

CP5-A – East of Windy Ridge

Staff:

- 2 Volunteers

On Site Times:

- Must be on route by 11:00am Saturday
- Set-up must be completed by 2:00pm Saturday
- On site until 7:00am Sunday

Approximate Distances:

- From TA4 to your location: 12km
- From your location to TA5: 8km

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	Electrolyte	2	Distance Sign	1
Gels	390	First Aid Kit	1		
Water	9	Garbage Bags	4		
		Hand Held Radio	1		
		Lantern/Lights	1		
		Space Blankets	12		
		Timing Sheet	1		

Driving Directions:

- Make your way to Hwy 40 and turn right (north)
- Drive north on Hwy 40 for approximately 15.4km until you come to a distinct road on your left side with a closed gate. Park away from the gate and quad from here
- Follow the Vicary Creek Trail to marker #93. This is CP5-A



Windy Ridge Water Station - Aerial View

