



Water Station 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!

WATER STATION VOLUNTEER INSTRUCTIONS

SHIFT START AND END

All volunteers are to go directly to their assigned Water Station location on the race course where they will set up the Water Station.

Volunteers can leave after they have been notified by the Zone Captain, Marshal Ambassador, sweep vehicle or Operations Crew.

EQUIPMENT DELIVERY & PICK UP

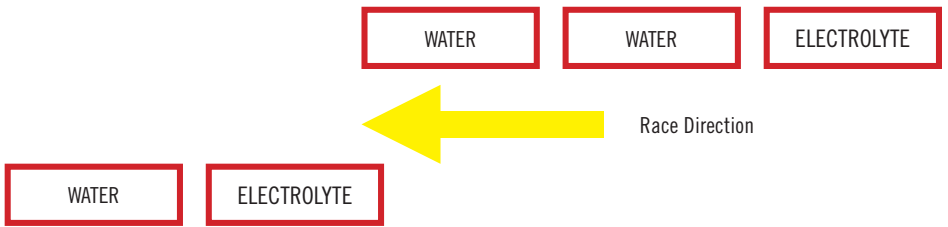
The Zone Captain, Marshal Ambassador and/or Operations Crew will deliver all equipment to you out on course. At the completion of the race, volunteers will assist in packing up equipment and supplies, as directed. The Operations Crew will be by to pick up and inventory equipment at the end of the race. **Do not leave any equipment unattended.**

SET-UP: TENTS & SIGNS

The pop-up tents are quick lift and go and must be anchored with the weights provided. All signs should be ABOVE the table if possible and not on the ground. Volunteers may hold signs ahead of the tables or they may be attached to dowels or streetlight poles.

SET-UP: TABLES

The Water Station should be set up according to the diagram below with products grouped together. Where possible, stations will have tables on both sides of the road (staggered). This orientation ensures that SLOWER participants move to the right and FASTER ones move to the left. It also allows those participants not wanting anything to move quickly around the groups slowing for the tables.



DRINK & FOOD SERVING

Use plastic gloves when working with food products, water and garbage. It is very important volunteers stand at either end and not in front of the tables so they do not block the runners. Volunteers lined up at the beginning and end of the station makes the station longer with more fluids readily available. Cups should be only HALF full. If cups are too full, runners may spill them, leading to a shortage of water.

PLEASE NOTIFY ZONE CAPTAIN OR MARSHAL AMBASSADOR IF IT APPEARS YOU ARE RUNNING LOW ON DRINKS OR SUPPLIES



ELECTROLYTE INSTRUCTIONS

The electrolyte will come in canisters. Two canisters of powder require a 10-gallon container. Use the plastic sealed bins for mixing; these will have been sanitized and sealed prior to race day. Do not use a bin with a broken seal.

- Pour the electrolyte powder into the container FIRST
- Fill HALF of container with water and mix until the powder is completely dissolved. Add water to fill the container
- Use pitcher and follow pouring instructions above.

GEL INSTRUCTIONS

Place products on tables for the participants to grab freely. Have volunteers lined up on either side of the tables to distribute.

CLEAN UP

Pick up discarded clothing, cups, wrappers or other race garbage along the course and leave at designated location.

Please follow any recycling instructions provided by the Zone Captain, Marshal Ambassador or Operations Crew.

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.