

## WHAT IS THE COURSE MARSHAL ROLE?

You will be undertaking a vital role in directing and supporting runners as they navigate the twists and turns of the course. Course Marshals ensure the runners know which way to go and can safely navigate speed bumps and any other hazards.

As a R4W Course Marshal you make an important contribution to event safety. You'll have a megaphone and foam finger to make yourself seen and heard. We ask you to stay vigilant of what's happening around you and to report any incidents to your supervisor or directly to the Event Control team.



## WHAT DO I NEED TO KNOW BEFORE VOLUNTEERING AS A COURSE MARSHAL?

Course Marshals are divided into sector teams, led by a R4W supervisor or an experienced team leader. Our Course Manager has responsibility for the whole course and together with the event crew will check the route several times before the race starts. Course Marshals may help set up their sector, perhaps taping off hazards or putting out cones or barriers. You'll be allocated a specific spot for the race, usually on a junction or by a speed bump. Once the race has started, you'll need to stay in your allocated position for the duration of the race, until the Back Markers (identifiable by their high-vis vests) have passed, signifying the end of the race.

While the race is in progress, you'll be making runners aware of any hazards, motivating and cheering them on and aiding anyone in need of assistance. Use your megaphone and foam finger to make some noise and be seen. Spectators and the general public will look to you for advice about race start times, the route or crossing points. You'll need to discourage them from accessing the course (although we cannot physically stop them!).

Emergency Blue Lights Vehicles can always cross the course. However please contact Event Control if access is needed for further guidance.

You may be asked to use a radio during the event. Please ensure you know how to operate it and what channel to tune into. We use **What 3 Words** as a quick and easy location finder on event day – download the App [here](#). You can use it to let Event Control know your exact location.



**Minimum Volunteering Age** We welcome volunteers aged 18 and over as course marshals. Volunteers aged 14+ can volunteer at the bag drop and at a water station. If aged 14 – 17, volunteers need to be accompanied by a nominated adult and parental consent obtained prior to event day. Please contact our Volunteer Coordinator for more details.

## 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.

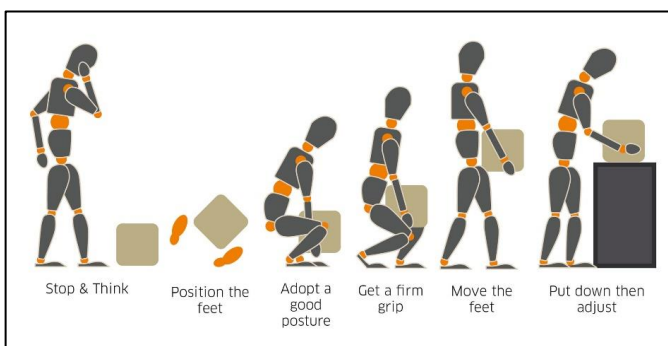
## WHAT DO I NEED TO BRING?

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.

