave equipment unattended.**

SET-UP – VESTS & SIGNS

Safety vests are to be worn by all course marshals at ALL TIMES. They must be worn on the outside of clothing and jacket for your safety. Many marshals at intersections will be issued a SLOW / STOP hand sign. These are used only to warn of the race in progress and are NOT intended for traffic control. **Only police / traffic personnel control vehicular traffic.**

SET-UP – BARRICADES & SIGNS

If asked by the Zone Captain, Marshal Ambassador or the operations crew, please assist in moving cones to create barricades; time and efficiency are essential to get these in place. All signs where possible should be ABOVE the participants and not on the ground, so that they are in plain view within a large group. Volunteers may hold signs ahead of the runners, if necessary, or they may attach them to dowels or street light poles to warn participants of a particular hazard.

CLEAN UP

Marshals will be given garbage bags to pick up discarded clothing, cups, wrappers or other race garbage along the course. All garbage will be left at a designated spot at an aid station for the city to pick up after the race. Please follow any instructions regarding recycling provided by the Zone Captain or Marshal Ambassador.

EMERGENCY MEDICAL SITUATION (Runner or Volunteer Injury)

Stay calm, remain with the injured person and have someone notify the Zone Captain or Marshal Ambassador immediately. If you are certified in First Aid or CPR, proceed according to your level of training.