

CP3-C – Sartoris Road North

Staff:

- 2 volunteers

On Site Times:

- Must be on route by 9:30am
- Must be in place by 10:00am
- On site until 7:00pm

Approximate Distances:

- From your location to TA3: 12km

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.

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.

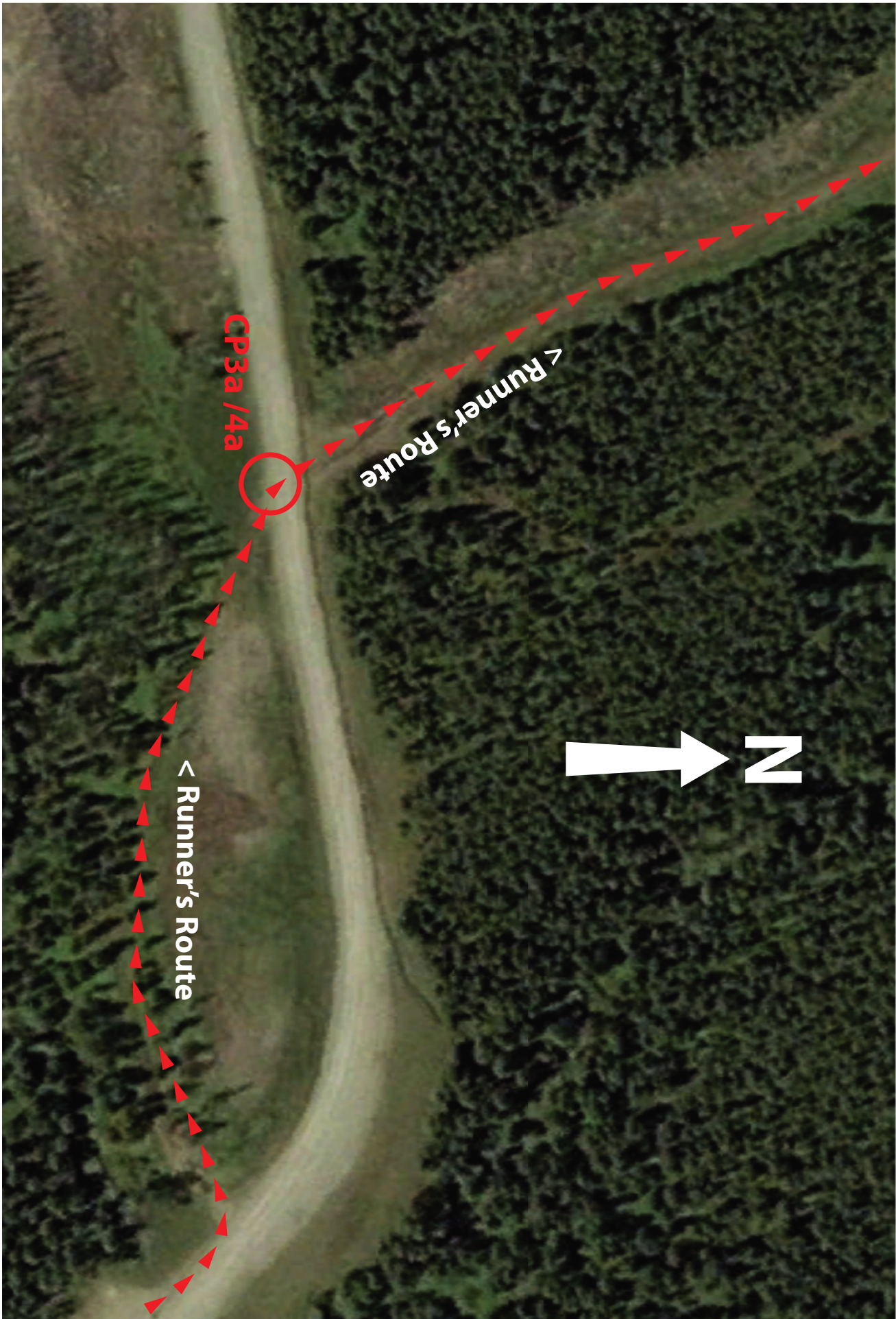
Issue	1st Contact	2nd Contact
Course problem	Andrew	Brian
Emergency (non-medical)	Andrew	Brian
Racer / public complaint	Brian	Andrew
Racer withdraws	HQ	Brian
Volunteer directions/directives	HQ	Brian
Supplies needed at TA/CP	Logistics 1	Logistics 2
Immediate medical emergency	Medic 1	Medic 2
Media / PR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

Food and Equipment:

Food:	Qty:	Equipment:	Qty:	Signs:	Qty:
Electrolyte Drink	2	Collapsible Table	1	Distance Sign	1
Salt Snack	97.5	Electrolyte	0		
Squares	130	Garbage Bags	4		
Water	10	Garbage Can	1		
		Hand Held Radio	1		
		Space Blankets	6		
		Timing Sheet	1		
		Water Jug	9		

Driving Directions:

- Leave the host site (Sports Complex) and drive to Hwy 3
- Turn left (east) onto Hwy 3 and drive approximately 4.6km to the right-hand center exit for Blairmore
- Follow south across the railway tracks and turn left (east) onto 19 Ave
- Turn right onto 132 Street then right onto 16 Ave
- 16 Avenue will bend towards the south and turn into Sartoris road / 131 Street
- Drive up the road for approximately 4.8km where a wide trail from the west comes up onto the road – look for Junction 52

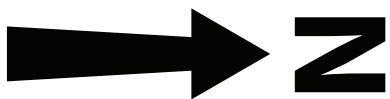


Sinister 7 Ultra + Relay – Volunteer Instructions – July 2013

CP3-C Site Plan

Legend

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



< Runners Route

