

WHAT IS THE FINISH LINE ROLE?

Your primary role is at the end of the race, congratulating runners and handing out finisher items including water, medals, t-shirts and fruit.

Before the race begins you will either support the Bag Drop at their busiest time pre-race OR help set up the finish line items.

Some volunteers will also assist the start pen managers, directing the runners into the correct starting areas just before the race starts.



WHAT DO I NEED TO KNOW BEFORE VOLUNTEERING AT THE FINISH LINE?

After signing in at the Volunteer Welcome Area and collecting your volunteer kit, your supervisor will walk with you to the finish line, where they will carry out a welcome briefing.

You'll be allocated to a specific Finisher Item for post-race, before being asked to support either the Bag Drop area before the race starts or helping to set up the finish area. This includes unpacking and hanging medals, organising the t-shirts in sizes and separating bunches of bananas. Just before the race starts, some volunteers will move to the start pens, to help direct the runners into the correct starting areas.

Later as runners start to cross the finish line, you need to be ready at your designated Finisher Item area. Most volunteers will hand out t-shirts or other items – only a few will hand out medals.

Congratulate the runners and hand out your item, encouraging them to keep moving through the finish area to avoid congestion. Make sure you don't drift into the flow of runners – stay along the side to avoid slowing the movement of runners through the finish area. It will be very busy! Runners can choose to opt out of a t-shirt (R4W makes a donation to a Climate Action Fund on their behalf instead). Look for a red cross on their runners number bib instead of a t-shirt size.

Boxes of finisher items are not too heavy but please remember good manual handling techniques.

HANNER CAERDYDD 2022

ALEXANDER



4897

PEN
GWYN

CARDIFF HALF 2022

ALEXANDER



4897

GREEN
PEN

EVENT INFORMATION SHEET

This sheet contains everything you need to know for event day, including where to park, what time to arrive and who your supervisor is. It is emailed out a week before the event.

ARRIVAL AT THE EVENT

On arrival, please meet your supervisor and sign in. Collect an Extra Milers t-shirt and a lunch pack. Your supervisor will then gather everyone together and carry out a welcome briefing.

WHAT DO I WEAR WHEN VOLUNTEERING?

Please come appropriately dressed for the weather. Most volunteering roles are outside with no shelter! We would recommend wearing layers and comfortable **closed-toe shoes**. We will provide you with an Extra Milers t-shirt to wear and a branded drawstring bag for your belongings.

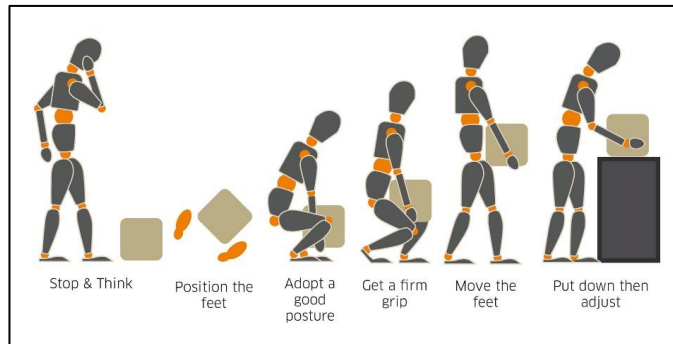
WHAT DO I NEED TO BRING?

Please bring only essential personal belongings, as we do not offer anywhere secure to leave your bags. We will provide you with a packed lunch and do our best to meet dietary requirements but just in case please bring snacks!

HEALTH AND SAFETY

Volunteers play an important part in keeping everyone safe at R4W events. The Event Safety Guide is sent out before each event. Please familiarise yourself with this.

Please also be aware of correct manual handling techniques when lifting (for example bags at Bag Drop, boxes of finisher items or cases of water). Do not lift anything you are not comfortable with!



EVENT CONTROL

At each event we have an event control team who monitor the event and manage any incidents. Please inform your supervisor of any concerns and they will radio Event Control. If your supervisor is not within sight, we ask you to call Event Control directly using the number provided in your Event Information Sheet.

