

Volunteer Overview – Water Stations



Your primary responsibility is to set up and staff the water station.

Water Station Tasks

- If it hasn't been already, set up the table.
- Fill cups with water or cytomax. Roughly 2/3 of the cups should be filled with water and 1/3 of the cups with cytomax
- Hold cups by the base at arm's length, waste level for athletes to grab
- Shout whether you are holding water or cytomax as athletes approach
- Set up trash cans approx 50 feet and 100 feet down the road for athletes to discard cups
- Pick up discarded cups and put them in trash
- If you need more cups or water/ cytomax, call the water station coordinator.
- There will be additional food items like GU and Chomps that can be given away along with the liquids.

Make sure to be courteous of participants and show your support by cheering them on!

Medical

Most issues on the run course involve minor medical problems.

These include:

- Blisters
- Overheating
- Hypothermia (cold)
- Dehydration
- Cramping
- Exhaustion
- Twisted ankles



Ex. how to hold out cups

You will receive a list of the key contact numbers when you check in. If anything happens in the vicinity of your volunteer post, you will want to follow these steps:

1. Make sure the scene is safe. If the scene is not safe (i.e. if the athlete is lying in the middle of the road and can't be moved), call the emergency dispatch and inform the Police.
2. Once the scene is safe, keep the athlete from moving
3. Call the appropriate phone number:
 - If the athlete is able to speak, and doesn't appear to have threatening injuries, call the race directors or the volunteer coordinators.
 - If the athlete is unconscious or bleeding profusely, call the emergency dispatch and inform an ambulance, then call the race directors or the volunteer coordinators.
 - If you aren't sure how severe the situation is, call the race directors and explain the situation.

The most common place for medical problems is at the water stations, when athletes slow down or stop to grab a drink. This can lead to collapse, cramping, or pain in the legs. Volunteers at the water stations should be alert of this potential and have one designated person who will make the appropriate calls when necessary.

Remember, your job is not to try to figure out what is specifically wrong with the athlete. Using common sense to determine the severity of the situation will help us quickly and effectively handle most problems.

Anyone who withdraws from the race needs to report to the timing trailer, return their chip, and report as a DNF. We need to account for them and make sure they are safely off the course.

THANK YOU FOR VOLUNTEERING! HAVE FUN!