



VOLUNTEER INFORMATION

One of the critical ingredients in a successful triathlon is volunteers. Volunteers make it possible to conduct a safe, well-organized event. In a triathlon, volunteers are needed in a variety of areas. In all cases, volunteers will find their task fun and exciting. At the end of the day, they'll feel like they made a valuable contribution to the success of the race. They will also feel appreciated - triathletes are known to be a very appreciative group. It won't be unusual for many participants to thank you for your contribution during the race. Although rare, a volunteer may be the recipient of some verbal abuse from a disgruntled participant. **THIS IS NOT TOLERATED!** If this happens, get the triathlete's number and report the incident to race management.

Almost all of our volunteers return the following year. You'll find the atmosphere to be electric. If you volunteer we urge you to be energetic and enthusiastic - but above all - **HAVE FUN.**

Volunteer Registration

The various volunteer jobs are listed below - followed by descriptions to each job. If you'd like to help us out, simply e-mail us at: info@score-this.com

Let us know which race you're interested in - and which job you'd like to do (give us 2 or 3 options)

TYPICAL VOLUNTEER JOBS

- * Swim Course (on water)
- * Swim Course (on shore)
- * Bike Course
- * Run Course
- * Transition Area
- * Timing
- * Body Marking
- * Refreshments
- * Parking
- * Aid Stations
- * Packet Pick-Up/Registration

JOB DESCRIPTIONS

1) Swim Course (on water)

People who own boats, jetskis, kayaks or canoes are always welcome to help out during the swim portion of the race. We use a very simple rule when it comes to water safety: we can never have too many watercraft out on the water during the swim. People who volunteer in this area will be directed by the "Swim Coordinator" to take a specific position along the swim course. Our water safety has two basic responsibilities:

a) Give a swimmer who needs assistance, something to hang on to. By positioning watercraft around the perimeter of the swim course, there is always somebody near a potential problem. Triathletes are not disqualified for hanging on to a watercraft

temporarily before continuing their swim. But they are disqualified once they exit the water. They can't change their mind and get back into the water to continue the race.

b) Our water safety personnel are our eyes and ears for problems during the swim. Triathletes are instructed to wave their hands above their heads should they feel like they need assistance. They're also instructed to take off their swim caps and hold them in their hands as they're waving. This is what our water safety personnel are looking for. Each watercraft will be given a disposable whistle and an orange flag. Should you detect a problem, blow the whistle and wave the orange flag above your head. This will allow one of our immediate response watercraft (outboards or jetskis) to assist you quickly. We will also equip each watercraft with either a life vest or a lifesaving tube to toss to anyone who needs assistance. Our swim course coordinator will be in radio communication with a medical response team on shore, should the need arise.

2) **Swim Course (on shore)**

These volunteers will assist with the check-in procedure of triathletes prior to the beginning of the swim. Triathletes are checked into a "holding pen" prior to the race - we count the athletes into both pens. At the end of the swim, we have volunteers who direct the participants the appropriate direction. Volunteers are asked to also keep spectators out of the way during the race as well as do a final count out.

3) **Bike Course**

Volunteers on the bike course are there to direct the participants to turn the appropriate way at certain intersections. Race organizers mark each turn with brightly colored turn signs and also with colored spray chalk or paint on the road surfaces - but it also helps to have volunteers. Volunteers are equipped with safety vests and race in progress signs

IMPORTANT: Volunteers are asked hold their signs to point the athletes in the direction the participants will be turning.

Also, make sure you're in a good location - one that allows the participant to clearly see you as they approach the intersection.

Police Support: Police will be located at any intersection that requires vehicular traffic to stop and yield to bikers. Volunteers will not be asked to deal with vehicular traffic. This is the job for the police.

4) **Run Course**

Volunteers on the run course have the responsibility of directing participants at certain turns. Volunteers will have race in progress signs. Point sign toward the turn.

5) **Transition Area**

The nerve center of the race. The transition area is the fenced in area containing all

the bike racks. This area sees action the entire time. Here are the basic responsibilities for transition area volunteers:

Before the Race: Transition area volunteers are provided with clipboards that contain a variety of "frequently asked questions." Volunteers will be stationed at the two entrances to the transition area. They will be asked to keep spectators out of the transition area. The transition area is for participants only. Participants know this and have been told repeatedly. In addition to this job, the volunteers will be answering basic questions from participants using these clipboards (Where is registration? Where are the port-a-lets? Etc.)

During the Race: Volunteers will become traffic cops - directing participants out the appropriate exits of the transition area. They will continue to keep any wandering spectators out of the transition area.

After the Race: Continuing to keep any non-participants out of the transition area - the most important task at this point is checking participants who are leaving to make sure that they are leaving with the appropriate bike. The bikes will have numbers on them and the participants will have the same with a matching colored wrist band. Simply match up the numbers. Make sure everybody leaves with his or her own bike. Any problems or questions should be reported to the transition area coordinator.

6) Timing

Score This!!! uses ChampionChip Timing

a) ChampionChip System

If you're volunteering at an event using the ChampionChip system, volunteers will have two jobs. One job will include making sure that participants pass through the timing chutes (either fencing or a cone line will be used) and also making sure that spectators keep out of the timing chutes. Volunteers will also be asked to make sure that nobody (other than race staff) tampers with the timing mats or boxes. Only one volunteer will be required at each timing location.

The other job will be at the finish line where a couple of volunteers will be asked to cut the disposable ankle bracelets off of each participant. These disposable ankle bracelets contain the special computer timing chip. Volunteers will use special blunt nose medical scissors. After cutting off the bracelets, these volunteers will throw away the bracelets and place the timing chip back into their appropriate bucket. The finish line will be set up in such a fashion as to force participants to exit the finish line area through one narrow gate. Volunteers will be stationed at this gate. NO participant will be allowed to leave this area without having their ankle bracelet removed.

7) Body Marking

Participants have to be marked so that they can be identified as they exit the water

following the swim portion of the race. This is done primarily for the benefit of our timing crews - but it's also a safety precaution in the event we need to identify a participant who may need medical assistance. Participants are marked with black magic markers. Volunteers write the participant's number CLEARLY and LEGIBLY on both arms and on both upper legs. They also write the participant's age on the back of their right calf and a letter to indicate which race they are in.

8) **Refreshments**

These are the folks who assist with serving the beverages and food to participants following the race.

9) **Parking**

Volunteers are needed to park all the arriving participants in designated parking areas.

10) **Aid Stations**

During the run portion of the race, we have "aid stations" set up. Volunteers typically hand participants cups filled with water and/or energy drinks. At selected races (longer events), the aid stations are also stocked with energy gel and other food items. Most of the time, the aid stations only have drinks. It's always a good idea to have one member of the aid station crew assigned to picking up cups during the race. This will save a lot of time when the race is over. A plastic garden rake will assist when gather the cups for the trash.

11) **Packet Pick-Up/Registration**

Volunteers are always needed to assist our Score This!!! race staff at packet pick-up/registration. Prior to the race, participants must check-in. They receive their official race numbers, race packet of information, race t-shirts, swim caps, etc. This function takes place for two hours prior to the race and also for a few hours the day before the race.

Courtesy of Set Up Events