

Beach to Brother 2022

Volunteer Briefing Document

Thank you so much for volunteering at Beach to Brother 2022.

We have put together this briefing document to provide you with some basic information about the event and try to answer any questions you might have.

A copy of the 2022 Event Guide will be available on our [website home page](#). This will provide further information about race day and we encourage you to read it.

You can also view each role and allocated time by clicking on [this link](#).

If you have any further questions once you have read through the document and any additionally linked information, then please don't hesitate to contact the volunteer coordinator.

Volunteer Coordinator: Rachel - 0417 250 353.

Event Summary

Beach to Brother is a trail running event which fundraises to support the Mid North Coast Cancer Council. Out participants have several distances available to them, including:

- Marathon and Team Relay – starting from Town Beach, Port Macquarie.
- Half Marathon – Starting from Lake Cathie Beach, Lake Cathie.
- Ten Kilometer – Starting from North Haven Beach (CHSLSC), North Haven.
- Five Kilometer – Starting from Laurie Reserve, Laurieton.
- All events finish at North Brother Lookout, Laurieton.

There will be a variety of age groups and ability levels participating across the events, and we fully appreciate your support in ensuring they have a safe and fun experience.

There are minimal aid stations along the course, and it is the responsibility of all participants to make sure they are carrying and consuming enough fluids and nutrition to complete their event distance safely.

Covid Protocols

It is our recommendation that all volunteers perform a rapid antigen test prior to attending the event where possible. If you have a positive test result, or any signs or symptoms, please do not attend the event and let us know by sending a text message to the volunteer coordinator.

We recommend that all volunteers wear a face mask when in any closed environments, and we support any volunteer wearing a face mask should they wish to. If needed, face masks can be collected with the volunteer safety vest from the volunteer coordinator.

What tasks will I be doing?

As a volunteer you will be working alongside our crew to help run aid stations, provide support to our participants along the course, marshal sections where safety is a concern, and encourage participants as much as possible. Below are the key positions:

Volunteer

The focus of this role will be to show competitors the direction they need to be moving. Volunteers will be located in key positions along the course where participants may need to be prompted. The amount of time volunteers will likely spend in these locations varies. As soon as the final competitor has passed the volunteers location the volunteer can pack up. Volunteers will be made aware by the course sweeper (person running at the back of the pack to demonstrate to competitors the slowest possible pace) that the last person has passed.

Marshal

This position requires a mature individual to ensure competitors are safe at road crossings and junctions. The amount of time Marshals will likely spend in these locations varies from 1.5hrs to approximately 3 hours. There will be no road closures on the course; it is the competitor's responsibility to cross any roads with due caution and not place themselves or others at any risk. Marshals will be located at key crossings and junctions on the course to provide competitors with advice to "slow down" before crossings and at junctions. Marshals are not to stop or try to control traffic or pedestrians

Aid Station

This position requires individuals to set up and supervise the aid station. Self-fill fluid containers will need to be prepared in advance. Not much needs doing here, apart from motivating runners and ensuring the fluids are flowing! Once the final runner has gone through your area, it is a matter of packing down the station and returning it to the pre-arranged destination.

What time does the race start and finish?

Events start at different times, and are listed below.

Marathon – 6am

Half Marathon – 7.30am

10km – 8.30am

5km – 9.30am

How do I find my volunteer location?

All volunteer locations are listed on our [event map](#). We recommend that you familiarise yourself with your volunteer location well in advance of race day. If you have a smart phone you can click on the link to see exactly where you are needed. If you do not have a device with this function, we can provide you a screenshot of the map to help you on the day.

Do I need to collect/return anything?

All volunteers need to collect a safety vest from the volunteer coordinator. Volunteers manning an aid station may also need to collect the following: Gazebo, table, fluid containers, aid station box (including first aid, sunscreen, electrolytes etc.), and signage. Please discuss this with the volunteer coordinator.

Following completion of the event, we would appreciate your support in returning items to the volunteer coordinator within 24-48hours.

There may be a need for some aid station fluid containers to be used elsewhere on the course. You will be advised of this at the time of collecting your items.

Who do I contact on the day?

Your main contact on the day will be the volunteer coordinator. Details are provided on the first page of this document. You will also be provided with an emergency contacts lanyard with essential phone numbers for the day. These will be issued when collecting your safety vest.

All volunteers should have a charged mobile phone on them at all times to ensure they can contact event crew if needed, and so event crew can also contact them.

What should I wear for volunteering?

You are encouraged to wear comfortable clothing which provides suitable protection against the weather. Port Macquarie weather varies considerably, so we recommend you pack some additional items in a pack should you need it.

You will be provided with a hi-vis vest to wear at all times while you are volunteering, so you can be identified by both participants, crew members and other volunteers. You **MUST** wear this vest when volunteering at any point in the event. The vests are large enough that warmer clothes can be worn beneath, should the weather be cool or wet.

A head torch or similar is required for those volunteering up until 7am. Due to daylight savings the early start of the marathon will be in the dark.

How long will I be required in my role?

Each role has a varied length of time allocated to it. This will have been discussed with you when allocating you to a role. Please try to arrive at least 15 minutes before the allocated time. We have a runner who will be acting as sweeper in the event. They will advise you that they are the last runner. Once you have received this notification you can pack up your position. You can check on your allocated role [here](#).

How do I get to my volunteer position?

You will need to transport yourself, and any items needed for the role to your volunteer position. You need to be responsible for your own belongings. It would be a good idea to bring a small day sack so you can have it on you, or have it close by with all those little essentials you may need to get you through your shift.

Do I need to bring anything with me when volunteering?

It is important to bring everything that you need to make your time comfortable, and to be prepared for the weather. Hopefully it will be shorts and t-shirts, however we can't be too presumptuous! Most important, please make sure to bring enough food and fluids to last you for your shift.

Here is a list of items you may want to consider:

- Head Torch or similar (fully charged) up until 7am
- Water Bottle
- Snacks
- Sunglasses
- Sun-safe hat (and/or beanie)
- Mobile Phone (fully charged)
- Rain Jacket (and/or umbrella)
- Sunscreen
- Money
- Pen/Notebook

A participant appears to be struggling in the race; can I help them?

Yes, you certainly can. If a participant needs support we are happy for anyone to help them. You are not obligated to perform first aid in an emergency situation; however, we request that you immediately report an emergency to the relevant person on your emergency contacts lanyard.

Can the race be cancelled or changed?

Yes. There could be reasons we have to change the course or cancel the event. This would be in consultation with local government and other land owners, and the emergency services. In the event of a cancellation or event change, notification will be provided to all participants and volunteers immediately via [Beach to Brother Facebook page](#). It is important that participants and volunteers keep check of this medium. This will be the primary communication source due to the large number of people involved in the event, and the likely need to get messaging out rapidly.

What do I do when I am finished for the day?

We ask that you notify the volunteer coordinator before departing, and ensure your area is left clean and tidy.

THANK YOU

Thank you so much for helping out on this event and supporting us with our fundraising efforts – we hope that you'll enjoy it and help others to enjoy it too!