

CP3-A/CP4-A – York Creek Road

Staff:

- 2 volunteers

On Site Times:

- Must be on route by 8:30am Saturday
- Set-up must be completed by 9:00am Saturday
- On site until 11:00pm Saturday

Approximate Distances:

- From TA2 to your location: 7.5km
 - From your location next Leg 3 water station: 9km
 - From your location to TA3: 18.5km
- From TA3 to your location: 5km
 - From your location next Leg 4 water station: 5km
 - From your location to TA4: 26km

General Instructions

Your primary responsibility is to ensure the safety of the competitors. We do this by monitoring their progress through the course. We must be diligent in our duties and respond to situations quickly and calmly. In the event of an emergency, remain calm, assess the situation, and contact a Race Director or HQ (see Event Protocol). We will never ask you to put yourself into a compromising situation in order to help others. We want you to take care of yourself out there as well so ask for help if you need it.

SAFETY COMES FIRST. Assisting a racer in need will not necessarily disqualify them. It doesn't even matter – racers do not have the right to make unsafe choices or proceed when they are not fit to do so. Notify HQ immediately if you have any concerns.

Volunteer Duties:

Place water and snack foods on the table. Alert HQ if you begin to run low on any supplies (less than half).

Radio HQ when you receive your first runner. As a racer passes your location, write their bib number on the timing sheet so we know they have passed. Racers may ask which direction they are supposed to go. The best response is to tell them to follow the signs.

Communications

- Radios are for communicating race progress and safety related issues.
- Try to keep the social talk off the radios as we all use the same channel and this ties up our communication line
- Do not hold the radio too close to your mouth
- Be polite and do not cut other people off while they're talking
- The radios cost \$800 each - keep them dry and don't leave them sitting around.

Event Protocol:

You will have a radio to report when the first and last runners clear the area. You will also report any emergencies, general concerns or racers that drop out. If a racer drops out at your location, it is critical that you contact HQ right away.

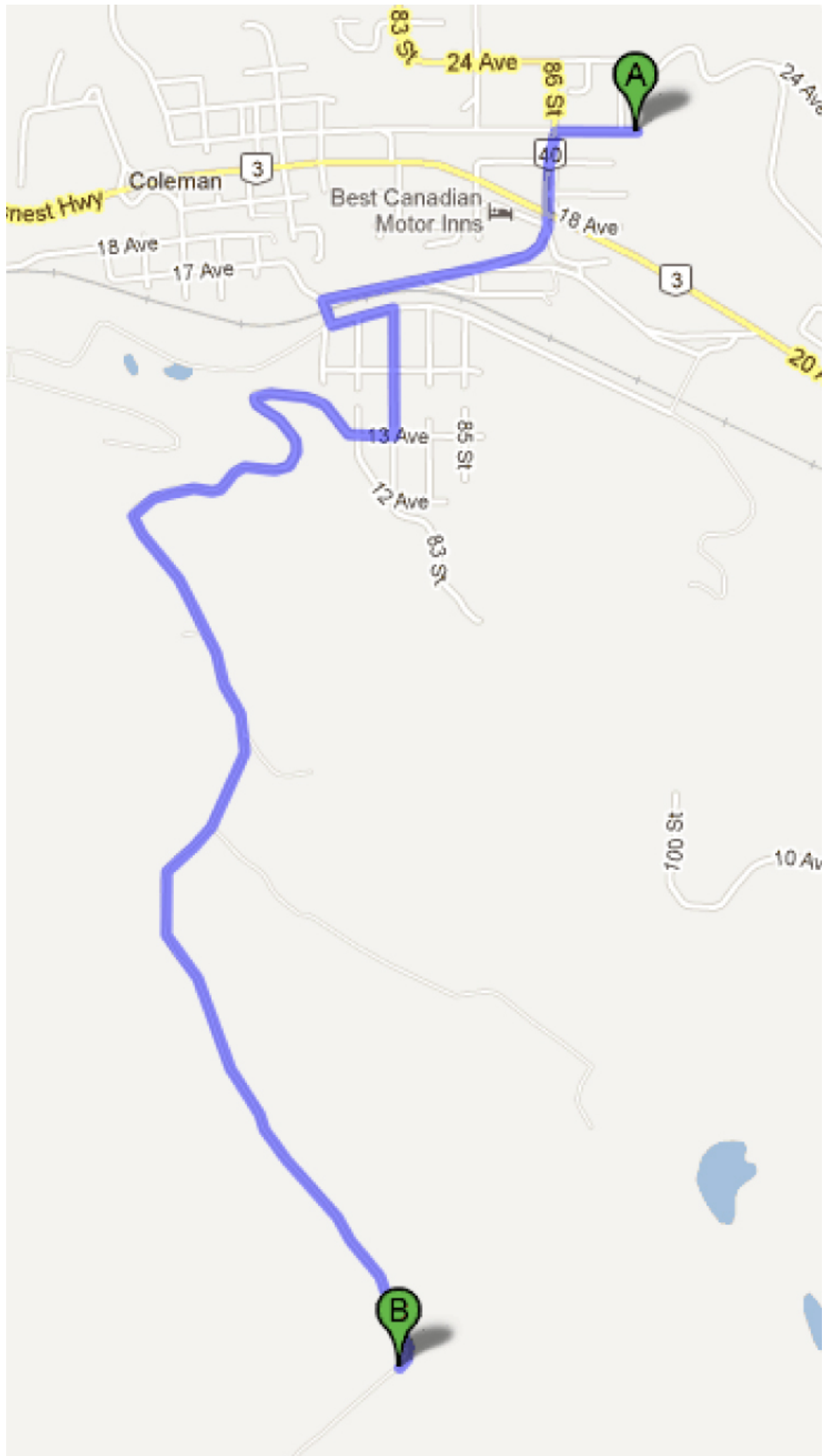
Issue	1st Contact	2nd Contact
Course problem	Andrew	Brian
Emergency (non-medical)	Andrew	Brian
Racer / public complaint	Brian	Andrew
Racer withdraws	HQ	Brian
Volunteer directions/directives	HQ	Brian
Supplies needed at TA/CP	Logistics 1	Logistics 2
Immediate medical emergency	Medic 1	Medic 2
Media / PR	Erin	Brian

Food and Equipment:

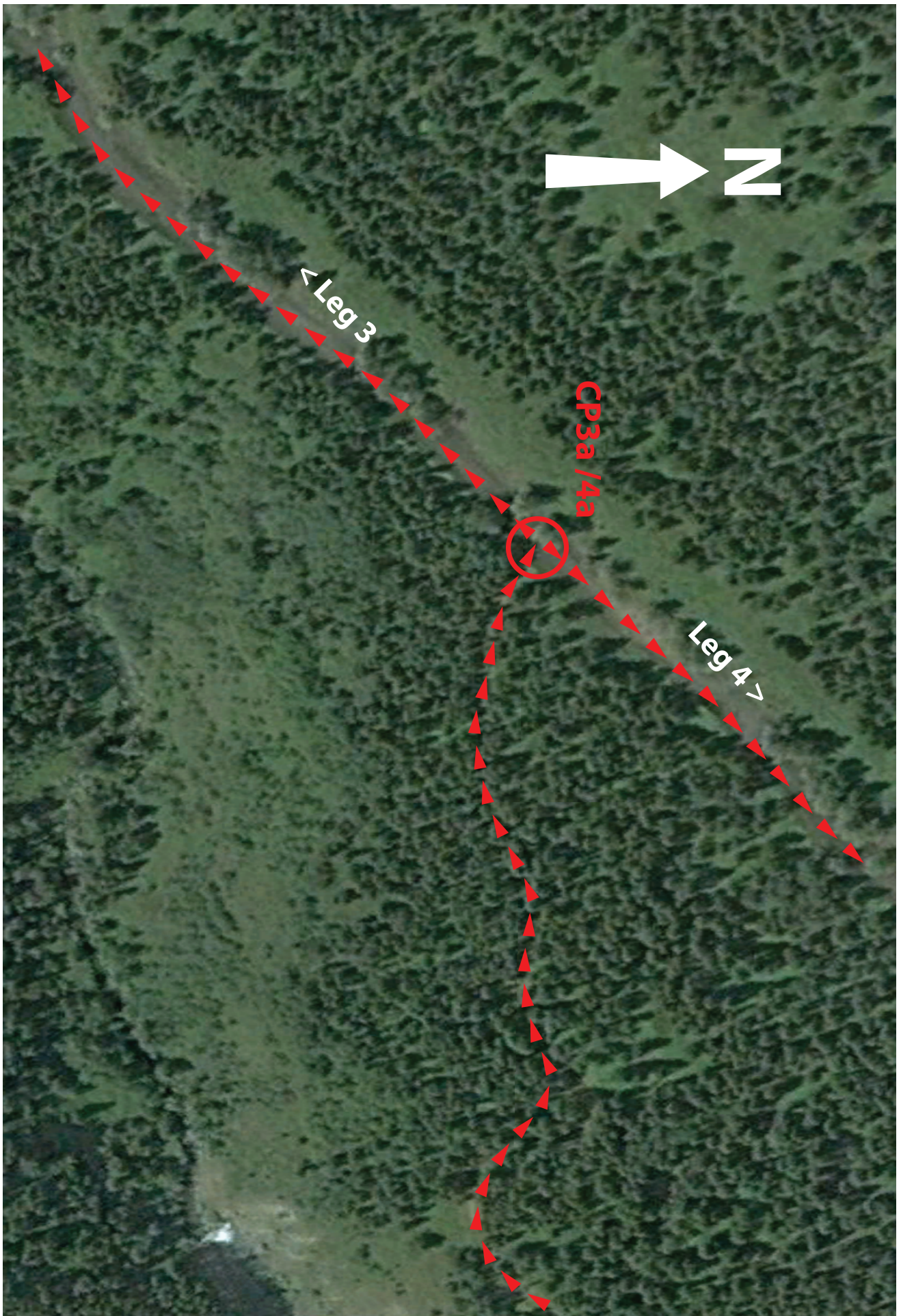
Food:	Qty:	Equipment:	Qty:	Signs:	Qty:
Water	19	10x10 Tent	1	Distance Sign	1
Chips	43	Collapsible Table	1	Leg 3 Direction	1
Electrolyte Drink	4	Electrolyte	4	Leg 3/4 Split	1
Energy Bars	195	First Aid Kit	1	Leg 4 Direction	1
Salt Snack	130	Garbage Bags	4		
Soft Candy (kg)	5	Garbage Can	1		
		Hand Held Radio	1		
		Space Blankets	6		
		Timing Sheet	1		
		Water Jug	19		

Driving Directions:

- Leave the host site (Sports Complex) and drive to Hwy 3 at Hwy 40 (by the Subway)
- Cross over Hwy 3 and get onto 86th St, which merges into 16th Ave (by the BCMI)
- Turn left onto 88 street and cross the tracks
- Turn left onto 15 Ave
- Drive east on 15 Ave until a right onto 83 street
- Take your second right onto 13 Ave
- Travel west on 13 avenue and it eventually turns into a gravel road
- Once the road turns to gravel drive about 3.4km to a trail junction
- Trail junction sign 47 should be in place
- This is the location for the water checkpoint

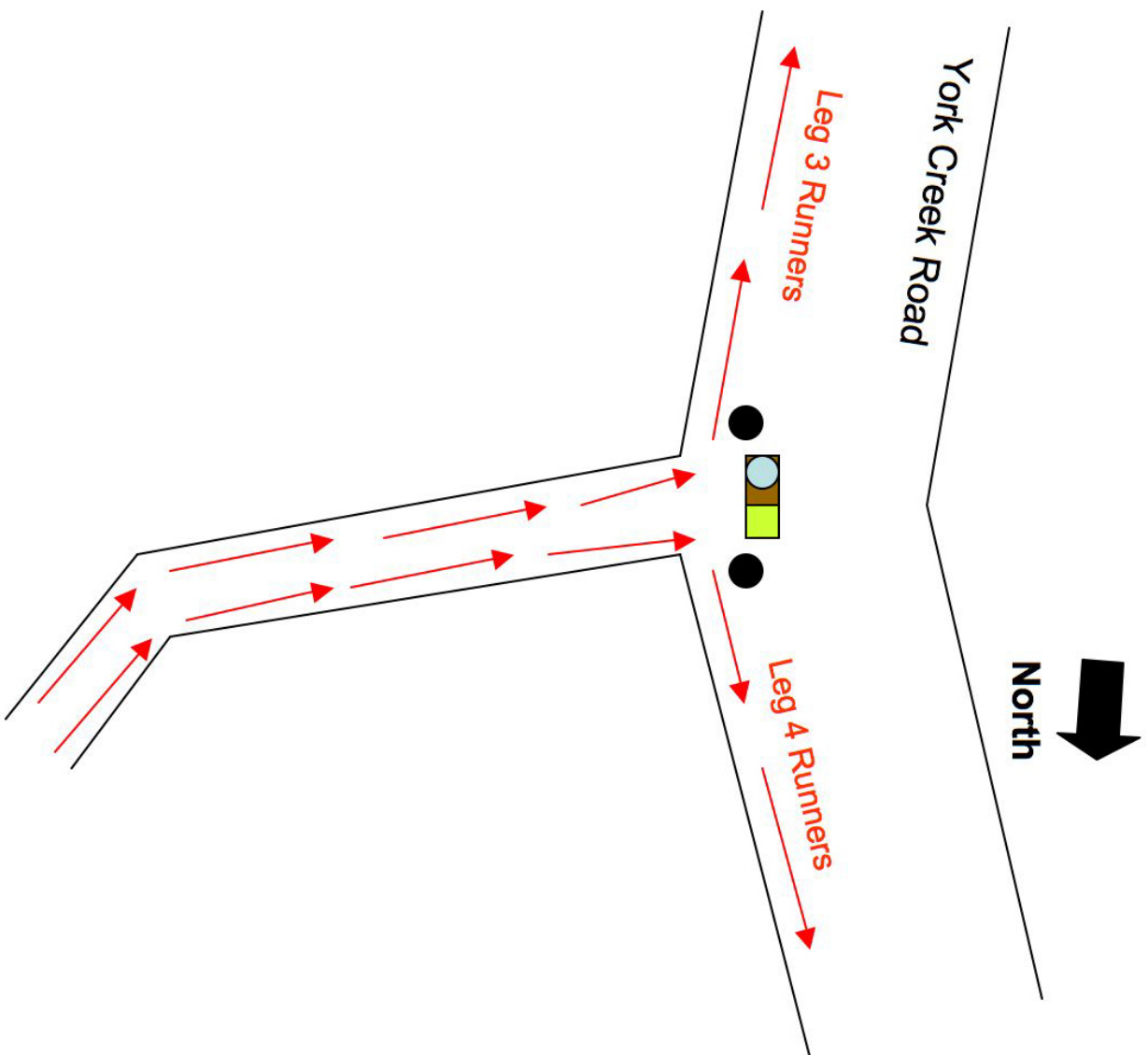


Sinister 7 Ultra + Relay – Volunteer Instructions – July 2013



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York Creek Road Water Station - Site Plan



Legend

- Runners Route
- Table
- Liquid Jug/ Cups
- Racer Food
- 10x10 Pop Up Tent
- 10x20 Tent
- Garbage
- Timing Station
- Racer Chute
- Road or Trail Border