Volunteer Role: Course Marshal

Volunteering as a Course Marshal
You will be undertaking a vital role in managing and supporting runners as they navigate the junctions, hazards and speed bumps around the course. We will give you all you need to make some noise and be seen, to direct and warn runners using megaphones and giant foam fingers, as well as encouraging and motivating them.

The atmosphere around the course will be electric with lots of course entertainment and spectators lining the route and you will have prime viewing spot for the race.
You will be very busy on the day but everything you need will be waiting for you - you just need to turn up with lots of energy and enthusiasm!

Volunteer Course Marshals will be supported by an experienced Run 4 Wales supervisor who will brief the team before the race begins and be available during the whole shift to provide support and manage any queries.

What does a Volunteer Course Marshal do?
The event course is divided into sectors, some managed by volunteers and some by paid stewards or crew members. The volunteer teams are assigned to an experienced Run 4 Wales supervisor and allocated a particular course sector.

When you arrive, usually around an hour before the race begins, you will receive a briefing from your supervisor to explain the role. You will then help set up the course sector, for example ensuring barriers are in the correct location and wrapping hazard tape around any obstacles.

When the race begins, you will make runners aware of the upcoming speed bumps/hazards by being visible and making some noise! Volunteers also discourage spectators from accessing the course and creating a hazard for runners as well as aiding runners in need of assistance, seeking medical support where necessary. The pre-event briefing will explain where the nearest medical assistance can be found. Very importantly our volunteer marshals motivate and cheer on runners – they deserve it after all!

What to wear when you're volunteering at a Run 4 Wales event
We provide an Extra Milers t-shirt for all volunteers, which is yours to keep. So that you are identifiable as a Run 4 Wales volunteer, we ask that your volunteer t-shirt be visible at all times, so please wear your volunteer T-shirt over any other clothing.

Please come appropriately dressed for the weather. We recommend wearing layers and ask you to wear plain trousers/jeans (avoid any branded sports clothing) and comfortable shoes. You may be outside for several hours so consider packing a raincoat and/or sunscreen and sunhat.

What to bring with you when you're volunteering at a Run 4 Wales event
We provide an exclusive Extra Miler drawstring bag that we ask you to wear/ keep your personal belongings in whilst volunteering. We advise you to bring only essential personal items – we cannot store any volunteer personal belongings during the day.

We provide a lunch pack on the day (usually a sandwich, crisps and piece of fruit) and we will do our best to meet dietary requirements. However it can be a long day, so we recommend bringing some snacks. Please also bring a refillable water bottle.

I'm under 18. Can I volunteer with Run 4 Wales?
We welcome individual young volunteers aged 14 – 17 years old. However we ask that anyone aged 14 – 17 provides a completed guardian consent form and is accompanied by someone aged 18 and over. We work with young person groups, from cadets and guides to colleges and social clubs, so please do get in touch if you would like to volunteer as a group.

Sustainability
Run 4 Wales have a Green Action Plan and as part of our efforts in delivering sustainable events we have committed to an average 90% recycling rate, a 40% cut in damaging material use and a transition to low energy sources as we head towards a carbon positive event company by 2040. Please help us meet our targets by doing your bit to recycle at your course sector, following guidance from your supervisor.

General Run 4 Wales Volunteering Information
- We provide a pre-event briefing for each volunteer role in the week prior to the event. This contains all the information you need for the day, including where to park, where to meet your supervisor and sign in as well as race specific information including relevant phone numbers.
- Once you have signed up to our volunteering platform (Rosterfy) you can access our volunteer support documents which give you more information about how to fulfil your role on event day.
- Whether it's a 10K race, a half marathon or the whole 26.2 miles, our runners are undertaking a significant challenge. Please congratulate them and encourage them as much as you can – they have said this really spurs them on!
- We want our volunteers to feel confident about their role and how to perform it. Our supervisors will do a briefing once all volunteers have arrived but if you have any questions or concerns throughout the day please ask.
- Please be aware that photography and video filming will take place during event day. Any images and footage will be used in Run 4 Wales communications to promote future events. I
- Remember that this is meant to be an enjoyable day for all involved and that means you as well as the runners! We hope you enjoy your volunteering experience, have fun and find it satisfying to be part of this great sporting and charity event. We always send out a volunteer survey after the event to find out what you enjoyed and what we can do better next time.

Are you ready to become an Extra Miler?
To join the Run 4 Wales Extra Milers volunteering community, simply create a volunteer profile on our Rosterfy system. This just takes a minute, then you will have access to all our events and be able to see what volunteering roles are available for each event. Just sign up to your chosen event and role, save the date in your calendar and wait for the event briefing to come out.

Don't forget to follow the Extra Milers Facebook page too. We post event and volunteering information here, as well as photos, fun competitions and challenges.