

Volunteer Role: Water Station Support



Volunteering at a Water Station

Water stations are vital to the success of an event, to ensure runners stay hydrated and motivated. You'll hand out water to thirsty runners as well as cheering them on! Our water stations are usually located every 5km around a course, offering bottles of water, as well as energy drinks and gel packs. We also offer paper cup water stations at our events, in line with our sustainability commitment.

We allow you to choose which water station you volunteer at, giving you the opportunity to support your local area as the race passes through or have prime viewing spot at a scenic location such as Cardiff Bay during the Cardiff Half and Cardiff Bay 10K.

Volunteers at our water stations 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 happens at a water station?

A water station consists of several pallets of water bottles situated next to tables, usually along both sides of the running line. Before the race begins, volunteers open bottles of water, recycling the caps and line them up on tables. Once the race begins, volunteers stand along the side of the road holding out a bottle of water so runners can take one, standing close to the tables so as to not obstruct the runners. We aim to ensure a constant supply of water and energy drinks to the runners, so please take turns in distributing drinks and refilling the tables.

To maintain our commitment to sustainability at our events, we ask that a good supply of open bottles is maintained but to remember that once a bottle is opened it cannot be reused. Not every runner will take a bottle and once the main race has passed and the runners start to thin out, it is important to slow down the rate of bottles being opened to avoid wastage.

With the same ethos in mind, we ask that pallets of water, which come wrapped in plastic, are only unwrapped as needed. Once they are split open, it is very hard to transport them without causing damage and unnecessary wastage.

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 water station, 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.

